



CLEAN SHEETS

SOUTH COAST AREA NARCOTICS ANONYMOUS NEWSLETTER

12 Traditions of Narcotics Anonymous Part 2 (Traditions 7-12)

Below are descriptions of the 12 Traditions of Narcotics Anonymous as way of example to help you understand the purpose and the objective of each Tradition in relation to the Fellowship as a whole.

7 Every NA group ought to be fully self-supporting, declining outside contributions.

When we first come into the program, we learn that we are responsible to do the work necessary to recover from our addiction. The first part of Tradition Seven in a way extends this principle to the group. Each group is responsible for its own upkeep, such as paying for rent, literature, tea or coffee, etc. In addition, Tradition Seven helps with our own growth towards a healthy life as individuals and as a group. When we were active in our addiction, we constantly borrowed money from others, expected others to pay for us, or stole from them. If we don't take responsibility for our disease we cannot recover, and if our group cannot meet its responsibility and expenses then it may be best not to be there. In a way this Tradition reminds each member of the group that each is responsible for their group, that they need to — if they can — contribute to its running. Many of us have regained our lives and are now living prosperously. Contributing to the functioning of our group is in a way extending to our group the self-responsibility we assumed when we came into the program.

The second part of Tradition Seven — declining

outside contributions — came about yet again as a result of the hard experience of early members. They realized that once they accepted outside contributions, the Fellowship would become affiliated with the donor, which would open the door to exploitation of the Fellowship.

But the fact is our Fellowships need money to carry the message. From our groups for running meetings, to our areas and committees to carry the message, to bringing meetings to hospitals, publication of flyers, telephone helplines, etc. These costs have to be met if we are to preserve our primary message of carrying the message to the addict that still suffers. So how do we go about this? To keep our Fellowship financially independent, we have to realize there is a right way to go about this, and that right way is the money we place anonymously in the pot at our meetings.

The principle of Tradition Seven — declining outside contributions — aligns with the principles of poverty, which the Fellowship adheres to for two reasons. First, if the Fellowship gets rich through outside contributions, there is little chance of promoting self-responsibility. Members would think it rich and not feel the need to contribute. Second, wealth would bring with

it conflicts over ownership and status. Having trustees or treasurers with money would inevitably make them feel more powerful and more important than other members. The less money involved, the less need for control, and the more time on our primary purpose.

8 Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Tradition Eight is based on the spiritual principle of “free we have received, freely give.” If our Fellowships were to be professional entities, then issues such as money, control, and power would come into play, which would ultimately divert us from our primary purpose. The 12 Steps are a spiritual program for recovery that is free to anyone with a desire to stop their addiction. They originally came about as a result of the experiences of a couple of addicts who freely helped each other in order to stay clean themselves. Tradition Eight is the guideline that endeavors to keep the same principle active today — which is for meetings to be non-professional places where we can freely help each other recover with no other motive but to help ourselves. Experience has shown that if 12th Step work is carried on any basis other

South Coast Area Activities Presents:

SPIRITUAL STROLLS

We meet once a month to explore a different walking/hiking trail throughout the South Coast Area. For more information, please call Michelle T. @ 949-293-2547

February 12 at 10am
Northwest Open Space
30291 Camino Capistrano
San Juan Capistrano



FEBRUARY 2017 CLEAN TIME ANNIVERSARIES



2-3	Eric H -----	5	Oceana -----	10	2-23	David R -----	30	
2-4	Bev -----	15	2-14	Briahna -----	7	2-24	Liz B -----	16
2-5	Erfan N -----	10		Michael L -----	20	2-25	Glenda P -----	34
2-7	Eric H -----	6	2-17	Megan M -----	10	2-26	Katie -----	2
2-9	Corey N -----	10	2-20	Sue H -----	18	2-27	Michelle F -----	30
	Jennifer B -----	10		Jeff M -----	6	2-28	Tim G -----	17
	Josh V -----	10	2-22	James C -----	11		Megan B -----	12

MEETING DIRECTORY
www.SouthCoastAreaNA.com



NA HELPLINE 800-333-3610

than this principle then it does not work. Say for example that we approach a newcomer as a professional with authority, or with an angle to gain money from them. The result will most probably be negative. So in order for our Fellowship to stay true to its primary purpose, it has to remain non-professional and not profit making or in any way financially based.

There is a distinction between being non-professional in the Fellowship and our members carrying out professional work to help suffering addicts recover. There are many of us who have found an incredible new life through this program and now have a special gift, which we have made into a profession to help others. This does not violate Tradition Eight, for as individuals we can do whatever we want with our life in recovery. But we need to be mindful our Fellowship's Traditions and not violate anonymity.

Tradition Eight states we are to remain non-professional, but for our primary purpose to be carried out outside the scope of individual groups — especially in view of how Fellowships have expanded — then special workers are required. Such paid employees will be involved in activities such as publishing and mailing out literature, answering helplines, administration work, and so on. This activity is essential in keeping the day-to-day activities of the Fellowship going. In keeping with self-support as spelled out in Tradition 7, money to support such work is paid through group contributions.

9NA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

In the real world businesses and other groups are “organized.” There is a hierarchy of authority established so that some members of the organization can “direct” the actions of others. But Tradition Nine sets the guideline that no one in the Fellowship has this kind of authority, regardless of his or her length of clean time. We are a Fellowship of equals in which the group as a whole makes decisions. This Tradition helps create an atmosphere of democracy, one in which we are all of equal value and so feel encouraged to join and belong. With it comes a therapeutic advantage, for as addicts we have usually felt like outcasts, shunned by our community. But when we join the Fellowship, which readily accepts us and wants us to be an active participant, then our tendency to isolate disappears and our sense of self-esteem and value increases.

From a structural point of view, Tradition Nine helps define what “organized” means in the context of Fellowships. The reality is that every society, nation, or government has to have some sort of hierarchy of power. This is not the case with Fellowships, as no one has any authority or power. There is nobody ruling us or anybody for us to obey. Experience has shown that it is the lack of organization that has en-

abled Fellowships to be attractive and welcoming to us addicts.

Yet Tradition Nine states we are organized in such a way that our primary purpose can be carried out effectively. For example, we have service committees whose primary roles are to reach anyone who wants recovery beyond the scope of a meeting, such as hospitals and institutions (H&I), public information (PI), helpline, etc. We have a hierarchy often referred to as the upside down triangle, whereby everyone's voice can be heard — from group to area, to region, and the world. Yet this way of organization does not allow for any member to have authority or power over others or the group. We all work in the spirit of service for free and are considered as trusted servants. Even our Fellowship trustees are referred to as caretakers and expeditors.

10Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.

Tradition 10 is the guideline that aims to prevent our Fellowship from getting diverted from its primary purpose. It prevents Fellowships from getting involved in such matters as politics, religion, medicine, and so on. Experience shows the Fellowship cannot afford to get involved in discussions or arguments that may ultimately divert us from our own recovery and survival. We are addicts gathered together for one purpose only, which is to help each other recover through working the 12 Steps, a great achievement in itself and a matter of life and death for many of us. We are too busy learning how to live a new life. We have neither the energy nor the time for — nor can we afford to get involved in — discussions or arguments that may divert us from our own recovery and survival.

The Fellowship must avoid getting drawn into public controversy. For the Fellowship to be involved in — or even express an opinion about — anything but “carrying the message”, then it has opened the doors to outside influences, and to controversy. Simply put, a Fellowship cannot take sides in any issue that falls outside its primary purpose. To do otherwise is to invite divisions along the lines of politics and religion, for instance. For example, we may get politicians coming into our groups preaching about their principles, or doctors telling us which treatment is best for all of us, or religious people preaching how we should best live our lives. Imagine, soon we would be at each other's throats — or racing off to get high again! Tradition 10 ties in with the slogan of “Keep it simple”, a principle suggested to us when we came through the doors, and one that has helped us greatly in our recovery process. As addicts, we lived complicated lives, fighting everyone and anything. When we keep our recovery simple by “having no opinion on outside issues”, we can leave each other alone, and give the respect

each one of us deserves to journey in our own recovery. We do not judge each other. We don't say to our fellow members: you're not clean because you are smoking, or your family is in a mess, or you're not working the program, or you are on antidepressants and your recovery doesn't count. All such opinions have no place in our group. They are none of our business, and expressing such hurtful opinions may prevent another from seeking this program or lead some of us to relapse.

11 Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Tradition Eleven can be broken down into two parts, the first referring to our public relations policy, which, simply put, means we do not need to promote our Fellowship, and we don't need to sell our program to anyone. As addicts in recovery, our living examples of where we were and where we are today is a powerful attraction for suffering addicts to seek our way of recovery. When others see how our lives have changed, and how we are mentally, emotionally, physically, and spiritually healthy, this acts as a powerful attraction for them to want this program. There is no need for promotion.

The second part of this Tradition sets the guideline on how we as members of Fellowships should present ourselves to the outside world — especially at the level of any kind of media. It's a Tradition that aims to protect and keep our Fellowship safe. If we have found recovery through a 12 Step Fellowship, then we are asked not to reveal that fact at a public level outside the confines of the Fellowship. If we do so, we are ultimately pretending as if one person represents the whole Fellowship, which runs counter to its core principles that are based on spirituality and away from self-centeredness. This is to avoid possible confusion in the minds of the public, who might get the false impression that the person identifying himself as a member of this or that Fellowship is a representative of that Fellowship. One danger in such a situation would arise if that person relapses, thus reflecting badly on the Fellowship as a whole.

12 Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Tradition Twelve is the foundation that keeps us grounded and reminds us why we are in the Fellowship. Whereas the principle of anonymity in Tradition Eleven is aimed at the level of media so that individual member does not endanger the Fellowship as a whole, here the guideline on anonymity refers to how we ought to live within our Fellowship. By keeping our personal anonymity at all levels of participation in our Fellowships, we are ultimately sacrificing the “self” for the greater good of our Fellowship. The message we are carrying takes prece-

FOR A FULL LIST OF LOCAL NA EVENTS www.TODAYNA.org click on Activities

dence over the person carrying it. We do this in part by going on a first name basis in meetings and when doing 12th Step work. The practice of this Tradition helps place the principles of our Fellowship above individual personalities. It serves to keep our egos at bay. By practicing anonymity, we credit the Fellowship for our success in recovering, rather than taking the credit ourselves. It is the guideline that denies our self-seeking and grandiosity. Anonymity is also a safeguard for us members. Though we have come a long way from the days when we were shunned, it is still up to each of us whether we want to tell anyone outside the meeting that we are a member of a 12 Step Fellowship. This guideline is a great reassurance to those just coming into the Fellowship.

In addition, respecting another's anonymity has the potential to prevent a relapse. There have been occasions when a member relapsed because their anonymity was broken outside the meeting, with the result that their work colleagues or family found out they were addicts.

We need to feel safe in our Fellowship, and practicing this principle not only values our personal choices and decisions but also maintains the integrity of our Fellowship. For example, if someone shares a secret at a meeting or a sponsee relates something meant for our ears only — and we break their confidence, think of the consequences. What will happen to that person? Where would our Fellowship be if this were common practice? The importance of respecting each other's anonymity is reflected at each meeting when the secretary announces to the group "What you hear here let it stay here; gossip may lead to relapse, and relapse may lead to death."

Principles of 12 Traditions

It is important for us addicts in recovery to observe the 12 Traditions. These guidelines ensure the survival and growth of our Fellowship and our personal recovery. We have to remind ourselves of how our Fellowship saved our life and respect what it is asking us to observe so as not to endanger it.

South Coast Area Activities Committee Presents:

Love is in the Air

Share love for the special addicts in your life by sending a personal candy gram!

(No 13th Step required!)

Candy grams will be sold before and after evening meetings from January 8th-February 4th

Find an Activities Subcommittee member to purchase your own package of sweets for your sweetheart!

Sponsors - Sponsees - Friends - Secret Admirers!

Write a personal message to be hand delivered by the NA Cupid during the week of Valentines!

ONLY \$5



For more information contact:
 Activities Chairperson Michelle T. (949) 293-2547
 Activities Vice Chair Penny M. (310) 428-9275

WORD FIND: STEP 2 by keeping an open mind, sooner or later, we find the help we need.

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|-----------|-----------|-----------|
| ACCEPT | IDEA | RECOVERY |
| ACTION | INCURABLE | RELIEVE |
| AGREE | INSANE | RESTORE |
| BEGIN | JUNKIE | ROAD |
| BELIEVE | LACKED | SANITY |
| CARING | LIVING | SAW |
| COMMON | LOVING | SOURCE |
| DECIDE | MIRACLES | STEP |
| DESPAIR | MISTAKES | STOP |
| EFFORTS | NECESSARY | TALKED |
| EVIDENCE | NEED | TRUST |
| EXISTENCE | OBSESSION | TWO |
| FAITH | ONLY | ULTIMATE- |
| FATAL | OPEN | LY |
| FEAR | PAIN | VACUUM |
| GOD | POWER | VOID |
| GREATER | PROCESS | WORKING |
| GROUP | PROGRAM | |
| GROW | PROGRES- | |
| HELP | SIVE | |
| HIGHER | PURPOSE | |



Please remember if you want to celebrate your NA birthday in the Clean Sheets, contact Jason S. a month prior by calling, emailing or give your GSR the information. Your ideas, poems, stories, thoughts, plans, birthdays, fun, commentaries, recovery plans, memories, artwork, etc, are all welcomed to be published in the Clean Sheets! Of course they are subject to approval by the committee; Me. Keep It Real, Keep It Clean! In Loving Service, Jason S.

BEEN OF SERVICE LATELY?

SCANA Needs Your Support to continue all the great work these subcommittees do.

HOSPITALS & INSTUTUTIONS (H & I)

Would like to invite you to join them. H&I carries a clear message of recovery to addicts who are unable to attend outside meetings. This is accomplished through the operation of panels that visit specific facilities on a regular basis.

ACTIVITIES

JOIN US! and help create fun and exciting events for addicts to enjoy. Activities is lways open to new people and new ideas for Narcotics Anonymous functions.

PUBLIC INFORMATION (P I)

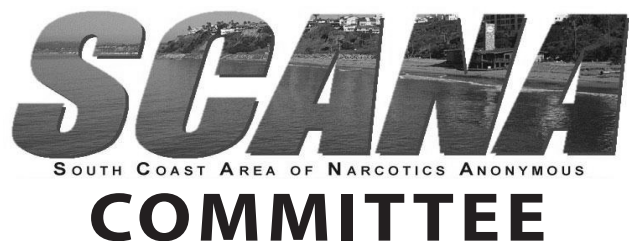
Our purpose is to inform the public that NA exists, and provide information about how and where to find it. Come by & see what it's all about. You will be rewarded in ways you never thought possible.

LITERATURE SUBCOMMITTEE NEEDS YOU!

We are looking for willing trusted servants who want to be part of a team that enjoys serving the South Coast Area by helping fill literature orders once a month. Arrive at 6:00 on any Area Sunday to train and help us out! This is a busy, fun, and important job with opportunities for growth!

PHONE LINE VOLUNTEERS NEEDED - SUPPORT THE NA HELP LINE

We meet the third MONDAY of every month at 5:30pm @ Academy of Defensive Driving
31726 Rancho Viejo Rd, Ste 120, San Juan Capistrano, CA Contact Public Information (PI) Chairperson



We meet the last Sunday of the month to talk about what's going on in the South Coast Area. All G.S.R.s are required to attend. Everyone is welcome. 6:30pm @ Shepherd of the Hills Church, 26001 Muirlands, Mission Viejo, CA. (At the corner of La Paz & Muirlands)

- Chairperson:** Nancy chairperson@southcoastareana.com
- Vice Chair:** Clint vicechair@southcoastareana.com
- Secretary:** Eric secretary@southcoastareana.com
- Alt. Secretary:** OPEN POSITION
- Treasurer:** John treasurer@southcoastareana.com
- Alt. Treasurer:** Ryan
- Parliamentarian:** Robin
- RCM:** Tarorcm@southcoastareana.com
- Alt. RCM:** Keane
- Literature:** Steve literature@southcoastareana.com
- Alt. Literature:** OPEN POSITION
- Youth Liaison:** OPEN POSITION
- Phone Lines:** Mike H. phonedlines@southcoastareana.com
- Webmaster:** Pete D. webmaster@southcoastareana.com
- Clean Sheets:** Jason S. cleansheets@southcoastareana.com
Meets 1st Sunday of the Month • 5pm
CALL Jason 949-412-6934 for Location
- Activities:** Michelle T activities@southcoastareana.com
Meets 2nd Sunday of the Month • 5pm
CALL Michelle 949-293-2547 for Location
- Hospitals & Inst.:** Shawn B hni@southcoastareana.com
Meets Last Sunday of the Month • 4:30pm
The Effect Church, 27122 A Paseo Espada
Ste 904, San Juan Capistrano, CA
- Public Info.:** Mike H. publicinfo@southcoastareana.com
Meets 3rd Monday of the Month, • 5:30
Call for Location 800-333-3610

**UPDATED
MEETINGS
LOCATIONS / TIMES**

**FRIDAY NIGHT
SPEAKER
MEETING**

CLOSED

**TILL NEW LOCATION
CAN BE FOUND**

Regional & Area Websites, Links, Helpline Numbers

- | | |
|--|---|
| South Coast Area NA
Helpline: (800) 333-3610
www.southcoastareana.com | NA World Service
(818) 773-9999
www.na.org |
| Orange County Area NA
(714) 590-2388
www.orangecountyna.org | Línea Telefónica en vivo
(888) NAAHORA or
(888) 622-4672 |
| Southern California
Regional NA
(800) TODAY NA
www.todayna.org | |



**NA HELPLINE
800-333-3610**

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