

APRIL  
2018



# Clean Sheets

South Coast Area Narcotics Anonymous Newsletter

## APRIL 2018 CLEAN TIME ANNIVERSARIES

4-1 Justin -----	11
4-3 Christian c -----	15
4-4 Eddie -----	15
4-7 Brian W -----	15
4-8 Lynn -----	19
4-10 Robin L -----	12
Barbara F -----	18
Rebecca S -----	25
4-12 Skip -----	20
4-13 Josh D -----	10
4-16 Carly -----	9
4-18 Jessica H -----	16
4-19 Patty T -----	8
Todd M -----	11
4-20 Manijeh -----	12
Marla N -----	28
4-25 Bruce J -----	5
4-26 Dennis B -----	12
Judy W -----	47
4-27 Glen H -----	9
4-29 Andrew -----	10
Mark -----	10

South Coast Area Narcotics Anonymous activities presents:



# SCANA

## Airsoft Game Day

### Saturday, May 19th 2018

**7:30am** gates open

**8:00am** registration begins

**9:00am** first game starts

**4:00pm** last game ends

**\$55 Equipment & Play package**

All day admission, airsoft rifle, unlimited battery, Mask and 1,000 BB's.

**\$25 Play package only**

Includes: All day admission, no rental equipment (for those who have their own gear)



## Wildlands Airsoft Park

14881 Temescal Canyon Rd., Lake Elsinore, CA 92530

951-775-9316 [www.wildlandairsoft.com](http://www.wildlandairsoft.com)

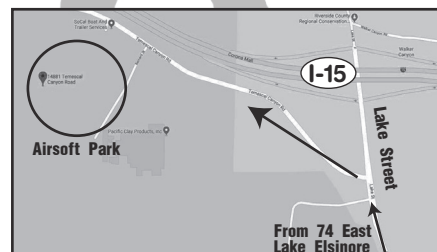
See website for important details

No age restriction, kids welcome with Adult

**\*\*\*Must bring red cloth 12x12\*\*\***

Additional equipment available for rent

No reservation required, just show up!



FOR MORE INFO:

[WWW.SOUTHCOASTAREANA.COM](http://WWW.SOUTHCOASTAREANA.COM)

Michelle T. 949-293-2547 or Rick C. 949-280-4420

**74 East** - Right on Grand Ave. (Lake Elsinore) then Left on Temescal Canyon Rd

**I-15 North/South** - Exit Lake Street, Right on Temescal Canyon Rd.

**MEETING DIRECTORY**  
[www.SouthCoastAreaNA.com](http://www.SouthCoastAreaNA.com)



# NA HELPLINE 800-333-3610

# Artist's Creative Recovery

Submit your artwork, poem, or song and we will publish it in our next newsletter. Email: CleanSheets@SouthCoastAreaNA.com

## Meth to Dana - By Dana R

Hey there Dana, Don't you miss me?  
When you close your eyes what do you see?  
A pile of shards, a brand new rig?  
Wish that was a pipe in your mouth not a cig?  
HA, You'll come back soon, don't worry  
I'll be waiting for you, no hurry  
Rehab is a waste of time  
You're not sick, you're just fine  
Without me-You're empty  
I'm the dog and you're the bone  
Without me you'll be all alone  
I don't need you, you need me  
I won't lead you to the penitentiary  
Remember when your best friend died?  
That was 20 days ago, you still haven't cried

How are you gonna cope?  
Maybe slam some dope?  
What does clean even mean?  
Just use some soap.  
How are you at the end of your rope?  
You're 21!  
You've just begun!  
You're in rehab? RUN!  
Without me you'll never have fun  
Dana, I'm your only friend  
Text Luis and press send  
He'll come over, you know he will  
All he wants is dolla bills  
There's no way you could ever be saved  
I'm your master your my slave

You're hopeless, worthless- a piece of shit  
You'd feel so much better if you just got lit  
You don't need a man, you've got me  
They break your heart and I make you happy  
Have you gotten a text back from Luis?  
You ready to crawl to me on your knees?  
Begging please  
Anything for more, You dirty whore  
You're a fish Dana, take the bait  
Don't call your sponsor, this is your fate  
I don't know why I'm wasting my time  
Cuz getting high isn't a crime  
Don't worry, there's life after death  
Yours truly,  
Meth

## H&I . . . Is A great service commitment 'to give back what was so freely given to you.'



Hospitals & Institutions carries a message of recovery to addicts who cannot access outside meetings. We bring NA panels into jails, juvenile facilities, rehabs and hospitals to reach the still suffering addict.

"H&I saved my life! I attended every panel they brought into jail and prison and it was because of these panels that a mustard seed of hope and faith was planted ..... They told me I never had to come back to these places..... That my life would get better.....that I deserved more. They told me things could change if I didn't pick up no matter what! There have been a lot of 'no matter whats' but I can truly say that I owe everything to H& I. It is also why I will always be involved in H&I so that I, too, can give back what was so freely given to me." In Loving Service Bev T.

If you are looking for a service commitment, I invite you to come to our next H&I meeting. We meet on the last Sunday of the month at 4:30 p.m. Shepherd of the Hills Church.

**A FULL LIST OF LOCAL NA EVENTS**  
**VISIT [www.TODAYNA.org](http://www.TODAYNA.org)**  
**click on Activities**

**Your Home Group has  
Service Commitments  
ASK YOUR MEETING  
SECRETARY.  
GET INVOLVED TODAY.**

## **PUBLIC INFORMATION (PI) SUBCOMMITTEE NEEDS YOUR SUPPORT JUST ONE DAY A MONTH**

*Public Information gets the word out to the public and provided them with pamphlets and other NA literature.*

*Meets 3rd Wednesday of the Month*

*Call for location and time of meeting. Mike H. 949-226-4077*

# SOME FUNNY SHEET!



## SCANA NEWS UPDATE

Group Problems, Solutions, and Announcements

- Monday:** Afternoon Recovery needs support.
- Tuesday:** It Works How & Why, support for attendance
- Wednesday:** Sunset Bonfire needs trusted servants.
- Thursday:** Dealers Choice, NEED OLD TIMER SUPPORT

## LOCAL MEETINGS NEED YOUR SUPPORT.

SERVICE POSITIONS AVAILABLE  
ASK YOUR MEETING SECRETARY

- Friday:** Ladies Night needs support
- Sunday:** **Straight Talk** needs SUPPORT
- Daily:** Mid Day solutions NO Smoking/Vaping on property

# WHO'S AN ADDICT? ..... life is controlled by drugs.

**Using the phrase below, find as many of the words as possible**

Most of us do not have to think twice about this question. we know! Our whole life and thinking was centered in drugs in one form or another -- the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

U F V O M E U L Q E V Q B V P U M Q P E  
 X D C G Q S H S T V L U G D P E R E R C  
 C O N T R O L L E D I E B D A M O R E I  
 Q C U N N H J R P D V S R N G P F B N W  
 Q U O C A W Y T A I E T S E L P I R G T  
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 R C D L L S N S Y A W L A H F K O U R T  
 M T B N F G T B Y R U X Y U T I N G R G  
 E H T S M D T B T E C R D N U P L N I W

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 & INSTITUTIONS (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.

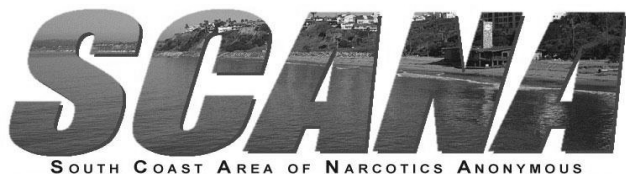
**ACTIVITIES** JOIN US! and help create fun and exciting events for addicts to enjoy. Activities is lways open to new people and new ideas for Narcotics Anonymous functions.

**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)



## COMMITTEE

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:** Clint ..... chairperson@southcoastareana.com
- Vice Chair:** Eric..... vicechair@southcoastareana.com
- Secretary:** Becca..... secretary@southcoastareana.com
- Alt. Secretary:** OPEN POSITION
- Treasurer:** Ryan..... treasurer@southcoastareana.com
- Alt. Treasurer:** Cooper
- Parliamentarian:** Charlie
- RCM:** Keane.....rcm@southcoastareana.com
- Alt. RCM:** Taro
- Literature:** Steve..... literature@southcoastareana.com
- Alt. Literature:** OPEN POSITION
- Youth Liaison:** OPEN POSITION
- Phone Lines:** Mike H..... phonelines@southcoastareana.com
- Webmaster:** Pete D.....webmaster@southcoastareana.com
- Clean Sheets:** Jason S.....cleansheets@southcoastareana.com  
Meets 3rd Monday of the Month • 7pm  
Bravo Burger 31722 Rancho Viejo Rd SJC, CA
- Activities:** Michelle T ..... activities@southcoastareana.com  
Meets 2nd Thursday of the Month • 5:30pm  
Bravo Burger 31722 Rancho Viejo Rd SJC, CA
- Hospitals & Inst.:** Mark.....hni@southcoastareana.com  
Meets Last Sunday of the Month • 4:30pm  
Shepherd of the Hills Church, 26001 Muirlands,  
Mission Viejo, CA
- Public Info.:** Mike H.....publicinfo@southcoastareana.com  
Meets 3rd Monday of the Month, • 6:30  
Bravo Burger 31722 Rancho Viejo Rd SJC, CA

# SAVE THE DATE

South Coast Area Narcotics Anonymous activities presents:



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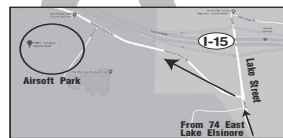
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## Regional & Area Websites, Links, Helpline Numbers

**South Coast Area NA**

Helpline: (800) 333-3610

**Orange County Area NA**

(714) 590-2388

www.orangecountyna.org

**So. Calif Regional NA**

(800) TODAY NA

www.todayna.org

**NA World Service**

(818) 773-9999

www.na.org

**Línea Telefónica en vivo**

(888) NAAHORA or

(888) 622-4672



# NA HELPLINE 800-333-3610

South Coast Area Narcotics Anonymous

Phone: 800-333-3610

P.O. Box 1085 | San Juan Capistrano | California 92675

**Publishers Disclaimer:** All articles submitted to SCANA Clean Sheets newsletter go through a review and editing process. We make other edits in keeping with NA's understanding of the Twelve Steps and Twelve Traditions, using standard NA language such as clean, recovery, and addict. The opinions expressed are not to be attributed to Narcotics Anonymous as a whole, nor does publication of any article imply endorsement by NA, Clean Sheets or NA World Services. - Editor