

# ACTIVITIES & EVENTS

SOUTH COAST AREA NA ACTIVITIES PRESENTS  
SEPTEMBER 22ND, 2023

**COMEDY SHOW!**  
PACIFIC COAST CHURCH  
DOORS OPEN @ 7 PM  
SHOW STARTS @ 8 PM

PRESALE TICKETS: \$15  
TICKETS AT THE DOOR: \$20

Pacific Coast Church  
2632 Calle Frontera  
San Clemente, CA 92672



OCT. 7  
**40TH ANNUAL CHILI COOK OFF**  
Cooks Park, San Juan  
8am - 5 pm

8 am - Opening Meeting  
12 pm - Lunch  
(hotdog or burger, salad, chips & drink)  
2 pm - Chili Winners Announced  
3 pm - Raffle  
4 pm - Closing Meeting

Pre-Sale Ticket + Raffle Ticket \$8

Music  
Kickball  
Softball  
Fellowship  
Fun

Bring your chili by 12 pm to enter!  
Meetings bring your baskets  
Please do not bring your pets

Directors: Fern S. Smith, Estelita Ochoa  
Cooks Park



Join us for food, fun and fellowship!

## SAVE THE DATE!

Saturday, October 21st at 6pm

Come Learn S'Mores about Hospitals & Institutions (H&I) and Public Relations (PR). We will have yummy Pizza and an extra special smorgasbord of S'Mores' fixin's. We will meet at the beach on Saturday night, October 21st at 6 p.m. Details to follow on exact beach location. Bring a chair and enjoy the bonfire. COME ONE . . . COME ALL . . . And enjoy Food, Fun & Fellowship.



## September's Step- 9th Step

My name is Michelle D., and this is my experience with the 9th Step of the NA Program.

I have found true Freedom by working the Steps in NA. I started to feel it while I was working my 4th Step. I was able to see that I had a part in everything which allowed me to stop blaming others- specifically my ex-husband for everything!! I was able to take responsibility for my actions. I realized that I had the ability to choose how I wanted to feel about things in my life, I could choose to not be angry or resentful, I could choose to let it be, to live and let live.

As I was starting my 9th Step amends I heard from a speaker who told us to ask ourselves, "How Free Do I Want To Be?" If I held out or resisted doing some of my amends, like the one with my ex-husband, I would not find the true Freedom that this step has to offer. The amends with my ex-husband was definitely the hardest but also the most rewarding. There were some things that I had done, ways that I had hurt him, that he hadn't been able to make sense of or know why I could have ever done them. He was grateful that now he could better understand what I was feeling and thinking when I was in my addiction. Taking responsibility and going to him with a sincere desire to make amends, telling him all of the ways I knew I had hurt him showed him how I had changed. It allowed him to start to forgive me, By doing that amends with him, I was able to finally forgive myself. By Forgiving, we are forgiven.

This step fully freed me from the darkness in which I had lived my life. Once I could let the darkness out, I was able to let so much light in. Today I am Free, no longer controlled by drugs or my past. I am very blessed to be a recovering addict in NA. For that I am eternally grateful!

Next Month- October's Step - 10th Step

If you have any story or experience with Step 10 that you'd like to share, please submit by September 18th.

I would love to feature any of your NA Related- stories, experiences, poems, cartoons, or memes in Clean Sheets.

Please send to [CleanSheets.SCANA@gmail.com](mailto:CleanSheets.SCANA@gmail.com)  
Or Contact Michelle D. at (415) 464-7884

**SCANA**  
SOUTH COAST AREA OF NARCOTICS ANONYMOUS  
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