



# South Coast Area NA Clean Sheets April 2024

Step 4- We made a searching  
and fearless moral inventory  
of ourselves.

What are the results that come from making a searching and fearless moral inventory of ourselves? Our Fourth Step helps rid us of our delusions and false perceptions of life, reality, and ourselves. The fantasy world that we lived in during active addiction fades as we begin to see and accept life as it is. Now that we have uncovered our secrets, it's time to let them go.

By continuing to work the steps, the character defects which have destroyed our peace of mind begin to change. Seeing the exact nature of our wrongs shows us just how powerless we really are. We see how futile it is to try to live on our own power. By working the steps we come to believe in a Power greater than ourselves. The honesty of the Fourth Step reaffirms our Third Step because we see, in stark reality, what a tremendous relief it is to rely on a Power greater than ourselves. By practicing the spiritual principles of honesty, open-mindedness, and willingness, we find that love, acceptance, tolerance, faith, self-respect, and trust become possible. When we live the Twelve Steps, we begin to experience freedom from the past, freedom to be ourselves, and knowledge of who and what we really are. This process is a healing one a big step in the direction of freedom.

*\*From "Working Step Four in Narcotics Anonymous"*

Happy a  versary!

*Tiffini-04/26/17~7 Years Clean!*

*Lisa H-04/04/11~13 Years Clean!*

*John M-04/23/88~36 Years Clean!*

Congratulations to  
Everyone that has stayed Clean  
Just For Today!  
Please give your Clean Dates to your GSR  
Reps, and then we can celebrate with you!



H & I is an amazing opportunity to be of service! We bring the message of hope to those suffering by carrying the message of recovery to those who are confined to correctional institutions, hospitals, or recovery houses. H & I is always looking for panel leaders and panel speakers. In order to be a panel leader, you must have a minimum of 1 Year clean time. If you would like to speak on a panel you must have a minimum of 6 months clean. If you are interested in getting involved or just want to see what H & I is all about, come to our subcommittee meeting! We meet virtually via Zoom on the last Sunday of the month at 5 pm. For more info contact Bev T. ~ 949-697-1253

ZOOM MEETING ID: 865 550 0289

PASSWORD: 050749