

UPCOMING EVENTS



COME SUPPORT SOUTH COAST AREA NA!

41ST ANNIVERSARY POTLUCK & SPEAKER JAM

SATURDAY, APRIL 6TH 5:30PM- 9PM

FOOD STARTS AT 5:30 PM

SPEAKER MEETING 6:30PM- 8 PM

THREE ADDICTS SHARING MESSAGES OF RECOVERY!

MEETINGS ENCOURAGED TO BRING A DISH, SALAD,
OR DESSERT

ST. CLEMENT'S BY THE SEA
202 AVENIDA ARAGON
SAN CLEMENTE, CA 92672

CONTACT JODY M. 949-294-2337 FOR MORE INFO

Southern California H&I Committee
Presents, Hosted by Bay Cities

Free
Food



Where: 15519
Crenshaw Blvd
Gardena, CA
90249

When:
May 11, 2024
12-5 pm

**SPEAKERS BINGO AND MUSIC
FREE EVENT**

CONTACT ANNA M 909-525-5219

*Just for Today:
I will remember that
if I change my actions,
my thoughts will follow.
JFT p. 252*

- Would you like to be featured in our upcoming Clean Sheets? Please share your NA-related stories, poems, memes, cartoons, your individual experiences- i.e.: working steps, how NA has helped you, Being of Service, etc.
- Are you having an aNAversary soon- Please share your Clean Date so we can celebrate your Recovery!

Please contact Michelle at 415-464-7884 Email
CleanSheets.SCANA@gmail.com

SCANA
SOUTH COAST AREA OF NARCOTICS ANONYMOUS

www.southcoastareana.com

How Free Do You Want to Be?

By Michelle D.

Just like all addicts, when I got clean, I carried a lot of wreckage, fear, shame, guilt, and heavy resentments. I blamed everyone else for my feelings, and for all of the things that had happened in my addiction, My ex-husband for responsible for almost everything. He was the problem, he created my problems, and he was my excuse. As long as I was blaming him, I had no ability to change. Nothing could change unless he changed- which wasn't going to happen. I was stuck. I couldn't even see that I had a part. I had no ability to change or move forward.

I was hesitant to do my 4th Step. I thought it would be overwhelming or too painful to look at myself and what had happened, but that was not the case. It turned out to be a paradigm-shifting experience that changed the way I think about myself, others and the way I live my life today.

When I looked at my resentments written down in front of me and I was able to see that I did have a part in all of them, it took the weight out of them. Having a part allowed me to take responsibility which gave me a choice. I can choose to hold onto anger, fear, old behaviors and beliefs, or I can let them go. I can choose how to see the world around me, to find acceptance and to forgive before I build a resentment. I can choose to take different actions and make different decisions. Choice was something I never had in active addiction.

Going through my full inventory allowed me to see that I could change how I live my life today in recovery and not let my past weigh me down or control me. By looking at how I had lived, it allowed me to break patterns and choose to live my life differently.

I found freedom. I heard a speaker share about his experience working the 4th Step and he asked us "How free do you want to be?" By sharing all of our inventory, not keeping anything out or secret, we can find Freedom from our past in active addiction. We can find a new way to live. ♪ ★ ♪