



South Coast Area NA

July 2024- Clean Sheets

Step 7- We humbly asked him to remove our shortcomings.

Just For Today- March 25- I can't, but we can
"From the isolation of our addiction, we find a fellowship of people with a common bond... Our faith, strength, and hope come from people sharing their recovery..."

Basic Text, pp. 94-95



Admit no weakness, conceal all shortcomings, deny every failure, go it alone—that was the creed many of us followed. We denied that we were powerless over our addiction, that our lives had become unmanageable, despite all evidence to the contrary. Many of us would not surrender without the assurance there was something worth surrendering to. Many of us took our First Step only when we had evidence that addicts could recover in Narcotics Anonymous.

In NA, we find others who've been in the same predicament, with the same needs, who've found tools that worked for them. These addicts are willing to share those tools with us and give us the emotional support we need as we learn to use them. Recovering addicts know how important the help of others can be because they've been given that help themselves. When we become a part of Narcotics Anonymous, we join a society of addicts like ourselves, a group of people who know that we help one another recover.



Just for today: I will join in the bond of recovery. I will find the experience, strength, and hope I need in the Fellowship of Narcotics Anonymous.

Happy a versary!

To anyone with a July Clean Date!!!

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!



A Message from H & I

One of the best ways to be of service is by helping the newcomer. H & I provides opportunities to do just that! H & I stands for Hospitals and Institutions. We bring the message of hope by carrying the message of recovery to those who are confined to correctional institutions, hospitals, or recovery houses. This is the best service commitment, as we get to carry the message to a whole room full of newcomers eager to learn how to live a new way of life! There is nothing more beautiful than one day seeing a newcomer at a meeting stating they are here because of the message they received from H & I. We would love for YOU to be a part of that. We have opportunities to become a panel leader and a panel speaker! A panel leader's commitment is to facilitate a panel of Narcotics Anonymous at their assigned institution, such as one of our local treatment centers. Panel leaders must bring a fellow recovering addict with a clear N.A. message to be a panel speaker and share their experience, strength and hope. This is typically a once or twice a month commitment. In order to be a panel leader, you must have a minimum of one 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, please come to our subcommittee meeting! We meet virtually via zoom on July 28th, the last Sunday of the month at 5pm. We have open panels and we encourage you to get involved and be of service!

ZOOM MEETING ID: 865 550 0289

PASSWORD: 050749

For more Info- Contact Bev T- 949-697-1253