

UPCOMING EVENTS

Please support your local NA Area meetings by coming in person. I know we've gotten used to Zoom but some of our meetings may go dark if in person attendance does not increase. Grab a friend & come back to your regular meetings. Thank you! ****All Meetings Need Support****

***Saturday Night Surprise-** needs Trusted Servants- Come be of service and help this meeting. There is high attendance but without Trusted Servants it may not be able to continue. *Gloria Dei Lutheran Church- 7:30-8:15PM*

****Sunday First Day Lit Study-** if you are a woman with time, please come & be of service to newcomers at this meeting. *Gloria Dei Lutheran Church- 6:30-8PM*

The Sunset Beach Bonfire Meeting BBQ

Meeting on Wednesdays from 6:30-7:30pm
We will be hosting a Beach BBQ on the last Wednesday of the Month at 5:30pm before the meeting.

This month on **July 31st** come join us for a Meeting, Fellowship and Food at 5:30pm.
Doheny State Beach Pavilion 1, Beach Road,
Dana Point
(located in the first parking lot, far left side)

SCRCNA 45
WASH CLEAN
WASH
More will be revealed.
October 11-13, 2024
ND ONTARIO CA

So Cal Regional Narcotics Anonymous Convention
October 11-13- Preregistration tickets are available now for \$30.
Tickets at the event are \$45. Conventions are always a blast!!!
DoubleTree Hotel by Hilton Hotel Ontario Airport



South Coast Area Events

August 18th- Annual Beach Bash
at Doheny State Beach

October 12th- Annual Chili
Cookoff- more details soon...



Just for Today:

*I will let go of my resentments.
Today, if I am wronged,
I will practice forgiveness,
knowing that I need forgiveness myself.*

JFT p. 264



7th Step- Acceptance, Hope & Freedom through Humility

"Humility is a result of getting honest with ourselves. We have practiced being honest since Step One. We accepted our addiction and powerlessness. We found a strength beyond ourselves and learned to rely on it. We examined our lives and discovered who we really are. To be truly humble is to accept and honestly try to be ourselves. None of us is perfectly good or perfectly bad. We are people who have assets and liabilities. Most importantly, we are human..."

The Seventh Step is an action step, and it is time to ask God for help and relief. We have to understand that our way of thinking is not the only way; other people can give us direction. When someone points out a shortcoming, our first reaction may be defensive. We must realize that we are not perfect. There will always be room for growth. If we truly want to be free, we will take a good look at input from fellow addicts. If the shortcomings we discover are real, and we have a chance to be rid of them, we will surely experience a sense of well-being."

Basic Text- Page 36

"...working the Seventh Step gives us the freedom to choose. We know that if we live by the spiritual principles of recovery, we no longer need to wear ourselves out trying to arrange situations and outcomes. We trust the God of our understanding with our lives. We may still be fearful from time to time, but we no longer have to react to fear in destructive ways. We have the freedom to choose to act constructively or, when appropriate, do nothing at all. Believing that we are being cared for is a result of developing a relationship with a Power greater than ourselves..."

"The process of the Seventh Step brings about a peace of mind that we never dreamed possible..." "We are being changed. We've not only heard about the miracle of recovery; we are becoming living, breathing examples of what the power of the NA program can do. The spiritual life has ceased to be a theory we hear about in meetings; it is now becoming a tangible reality. We can see a miracle simply by looking in the mirror. The God of our understanding has taken us from spiritually unconscious, hopeless addicts to spiritually aware, recovering addicts eager to live."

It Works- How and Why- Page 74-75

- 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: CleaSheets.SCANA@gmail.com

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SOUTH COAST AREA OF NARCOTICS ANONYMOUS

www.southcoastareana.com