

**A Poem of Hope from H & I** by Becca T.

Hold On Pain Ends  
That's H.O.P.E., Hope's acronym

The bumper sticker sayings here are true  
I've learned from experience NA will never leave you

You put a white surrender tag in my hand  
You told me I never had to use again  
Sad, angry, a pit of despair, I knew I had so much to repair

Just keep coming back is what you said  
Find a sponsor to walk you through the disease in your head

These are the things that helped many of us stay clean  
Do 90 meetings in 90 days, Don't use in between

Get a basic text & And work these 12 steps

Find a higher power and that power isn't you  
With these suggestions, you will find you can make it through.

Minute by minute, hour by hour.  
Day by day, I made it through with you and my higher power.

Face Everything And Recover  
That's F.E.A.R., Fear's acronym

I am sure we can all agree, there are days this journey can  
bring us to our knees.

There were many days I was afraid  
But no matter what I made sure that I stayed

When pain is shared, pain is lessened  
It's through sharing in meetings that I've learned this  
life lesson.

We come together from all ways of life  
But we share this disease and all of its strife

We all have a story that brought us to these rooms  
In our disease we embodied different costumes

Today we don't have to play pretend  
It's through NA that I have made some of my greatest  
friends.

Through this journey we get to truly embody ourselves.  
Mind, body, and spirit, we are free from that cell.

With this freedom I am so grateful to have  
I hope to encourage someone new to keep coming back

We will love you until you can love yourself  
We will carry this message to addicts, practicing the 12th.

The love in these rooms surpasses any other  
We will love you like a mother, father, sister or brother

If you're suffering today, piece by piece it can be dissolved

Let Others Voluntarily Evolve  
That's L.O.V.E., Love's acronym

Thank you NA for L.O.V.E-ing me



Get Involved and Share your  
Recovery with Addicts in  
Hospitals & Institutions.  
We are always looking for Panel  
Leaders and Speakers. We meet  
the last Sunday of the month on  
Zoom at 5pm.

Zoom ID: 865 550 0289  
Password: 050749



Just For Today- July 30- Regular inventory

"Continuing to take a personal inventory means that we form a habit of looking at ourselves, our actions, attitudes, and relationships on a regular basis." Basic Text, p.41



Taking a regular inventory is a key element in our new pattern of living. In our addiction, we examined ourselves as little as possible. We weren't happy with how we were living our lives, but we didn't feel that we could change the way we lived. Self-examination, we felt, would have been a painful exercise in futility. Today, all that is changing. Where we were powerless over our addiction, we've found a Power greater than ourselves that has helped us stop using. Where we once felt lost in life's maze, we've found guidance in the experience of our fellow recovering addicts and our ever-improving contact with our Higher Power. We need not feel trapped by our old, destructive patterns. We can live differently if we choose.

By establishing a regular pattern of taking our own inventory, we give ourselves the opportunity to change anything in our lives that doesn't work. If we've started doing something that causes problems, we can start changing our behavior before it gets completely out of hand. And if we're doing something that prevents problems from occurring, we can take note of that, too, and encourage ourselves to keep doing what works.



Just for today: I will make a commitment to include a regular inventory in my new pattern of living.

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

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