

SOUTH COAST AREA NA NOVEMBER 2024 CLEAN SHEETS

Step 11- We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

The message is hope the promise is freedom

That any addict can stop using, lose the desire to use and find a new way to live.



Happy Anniversary!

**Tyler M-11-12-18-
6 Years Clean!**
**Nick Z- 11-8-14
10 Years Clean!**
**Nancy M-11-5-09
15 Yrs Clean!**

Congratulations to Everyone that has stayed Clean Just For Today!

Please give your Clean Dates to your GSR Reps so We can celebrate with you!

Just For Today-March 23- God's gifts

"We do the footwork and accept what's being given to us freely On a daily basis." *Basic Text, p. 46*



Our relationship with our Higher Power is a two way street. In prayer, we speak and God listens. When we meditate, we do our best to listen for the will of our Higher Power. We know that we are responsible for our part of the relationship. If we do not pray and listen, we shut our Higher Power out of our lives. When we think about our relationship with our Higher Power, it's important to remember which one we are; the powerless one. We can ask for guidance; we can ask for willingness or strength; we can ask for knowledge of our Higher Power's will-but we cannot make demands. The God of our understanding-the one with the power-will fulfill that half of the relationship by giving us exactly what we need, when we need it. We need to take action every day to keep our relationship with a Higher Power alive. One way we do this is by applying the Eleventh Step. Then we remember our own powerlessness and accept the will of a

Power greater than ourselves.



Just for today: In my relationship with my Higher Power, I am the powerless one. Remembering who I am, today I will humbly accept the gifts of the God I understand.

Excerpt from
NA Way Magazine
July 2010



Just pedal

My road to recovery and spiritual journey in life are like riding a tandem bicycle. For many, many years I was the one in the front, steering. I took all sorts of wrong turns and hit many rough spots. As a matter of fact, there are too many to mention. I always had God in the backseat, and only called on Him for help and directions when I was in the middle of pain and in trouble. Then there came a time when I made a decision to turn my will and my life over to the care of God. To "let go and let God" was totally foreign to me. My self-centeredness could not bear to let go of the control I thought I had to anyone or anything else, but I worked our steps.

With God in the front seat, we rode past my old stomping grounds and I looked in the tiny rearview mirror attached to my helmet. I could see all of the people, places, and things that I had used and abused. I could see all the pain, lies, misery, and every wrong turn I had taken. During these times, God would turn around with a smile and say, "Just pedal! All of these situations will remain where they are today, in the past, if you continue to ride with me."

We have encountered many amazing situations, some so beautiful that they defy description. Others were scary and confusing, and some were so painful I didn't think I could make it. Each of these times, God would turn around with a smile, give me a hug, and say, "I got you. Just pedal!"

Today there are so many more happy, joyous, and free days than there are scary, confusing, and painful days. My road to recovery and my spiritual journey are still like riding a tandem bicycle, except God is always in the front with His hands on the handlebars, steering me on the path of His will for me. My decision each day is quite simple: just for today, just pedal!

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