

June 20, Meditation For Beginners



"For some, prayer is asking for God's help; meditation is listening for God's answer... Quieting the mind through meditation brings an inner peace that brings us contact with the God within us."

BasicText, pp.46-47

Just for Today: I will practice "listening" for knowledge of God's will for me, even if I don't know what to "listen" for yet.

H&I- (Hospitals&Institutions) brings Hope to the still-suffering addict by bringing Panels into jails, hospitals, and treatment centers. As the Holiday Season is fast approaching, we are thankful for Narcotics Anonymous and the Hope of Freedom from active addiction. We want to share this good news to other addicts and that is what we do at H&I. The holidays can be an especially tough time for addicts so all of us at H&I do the best we can to carry a solid NA message of recovery and to show addicts that there is a better way...

and that is the NA Way. We invite you to join us... We are always in need of speakers and panel leaders, so we invite you to come to our next zoom meeting which will be

Sunday, November 24th at 5:00p.m. on Zoom.
Zoom ID is 865 550 0289 Password is 050749.

From H&I to all our Fellow Addicts..
we wish you a Thankful and Blessed Thanksgiving.

South Coast Area NA Announcements

The Sunday 6:30-8pm First Day Literature Study Meeting is now an OPEN Meeting

The Wednesday 6:30-7:30pm Sunset Beach Bonfire Meeting will be a 1 hour meeting during the winter

The 12 Days of NA are coming up from Dec 21, 2024- Jan 1, 2025

Each of these days a fellow Addict hosts a party for other Addicts to celebrate the holidays! These 12 Days of NA bring us together as we celebrate the holidays with the family we get to choose. You create your own party, theme- it can be whatever you decide.

Call Jody if you'd like to host a party! **949-294-2337**

Available Dates: December 22, 23, 24, 25, 26, 30



➤ **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!**

Please contact Michelle-415-464-7884

Email: CleanSheets.SCANA@gmail.com

08 February- Willing to Walk in Faith

"When we show up for life with willingness and an open mind, the next right thing tends to present itself."

Living Clean, Chapter 3, "Spirituality Is Practical"



"I have a full, rich life in recovery," a member shared to knowing nods. "But I'm facing some decisions about what comes next for me. I'm willing to do the next right thing if only I knew what that is. The options are all good, so how do I figure out what God's will is for me?" After the meeting, some more experienced NA members offered their insights on Steps Three and Eleven.

"I would freak out trying to know, really know, if my choices aligned with my Higher Power's will," one member shared. "I was told: 'If you're looking for a burning bush, you're going to be disappointed.'" When we're dealing with clear-cut questions of right and wrong--

Should I steal this candy or pay for it?- the next right thing is obvious. But looking for one correct response to life's multifaceted dilemmas can be paralyzing. The member continued, "I came to understand that Step Three is all about my decision. My willingness to work the rest of the Steps is that decision in action. My job is to show up, be willing, and do the work in front of me. So long as I'm plugged into the Steps, I can trust my intuition."

"I used to pray to know God's will for me, too," another member confessed. "My sponsor pointed out that self-centeredness had distorted my hearing: Step Eleven isn't about me. It's about us." She went on to explain how a focus on us broadened her perspective. "It changed my outlook and influenced how I pray and meditate. That made it easier to live by principles and to listen to my heart, trusting that my choices would enrich my ability to serve." Viewing life through a wide-angle lens puts our decisions within a larger context filled with love, support, and service. When we practice willingness and awareness, even our missteps expand our usefulness to others.

When we're spiritually fit, doing the next right thing doesn't have to be complicated. We find the willingness to walk in faith, knowing that we'll be alright. People like saying, "When one door closes, another opens." As NA members, we become better equipped to navigate hallways with multiple doors, some leading nowhere, others to new worlds, and all of them preparing us to serve.



I am willing to be guided by my Higher Power today.
I will make principled decisions and take positive action, secure in the knowledge that my service will be enhanced.

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SOUTH COAST AREA OF NARCOTICS ANONYMOUS

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