

What does it mean to be of Service in NA?

Everything in NA is done by addicts for addicts. We can only keep what we have by giving it away. When we are of service to others it takes us out of ourselves and helps us to find connection to our fellow addicts and to the higher power of our own understanding. We need you to participate in your own recovery by helping to carry the message and ensure that every addict has a place to come to find recovery from the use of drugs. We need your help at your meetings- and we are all capable of helping by doing some of these things with or without a commitment:

- Showing up to meetings early
- Helping set up the room before the meeting / clean up after meeting
- Setting out literature
- Setting out coffee
- Handing out reading, Saying yes to reading them when asked
- Greeting members & welcoming Newcomers
- Taking a commitment to ensure the meeting keeps running

Every member of the meeting can be of service, no matter how much clean time you have. The meetings and the Area depend on members to help keep the doors open for newcomers, old timers and the recovering addict. If you are attending meetings regularly, you can be a part of keeping that meeting thriving. Be of service today at your meeting, we need you, you can help other addicts live and find recovery from addiction.

When members don't help, meetings close, addicts die.

Descriptions of Commitments

Secretary

- Asks someone to lead
- Hands out and finds readers for the readings
- Hand out clean time tags/medallions (The Key tags can be a commitment)
- Writes down names of readers, clean time tag & anniversary recipients
- End of meeting Recap
- Thanks the readers, welcomes newcomers, recognizes clean time recipients

Treasurer

- Collects 7th Tradition Donations
- Calculates donations, expenses, rent.
- End of meeting Reports

Literature

- Sets up literature table
- Announces what books are available for purchase. IPs available for free

Group Service Representative (GSR)

- Attends monthly business meeting and Area Service Meeting
- Submits literature order and meeting donations at the Area business meeting
- Takes notes & carries meeting vote of confidence to vote on motions & elections
- Collects literature order & Area information and reports at the meeting.
- Gives Area donation & literature order receipt to meeting Treasurer

Just For Today- May 1st- Self-worth and service

"Being involved in service makes me feel worthwhile." Basic Text, p. 212

When most of us arrived in Narcotics Anonymous, we had very little self-worth left to salvage. Many members say that they began to develop self-esteem through being of service early in their recovery. Something just short of a miracle occurs when we begin to have a positive impact on others' lives through our service efforts.

Most of us don't have a lot of experience, strength, or hope to share at thirty days clean. In fact, some members will tell us in no uncertain terms that what we can do best is listen. But at thirty days, we do have something to offer to that addict just coming into the rooms of NA, struggling to get twenty-four hours clean. The very newest NA member, the one with only a desire to stop using and none of the tools, can hardly imagine anyone staying clean for a year, or two years, or ten. But he or she can relate to those people with thirty days clean, picking up a key tag with a look of pride and disbelief emblazoned on their faces.

Service is something that is our unique gift-something that no one can take away from us. We give, and we get. Through service, many of us start on the sometimes long road back to becoming productive members of society.

Just for today: I will be grateful for the opportunity to be of service.

UNFORTUNATELY ONE OF OUR MEETINGS HAS GONE DARK
The Saturday Night Surprise meeting from 7:00-8:00pm is now closed effective 11/23/2024

It was located at:

Gloria Dei Lutheran Church
33501 Stonehill Dr, Dana Point

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 on **Sunday, December 29th at 5:00p.m. on Zoom.**

Zoom ID is 865 550 0289 Password is 050749.

- 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!

Contact Michelle-415-464-7884 Email: CleanSheets.SCANA@gmail.com

SCANA
SOUTH COAST AREA OF NARCOTICS ANONYMOUS
www.southcoastareana.com

Just
for
today

WE ARE GOING TO BE
HAPPY WE WILL FIND
OUR HAPPINESS BY
BEING OF SERVICE TO
OTHERS

Just for Today:

I will remember that I am
a beacon to all who follow in my path,
a vision of hope.

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