

SOUTH COAST AREA NA FEBRUARY 2025 CLEAN SHEETS

*Step 2 - We came to believe that a
Power greater than ourselves could
restore us to sanity.*

In Narcotics Anonymous, Insanity is often described as the belief that we can take something outside ourselves--drug, power, sex, food-- to fix what's wrong inside ourselves: our feelings. --*Step Working Guide- Page 13*

What does Insanity mean?

(In our addiction)--Despite evidence to the contrary, we felt that we were in control. We ignored or didn't believe the truths that were staring us in the face. We continued to do the same things and expected the results to be different. Worst of all was the fact that we continued to use drugs, regardless of the negative consequences we experienced. Despite the warning signs that our drug use was out of control, we continued trying to justify it. All too often, the result was that we could no longer face ourselves. When we take a realistic look at our lives, there can be no doubt that we desperately need a restoration to sanity.

- *It Works- How & Why- Page 18-19*

Insanity is a loss of our perspective and our sense of proportion. For example, we may think that our personal problems are more important than anyone else's; in fact, we may not even be able to consider other people's needs at all. Small problems become major catastrophes. Our lives get out of balance. Some obvious examples of insane thinking are the belief that we can stay clean on our own, or the belief that using drugs was our only problem and that everything is fine now just because we're clean.

- *Step Working Guide- Page 13*

Restoration to Sanity

Regardless of our individual interpretation of the term "restoration", most of us agree that, for us, it means changing to a point where addiction and its accompanying insanity are not controlling our lives.--*It Works- How & Why- Page 19*

Initially, being restored to sanity means that we no longer have to use drugs.... We begin to believe that a powerful force can restore us to sanity. At long last, we feel hope for ourselves. .

- *It Works- How & Why- Page 19*

As we approach Step Two, we begin to consider that maybe, just maybe, there's a Power greater than ourselves--a Power capable of healing our hurt, calming our confusion, and restoring our sanity. - *Step Working Guide- Page 11*

Happy
A  Anniversary!

*Bev 2/4/02/25- 25 Years!
David R, 2/23/87- 38 Years!
Glenda 2/25/83- 42 Years!*

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!

The First Day Literature Study

meeting is moving

Starting Sunday Feb 2nd, we will meet at:

Capo Beach Church

25975 Domingo Ave

Capistrano Beach, CA 92624

Time is the same: 6:30-8:00 PM

Classroom 1-- No smoking/vaping on property

This is a Closed meeting.

Happy Valentine's Day from your H&I subcommittee.
There is no better way to show love to the still suffering addict than to share your Experience, Strength, and Hope at an H&I panel. If you haven't gotten a service commitment yet in the new year, we invite you to join our next H&I meeting.
We meet the last Sunday of the month at 5:00 p.m. via zoom.
Our next meeting will be on Sunday, February 23rd at 5:00p.m.
The Zoom ID is 865 550 0289 🌸🌸🌸 The Password is 050749.
Let's show some love to our fellow addict.