

Please join us at the  
**South Coast Area Anniversary Potluck Speaker Meeting**

**March 22<sup>nd</sup>- Aragon Church in San Clemente**

We are asking meetings to bring food for the potluck.

More info to follow, Thank you.

Jody M. 949-294-2337



*God Could  
Restore Us to  
Sanity  
"The process of  
coming to believe  
restores us to sanity.  
The strength to move  
into action comes  
from this belief."*

*Basic Text, p.25*

*Just for Today: I thank the God of my under-standing  
for each sane act in my life, for I know they are  
indications of my restoration to sanity.*



Just For Today- November 8, Pg 325

**Freed from insanity**

"Do I believe it would be insane to walk up to someone and say, "May I please have a heart attack or a fatal accident?" Basic Text p.23



We've heard it said that unless we're in love, we can't remember what love feels like. The same could be said of insanity: Once we're freed of it, we may forget how truly bizarre our insane thinking can be. But to be grateful for the degree of sanity to which we've been restored in Narcotics Anonymous, we need to remember just how truly insane we've been.

Today, it may be hard to imagine saying something as ridiculous as, "May I please have a heart attack or a fatal accident?" No one in their right mind is going to ask for such things. And that's the point. In our active addiction, we were not in our right mind. Each day we practiced our addiction, we courted fatal disease, degradation, exploitation, impoverishment, imprisonment, death by violence, even death by sheer stupidity. In that context, the idea of asking for a heart attack or a fatal accident doesn't sound all that far out. That's how insane we've been. The program, the fellowship, and our Higher Power-together, they've worked a miracle. The Second Step is not a vain hope-it is reality. Knowing the degree of the insanity we've experienced, we can appreciate all the more the miraculous Power that has restored us thus far to sanity. For that, we are truly grateful.



Just for today: I will take some time to recall how insane I've been while practicing my addiction. Then, I will thank my Higher Power for the sanity that's been restored to my life.

Spiritual Principle A Day- May 7th  
**Powerlessness and the Second Step-- Page 132**



"By admitting our own powerlessness, we open our minds to an entirely new idea: the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs." -- It Works- How & Why, Step Two Our literature describes how the Second Step helps us to fill the gap created when we admit our powerlessness in Step One. If we are powerless over our disease, what can we do about it? For many of us, simply seeing there are other addicts like us who have lost the desire to use is enough to open our minds to the possibility that something might be able to help us, too--even if we don't know what that something might be.

The catch to accepting help from a power greater than ourselves is that we have to stop exerting our own power first. Practicing powerlessness over our disease means that we stop trying to manage and control it. So many of us have shared about trying to limit our using, hiding our stash from ourselves, using only certain substances or on certain days of the week, and many other ways of trying to be clever or tricky enough to outsmart our addiction. If anyone had success with those types of tricks, they're probably not NA members. (Yet?) That's the way it is with addiction. If we try to overpower or outmaneuver our disease, we're bound to fail. It might not even happen right away, but eventually we find ourselves surrounded by unmanageability, wondering what happened to our well-laid plans. Rather than exerting great control over ourselves to behave in a highly predictable and consistent manner, we let go of the illusion of control and open ourselves to a power from elsewhere. Unlimited examples of experience, strength, and hope are available to us when we share with other addicts in recovery.



Rather than trying to go it alone, I will rely on a power greater than myself.

- 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](http://www.southcoastareana.com)