

SECRETARY NEEDED FOR H&I SUB-COMMITTEE. The main duties of this position are to take the monthly minutes of our H&I meeting and distribute them to the H&I members. Please pray about you or one of your Sponsee's being of -service and taking on this position. Please contact Mark Larson 949-278-2789, David Rock or Bev Taylor 949-697-1253 if you are interested.

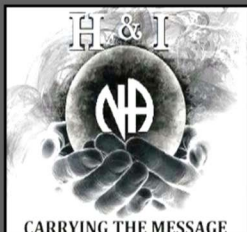


H&I carries a message of Recovery and Hope to Hospitals, Treatment Centers and Jails to addicts who cannot access outside meetings. If you're thinking about getting a service commitment, we invite you to join us at our next H&I meeting. Hop on Zoom sometime and check us out. We meet the last Sunday of the month at 5:00 p.m. via zoom.

Our next meeting will be on Sunday, May 25th at 5:00p.m.



The Zoom ID is
865 550 0289
The Password is
050749



Just For Today- December 7
Surviving Our Emotions

"We use the tools available to us and develop the ability to survive our emotions." *Basic Text p. 30*



"Survive my emotions?" some of us say. "You've got to be kidding!" When we were using, we never gave ourselves the chance to learn how to survive them. You don't survive your feelings, we thought-you drug them. The problem was, that "cure" for our unsurvivable emotions was killing us. That's when we came to Narcotics Anonymous, started working the Twelve Steps and, as a result, began to mature emotionally. Many of us found emotional relief right from the start. We were tired of pretending that our addiction and our lives were under control; it actually felt good to finally admit they weren't. After sharing our inventory with our sponsor, we began to feel like we didn't have to deny who we were or what we felt in order to be accepted. When we'd finished making our amends, we knew we didn't have to suffer with guilt; we could own up to it and it wouldn't kill us. The more we worked the NA program, the better we felt about living life as it came to us.

The program works today as well as it ever did. By taking stock of our day, getting honest about our part in it, and surrendering to reality, we can survive the feelings life throws our way. By using the tools available to us, we've developed the ability to survive our emotions.



Just for today: I will not deny my feelings. I will practice honesty and surrender to life as it is. I will use the tools of this program to survive my emotions.

August 22- Spiritual Principle a Day
Trust and the Fifth Step

"This may be the first time we've ever trusted another person enough to tell her or him about ourselves and allow that person to get to know us."

It Works, Step Five Page 242



We addicts have lots of stories. What some consider to be deep, dark secrets others easily share, sometimes even as badges of honor. Many of us are fine with divulging the goriest details of our using days, the mayhem of our childhoods, and our experiences of victimization. Regarding the Fourth and Fifth Steps, we think, *No problem, I am an open book!* But, as we do the work that is suggested, perhaps using the *Step Working Guides*, there's a depth inherent in those questions that goes way beyond our comfort. Exposing our own part in situations turns out to be messy, agonizing, and illuminating all at once. For many of us, our pettiness, our unforgiving nature or unkind acts, our ego on blast, our shame: These carefully guarded parts of ourselves turn out to be far more significant than the dramatic tales we thought we'd tell.

Thankfully, we've had the benefit and experience of the previous Steps to build trust in the program, each other, a Higher Power, and our sponsor. The Fifth Step is an opportunity for us to open our whole book and have another human being bear witness to the stories about ourselves that are the hardest to tell. As much as we'd been nervous about sharing our inventory with another person, it's the first time we've admitted much of this business to ourselves.

Building a bond of trust takes courage as well as vulnerability. As we exercise that bond, a weight is lifted off our shoulders: We reveal the truth about ourselves and we're not rejected. Many of us don't even realize how distant we've been in our relationships as a result of the secrets we'd guarded. And often being seen as truly ourselves by one person allows us to feel much lighter and more open in other relationships. One bond of trust inspires us to form others.



I'm willing to practice trust by sharing my whole story with another person. I aim to build upon my ability to trust and be trustworthy by applying what I've learned to other relationships.

September 17, Going beyond Step Five

"We may think that we have done enough by writing about our past. We cannot afford this mistake."

Basic Text, p.32



Just for Today: Although necessary, Steps Four and Five alone will not bring about emotional and spiritual recovery. I will take them, and then I will act on them.

When you can look at your past, and feel at peace, because of changes you have made...

THAT'S RECOVERY

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- 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