

August 08, Responsible Recovery



*"...we accept responsibility
for our problems and see
that we're equally
responsible for
our solutions."*

Basic Text, p. 97

Just for Today:

I will accept responsibility for my life and my recovery.

Just For Today- August 29

Don't look back- Page 251



"The steps offer 'a big change from a life dominated by guilt and remorse. Our futures are changed because we don't have to avoid those who we have harmed. As a result... we receive a new freedom that can end isolation.'" Basic Text, p. 39

Many of us come to Narcotics Anonymous full of regrets about our past. Our steps help us begin to resolve those regrets. We examine our lives, admit our wrongs, make amends for them, and sincerely try to change our behavior. In doing so, we find a joyous sense of freedom.

No longer must we deny or regret our past. Once we've made our amends, what's done is truly over and gone. From that point on, where we come from ceases to be the most important thing about us. It's where we are going that counts.

In NA, we begin to look forward. True, we live and stay clean just for today. But we find that we can begin to set goals, dream dreams, and look ahead to the joys a life in recovery has to offer. Looking forward keeps us centered in where we are going, not remorseful or regretful about our past. After all, it is hard to move forward if we are looking back.



Just for Today: The steps have freed me from regrets over my past.
Today, I look forward to my new life in recovery.

Introducing your new H&I Trusted Servants

Chair - Mark L.
Vice Chair - David R.
Secretary - Jen B.
Alt. Secretary - OPEN
Literature: Jarron E.
Alt. Literature: OPEN
Speaker Phone List: Jay F.
Jail Liaison: Ken D.
Clean Sheets Liaison: Bev T.



* H&I carries the message of recovery to addicts who cannot access outside meetings. It is a very rewarding service commitment. Our next meeting will be held on September 28 at 5 p.m. on Zoom. The Zoom ID is 865 550 0289 and the Password is 050749. Come check us out!



SCANA

SOUTH COAST AREA OF NARCOTICS ANONYMOUS
www.southcoastareana.com

The Fear of Step 9- Making Amends

Like many of us addicts, I feared this step when I first got clean and felt like I did not owe amends to anyone because, "don't you know—everyone hurt me, I didn't hurt anyone." Everything was someone else's fault—especially my ex-husband. I only believed I was hurting myself and had pushed others away. In my addiction, I stayed away from the people I loved, both physically by not showing up and by not answering the phone when they called, believing it was better for them not to hear from me or hear how messed up I was on drugs. I later discovered that this avoidance, especially of my parents, told them exactly what was happening and only made them worry more. By not responding or answering, I was causing more harm than I realized until I worked my steps, especially 4 and 9. In the 4th step, I learned that I had caused a lot of harm and that I could not blame others for my actions or experiences. These people then became the ones I owed amends to. I made my 8th step list, with my parents at the top, and became ready to make amends to them. I had stolen from them both financially and spiritually—by stealing their peace of mind and their ability to not worry frantically about me. At six months clean, my Mom told me that my Dad could finally sleep again and not stay up all night worrying about me. I didn't realize that I was taking away their peace. My avoidance caused harm that I cannot repay or give back, but I did read an amends letter to them and sincerely asked what I could do to make it right. Their answer was simply that I could just stay clean. That is all they truly want. I can also give them my living amends by answering the phone when they call and showing up for important family times. I also show them that I am amending my ways by living differently today in recovery. My relationship with my parents is better than it has ever been, and my Mom comes to me for advice or just to talk. I am there for her and my Dad, living a spiritual, clean life today. I am so grateful for my recovery and for the chance to change my ways that the 12 steps have given me. I know today that Step 9 was not something to be afraid of. By offering my amends and forgiving those that had hurt me, this step also helped me find forgiveness for myself, and today I feel free.

Thank God for my life and for NA!

By Michelle D- Clean Date 8-9-18

Just for today

We will make
direct amends
whenever
possible we will
also make
indirect amends
"mending our
ways"
changing our
attitudes &
altering our
behaviors



★ 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!

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