

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, February 22nd at 5:00p.m.



The Zoom ID is
865 550 0289



The Password is
050749



The Full Message



"There is a special feeling for addicts when they discover that there are other people who share their difficulties, past and present."

Basic Text, pp. 55-56

Just for Today: I will honestly share both the good times and the difficult times of my recovery. I will remember that my experience in walking through adversity may benefit another member.

From Living Clean: Some of our more experienced members have shared that moments of deepest insanity occur when our insides don't match our outsides—when we are doing things that go against our beliefs, when we are in one way or another living a lie, or when we are in denial of what's really happening around us. The disconnect between what we want, what we believe, and what we are doing is enough to make anyone feel insane—and can be a powerful force for relapse. Coming back to living in integrity begins with sharing honestly with one person. It may be a long road back, but the alternative can be so painful that we may not survive it clean. When we tell our sponsor or trusted friend what's really going on, we can begin to feel a little hope again. ~Pg. 113
Our history with relationships can lead us to think that there is no hope for us in this area, but our experience with the Second Step proves to us that we can be restored to sanity. We need help that our loved ones cannot give us. The therapeutic value of one addict helping another really is without parallel. Caring and sharing the NA way is the ultimate weapon against our alienating, isolating, destructive disease.~Pg. 124

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SOUTH COAST AREA OF NARCOTICS ANONYMOUS
www.southcoastareana.com

Spiritual Principle a Day- March 5th

Free to Simply Be

Letting go of the idea that we have to understand why things happen or how it all works frees us to have a spiritual experience without wondering if we're doing it right.

—*Living Clean*, Chapter 2, "Connection to a Higher Power"



Addicts are perceptive people, or so we like to think. When we were using, we could go somewhere we'd never been and easily find either a way to get drugs or someone to use with. Our intuitions and insights often serve us well in recovery, especially as the Steps help us to improve our ability to discern between the voice of self-will and that of conscience. Learning the difference can be a challenge since the disease talks to us in our own voice. Freedom from our disease depends on it. With practice and the help of other recovering addicts, we improve our connection to our intuition and our conscience. We gain the freedom to make better choices, and our lives improve.

Trusting in the process—and in our conscience—can be scary. How can putting down the drugs make the obsession go away? How can we be sure our sponsor won't share our inventory with everyone? What happens if we let go of that defect that has been protecting us?

We just don't like not knowing.

Step Two in our Basic Text tells us, "We can use this Power long before we understand it." One member shared, "I've been staying clean on a Higher Power that I don't understand for over 25 years, and I'm starting to get okay with never knowing. It still works!" No matter how perceptive we are, our perception is limited. There are wavelengths of light not visible to the human eye, pitches of sound not perceptible to the human ear. We cannot know the totality of things. When we get okay with not knowing, we can shift our focus to what we do feel, sense, and perceive in the present. We are free to be right here, right now.



It's okay if I don't know. I will enjoy the freedom to just be.

JUST FOR TODAY

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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.

- 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