

H&I has a Secretary service commitment OPEN.

What a great way to get involved with H&I.

If you don't know what H&I is, it stands for Hospitals and Institutions, and we are the folks who go into jails, institutions, and hospitals to carry a message of Hope!

We share our experience, strength, and hope that there is a better way to live. It is the most rewarding commitment you could have....

One addict helping another is without parallel.

We would love for you to come and check us out.

Our next meeting will be on Sunday, March 29 at 5 PM on Zoom.

We invite you to come check us out.

The Zoom ID is 865 550 0289

The Password is 050749



In the Third Step we make "a decision to turn our will and our lives over to the care of God as we understood Him." Most of us make that decision for the first time early in our recovery, but our desire for control expresses itself in many different ways. It is not a decision we make only once. Each time we return to it our resistance lessens, our commitment deepens, and our ability to let go increases. Some suggest that we are in a process of progressive surrenders. We take back control and let it go again, each time finding that we can let go a little more, and that some of what we took back last time we can now let go for good. Next time we look, we find that we are still holding on here and there: "I can turn over this part of my life," we say, "but that other part is my job to handle." Finding the line between personal responsibility and willful control is a challenge. One member shared that for her, "The real surrender is surrendering to the fact that I will be surrendering for the rest of my life." It's different for each of us. In fact, for most of us, the answers change over the course of our recovery.

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Southern California regional H&I presents:



Strong H&I message

Free BBQ Music Bingo

Date Saturday, May 9
Time of event 12 to 4pm

Host Area: Orange County Living Springs Church
Location: 9851 Bixby St., Garden Grove, CA 92841

Contact Shiloh F 818.749.0975 Christi D (714) 818-9572

- 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, your story, 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

Just For Today – January 14- "A loving God"

"Our understanding of a Higher Power is up to us.... The only suggested guidelines are that this Power be loving, caring, and greater than ourselves." Basic Text, p. 24

We've been told that we can believe in any kind of Higher Power we want as long as it is loving and, of course, greater than ourselves.

Some of us, however, have trouble with these requirements. We either believe in nothing but ourselves, or we believe that anything that could be called "God" could only be cold-hearted and unreasonable, sending us bad luck on a whim.

Believing in a loving Power is quite a leap for some of us, for many reasons. The thought of turning our will and lives over to the care of something we think might hurt us is sure to fill us with reluctance. If we come into the program believing that God is judgmental and unforgiving, we must overcome those beliefs before we can be truly comfortable with the Third Step.

Our positive experiences in recovery can help us come to believe in a loving God of our own understanding. We've been given relief from a disease that has afflicted us for a long time. We've found the guidance and support we need to develop a new way of life. We've begun to experience a fullness of spirit where once there was only emptiness. These aspects of our recovery have their source in a loving God, not a harsh, hateful one. And the more we experience recovery, the more we'll trust that loving Higher Power.

Just for today: I will open my mind and my heart to believe that God is loving and trust my loving Higher Power to do for me what I cannot do for myself.

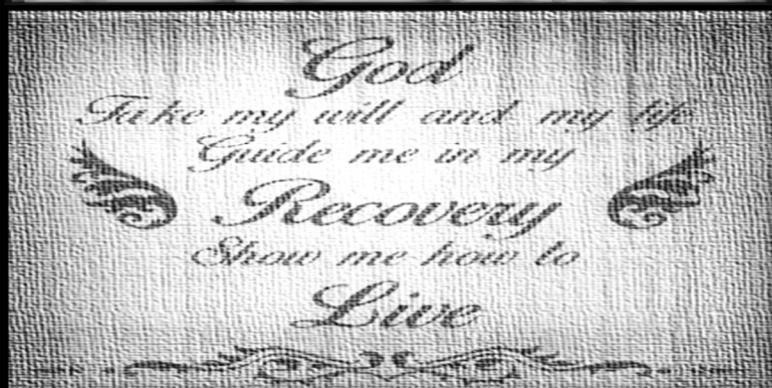


Never-Failing Power
"As we learn to trust this Power, we begin to overcome our fear of life."

Basic Text, p.25

Just for Today:

I will place my trust in a Power greater than myself, for only that Power will never let me down.



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SOUTH COAST AREA OF NARCOTICS ANONYMOUS

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