

### H&I Nominations to be held in June

\* Your H&I subcommittee will be holding its nominations at their next meeting on **June 28 at 5 PM** on Zoom.

**The Zoom ID is 865-550-0289 and the password is 050749.**

\* All service positions will be up for nomination

\* If you are interested in becoming part of H&I, please join us at our June meeting.

\* The most important service commitment that we can have in narcotics anonymous is to carry the message to the still suffering addict.

\* That's exactly what H&I does.

Come check us out... We'd love for you to join us.

### SUNSET BEACH BONFIRE MEETING

Wednesday 6:30-7:30PM  
Will be having a BBQ on the Last Wednesday of the month

Come Join us on June 24<sup>th</sup>  
before the meeting at  
5:30PM

Food, Fellowship & Fun  
Doheny State Beach Pavilion 1,  
Beach Road, Dana Point



AUGUST 16-18, 2026- BURBANK MARRIOTT

THE SOCAL REGIONAL  
CONVENTION 47  
SEPTEMBER 18- 20, 2026  
POMONA SHERATON HOTEL.  
601 WEST MCKINLEY AVE.  
POMONA, CA 91768



### November 23<sup>rd</sup> -Spiritual Principle a Day Maturity Calls for Some Humility

*"Doing the right thing when no one is looking is an act of service to what we believe in. Some of us call this integrity; the Sixth Step calls it character. Whatever we call it, this practice is the discipline that forms the basis of our growing maturity." From: Living Clean, Chapter 6, "Commitment"*



Integrity. Character. Discipline. Maturity. Not often were these words used in reference to us when we were in active addiction, except perhaps to note the lack thereof. While many NA members completely reject being the center of attention, there are just as many of us who adore the spotlight or who, at the very least, undertake commitments to be acknowledged and praised. In the course of our recovery, we'll have ample opportunity to dissect what motivates our choices. As a practical matter, we might simply concede that active addiction left us with many regrets. We were ashamed of many of our actions and inactions. In recovery, we have the opportunity to get things done--in NA, in our jobs, and in our family life--because those things need to get done. Adhering to that sense of practicality and work ethic--rather than the attention-grabbing "Look at me!"--is a sign of maturity and integrity. It shows character and discipline, too. All of it. And, sure, if we have a commitment that we do consistently, competently, and maybe with our own creative spin on it, our efforts may draw some positive attention. Accepting others' gratitude is also a sign of maturity. We don't need to plan our service entirely around making sure no one is looking. That would be anonymity overkill. We don't need to hide our talents or skills in order to do the right thing. We embrace our capabilities so we can stay clean and help others do the same.



Today I'm deciding to let my contributions to the world speak for themselves. If they speak only to me, so be it. If others notice and express their appreciation, I will be gracious.

### June 12<sup>th</sup> Just For Today- A vision of hope

*"Yes, we are a vision of hope... From Basic Text, p.51*



By the time we reached the end of our road, many of us had lost all hope for a life without the use of drugs. We believed we were destined to die from our disease. What an inspiration it was, then, coming to our first meeting and seeing a room full of addicts who were staying clean! A clean addict is, indeed, a vision of hope. Today, we give that same hope to others. The newcomers see the joyful light in our eyes, notice how we carry ourselves, listen to us speak in meetings, and often want what we have found. They believe in us until they learn to believe in themselves. Newcomers hear us carry a message of hope to them. They tend to see us through "rose colored glasses." They don't always recognize our struggle with a particular character defect or our difficulties with improving our conscious contact with our Higher Power. It takes them time to realize that we, the "old-timers" with three or six or ten years clean, often place personalities before principles or suffer from some other unsightly character defects. Yes, the newcomer sometimes places us on a pedestal. It is good, though, to openly admit the nature of our struggles in recovery for, in time, the newcomer will be walking through those same trials. And that newcomer will remember that others walked through that difficulty and stayed clean.



*Just for today: I will remember that I am a beacon to all who follow in my path, a vision of hope.*

- 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

# SCANA

SOUTH COAST AREA OF NARCOTICS ANONYMOUS

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