

H&I humbly invites you to be of service to addicts that are in Hospitals & Institutions- we bring a meeting to them, hopefully planting the seed that Narcotics Anonymous can bring hope & miraculous recovery to those who come to our meetings & work the steps.

We carry the message & believe that:

*"An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.*

*Our message is hope and the promise of freedom."*

Please join us and see how you can be of service to the newcomer- because we can only keep what we have by giving it away.

Our next H&I meeting is on Sunday, May 31<sup>st</sup> at 5pm on Zoom.

The Zoom ID is 865 550 0289 and Password is 050749.

*Thank you for being of service!*

## 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 May 27<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**

19 CAL REGIONAL YOUTH COMMITTEE OF NA

# CLEAN NOT DEAD

BEACH MEETING MARATHON

## 22 AUGUST 2026

**Bolsa Chica state beach**  
17851 Pacific Coast Hwy  
Huntington Beach, CA 92649

**Combo & Drink Plates**  
\$10.00 Contribution

**MEETING MARATHON TIMES**  
1:00PM , 3:00 PM & 5:00PM

**FREE S'mores**

Merchandise Made Available

**MARILYN G. (626) 417-7826 | DEDE D. (626) 692-4948**

Parking Fee - \$20 All Day  
Between Life Towers 21 - 23

As we share our inventory, our sponsor will sometimes share some of his or her own experience with us. Our sponsor may cry with us or smile in recognition at some of the struggles we are now sharing. We may laugh together as we share some of the more comical aspects of our addiction and the ridiculous lies we told ourselves so that we could continue to live as we were living. As we see how similar our feelings are to our sponsor's feelings, we realize that there are other people like us. We're human beings, nothing more, nothing less. Our self-obsession blinded us to this, making us feel unique. Suddenly we understand that other people, too, have painful problems and that ours are no more significant than anyone else's. Healing can take place when we see a glimpse of ourselves in the eyes of another. We find humility in that moment and a reason to hope that the serenity and peace we have been striving for are within our reach at last. Our feelings of alienation fade as we experience an emotional connection with another human being.

*Step 5- Page 55- From: It Works- How & Why*

- 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

February 6<sup>th</sup> - Spiritual Principle a Day- Unconditional Love and Step Five

*"... many of us have looked up and seen unconditional love in the eyes of the person hearing our Fifth Step." From It Works, Step Five*



From addict to addict, sponsor to sponsor, sponsee to sponsee, there's nothing in NA that all of us experience the same way. There's the popularized, or even idealized, notion of how things should go, and there's how they actually happen. Many of us resist Step Four because of Step Five. The thought of being that vulnerable with someone is scary. And when we hear those wonderful stories of members reading their inventories to their sponsors and immediately feeling relief and acceptance, we may feel more intimidated than reassured. Many of us do have a sponsor whose eyes reflect unconditional love and who says all the right things. But what about tomorrow? Like all other spiritual principles, unconditional love takes work. It's not a snap-your-fingers moment, a switch we turn for the perfect moment that stays bright without fail. NA provides a place for all of us, a place where any addict can find hope. We deserve the love of the Fellowship, yet that requires the individual effort of members. Unconditional love is more than merely loving someone for who they are regardless of... In the sponsor-sponsee relationship, loving is more than just accepting. A sponsor shared, "Unconditional love says that I will invest in your growth, no matter what. I intentionally decide to invest in someone regardless of who you are or what you've done. We all deserve that. I also have to be working on myself to loosen and remove the conditions on love that my life experiences have placed there." We don't do it perfectly, and how we express unconditional love isn't uniform from addict to addict or from day to day. Accepting the unconditional love that's offered also takes work. For many of us, the Fifth Step is an opportunity to do just that. Perhaps even more so, it's the day after, when we call our sponsor and they're there for us, just like yesterday.

*Love is a decision that needs to be made over and over again. I'm willing to take action about that decision today regarding a fellow member and unconditionally express love as best I can.*



*The Steps help me find the courage and humility I need to choose my own path. I will put my freedom to good use by living the Steps.*

# SCANA

SOUTH COAST AREA OF NARCOTICS ANONYMOUS

[www.southcoastareana.com](http://www.southcoastareana.com)