

Hospitals and Institutions (H&I) is holding nominations in June and elections in July for all trusted servant positions. We will announce the new H&I body once all positions have been filled. If you are interested in becoming a member of H&I, we would love to have you join us at our next meeting on **Sunday, July 26 at 5 PM** on Zoom.

The Zoom ID is 860-550-0289 and Password is 050749.

H&I reaches out to the addict still suffering to let them know there is a new and better way to live. It is one of the most rewarding commitments you can have in Narcotics Anonymous. Please 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 July
29th before the meeting
at 5:30PM

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



AUGUST 16-18, 2026- RIIRBANK MARRINT

**THE 47TH SOUTHERN CALIFORNIA
REGIONAL NA CONVENTION**
SEPTEMBER 18- 20, 2026

Recovery on the horizon
POMONA SHERATON HOTEL.
601 WEST MCKINLEY AVE.
POMONA, CA 91768



February 18- Making Room for Humility- Page 50

"Understanding that we are not unique is a good indication of humility." From It Works- How and Why, Step Seven



The disease of addiction turns us into masters of self-deception. A distorted view of the world might convince us that we're smarter than the average addict. When we're new to Narcotics Anonymous, this outlook can keep us separate from everyone in the room and lead us right back out the door.

The pain of stubbornly holding on to our perceived uniqueness can keep us stuck in isolation. As one member found, "Eventually the pain was great enough, and it didn't matter how different I thought I was from everyone else. I was an addict, and if I didn't want to die, I had to start doing some work."

Step Seven shows us that in surrendering the defect of denial, we can let go of arrogance and pride, creating room for humility and identification within the Fellowship. We can see our humility grow when we can sit in a meeting and *naturally* hear the similarities rather than our differences.

When we trust a loving Higher Power to remove our shortcomings, we begin to make space for our true selves and develop a sense of our place within an NA community. Regardless of how long we have been clean, how old we were when we got here, or our career status—we remain teachable. The gift of humility allows us to learn how to ask for help and take suggestions.

Sometimes, even with years clean, we can convince ourselves that "our case is different" or "we are the exception." Calling our sponsors, regularly attending meetings, and continuing to practice spiritual principles remind us that we share the bond of addiction, as well as a common solution in NA. Whether we think we are "nowhere near that bad" or "the most flawed person in the room" we eventually find a place where we can be right-sized by continuing to work the Steps.



Today I will be grateful for freedom from the sharp edges of my uniqueness and find opportunities to identify with my fellow addicts

- 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 anniversary 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
september october november december
I accept the love of a
Higher Power in my life.
I am conscious of that
Power's guidance and
strength within me. Today,
I claim it for my own.
August 9

NOT PERFECT

**"We are not going to be perfect.
If we were perfect, we would not be human.**
— Basic Text, p.30

Recovery isn't about perfection — it's about progress. Mistakes aren't failures; they're proof that we're growing, learning, and living life as human beings.

When we stop chasing perfection, we start experiencing freedom — the freedom to try, to fail, to rise, and to grow again.

Just for today:
I'll take a risk, try something new,
and let life unfold in all its imperfect beauty.



SCANA
SOUTH COAST AREA OF NARCOTICS ANONYMOUS

www.southcoastareana.com