

May 18, Friends and Amends—Keeping it Simple



"We made direct amends to such people wherever possible, except when to do so would injure them or others."

Step Nine

Just for Today:

I want to be a responsible friend. I will strive to keep it simple when making amends.

Just For Today- August 25

The Ninth Step-Reclaiming Life

"We are achieving freedom from the wreckage of our past." *From Basic Text p. 45*



When we start the Ninth Step, we've reached an exciting stage in our recovery. The damage done in our lives is what led many of us to seek help in the first place. Now, we have a chance to clean up that wreckage, amend our past, and reclaim our lives. We've spent a long time and much effort preparing for this step. When we came to NA, facing the debris of our past was probably the last thing we wanted to do. We started doing it privately with a personal inventory. Then, we opened our past up to the scrutiny of a select, trusted few: ourselves, our Higher Power, and one other person.

We took a look at our shortcomings, the source of much of the chaos in our lives, and asked that all those defects of character be removed. Finally, we listed the amends needed to set our wrongs right-all of them-and became willing to make them.

Now, we have the opportunity to make amends-to acquire freedom from the wreckage of our past. Everything we've done so far in NA has led us here. At this point in the process of our recovery, the Ninth Step is exactly what we want to do. With the Twelve Steps and the help of a Higher Power, we are clearing away the rubble that for so long has stood in the way of our progress; we are gaining the freedom to live.



Just for today: *I will take advantage of the opportunity to reclaim my life. I will experience freedom from the wreckage of my past.*

Spiritual Principle A Day- May 26

Forgiveness, Acceptance, and Healing



"Walking with the knowledge that someone has not forgiven us is hard, but through it we find levels of forgiveness and acceptance that we may not have known were possible." *From Living Clean, Chapter 5, "Amends and Reconciliation"*



Over time in NA, we learn that we are worthy of forgiveness. That discovery comes, in part, as a result of making our Step Nine amends. Part of our preparation for this process is to understand why we are doing it. To make meaningful and lasting change in our lives, we must make peace with the consequences of our actions and the harm we've caused. While being forgiven by those we've hurt is a blessing, finding self-acceptance cannot be conditional on another's actions. We must reconcile with ourselves to heal from our past. Forgiving ourselves is not contingent on receiving forgiveness from those we've harmed. Reconciliation may not always be possible.

Though we may believe we deserve to be heard and forgiven, some will understandably stonewall our efforts. What then? It's pretty hard to gain the courage to undertake this process—but then we have to be humble enough to accept the reaction, even if it's a flat-out rejection?

That rejection may be excruciating for those of us whose self-esteem hinges entirely on being liked by others. We ask ourselves, "Am I even still worthy of forgiveness? How do I walk through this?" No one is obligated to forgive us. We are powerless over other people's willingness or readiness. In a situation like this one, we have one option for healing: move forward.

That may take time because rejection is painful. As hard as it is to accept, we have to find a way to live with that pain without inflicting it on others.

We must try to forgive ourselves for the consequences of our actions.

Not being forgiven is its own beast—and its own lesson in practicing spiritual principles. This experience might give us pause the next time we want to rebuff someone else's amends.

We may be quicker to forgive because we know what it's like to experience that wall and how much effort it takes to live with that and let it go.



Today I will strive to accept my past and move on from it, though others may not. All I can do--today and every day--is to do better.

We are excited to announce our new H&I Trusted Servants

CHAIR Shari S
VICE-CHAIR Jarron E
SECRETARY Sandy S
ALT. SECRETARY OPEN
LITERATURE David R
ALT. LITERATURE India S
CLEANSHEETS Bev T.
PHONE LIST Rhonda F.



H&I meets the last Sunday of the month at 5 PM on Zoom just before area.

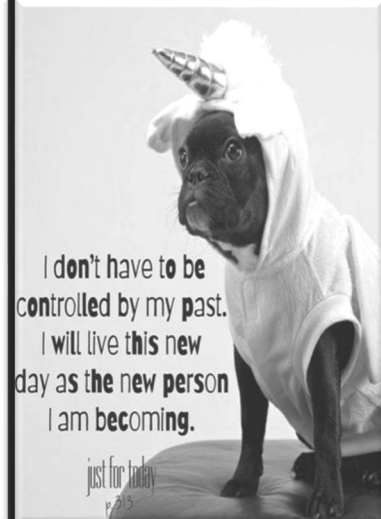
Our next meeting is Sunday, September 27th.

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

We invite you to come to our meeting. We carry the message of H&I to addicts who still suffer. Our message is H&I and the promise of Freedom

When you can
look at your past,
and feel at peace,
because of changes
you have made...

THAT'S RECOVERY



★ 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!

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