South Coast Area NA
November 2026
Clean Sheets

Happy A(NA)versary!

Tyler M 11/12/18~ 8 Yrs!
Terry C. 11/6/14~ 12 Yrs!
Nick Z. 11-8-14~ 12 Yrs!
Nancy M. 11-5-09~ 17 Yrs!
Shari 11-8-92~ 34 Yrs!

Congratulations to Everyone
that has stayed Clean
Just For Today!

Please give your Clean
Dates to your GSR Reps so
We can celebrate
with you!

Step 11- "We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

MAY 24th- Intimacy as Conscious Contact and Connection

Intimacy is conscious contact with another human being. We connect. As we get close to others we see the divine in them, nd we see it in ourselves as well.
-Living Clean, Chapter 5, "Conscious Contact"

Few of us come to NA with mountains of success practicing intimacy. Often we hear our fellow addicts grumble, "I hate people." Before getting clean, family life was often dysfunctional, to say the least. The deeper we were in our addiction, the shallower our friendships and romantic relationships became. Our drug use, ego, and denial were a trio of airtight barriers that prevented us from connecting with those closest to us. We lacked trust in others and avoided being vulnerable at all costs. The idea of truly being seen by another person was unbearable, even absurd.

Upon getting clean, we may not initially be conscious of a desire for connection with our fellow addicts. We resist the idea of exposing our true selves, but intimacy isn't just about sharing the details of our lives. It can be abandoning our old ideas about people and relationships, even letting go of our definition of what's safe. It can be taking emotional risks when we don't know the outcome. It can be saying what we want from a relationship-to the other person in it with us. It can be tolerating feedback from our loved ones and growing from it. It can be sitting in meetings with a group of recovering addicts and hearing each other's gripes, pleas, desires, and strides. It can be witnessing what makes us human and worthy of love and connection, over and over again. Intimacy is the result of all this. Intimacy is nothing less than letting go of everything that stops us from being ourselves in front of another person. What's divine in us is what's genuine.

Today I will consciously seek opportunities where I can get closer to my true self with another human being I trust.

The 12 Days of NA are coming up from Dec 21, 2026- Jan 1, 2027

Each of these days a fellow Addict hosts a party for other Addicts to celebrate the holidays! These 12 Days of NA bring us together as we celebrate the holidays with the family we get to choose. You create your own party, theme- it can be whatever you decide.

Call Jody if you'd like to host a party!
949-294-2337

SPEAKERS WANTED FOR HOSPITALS & INSTITUTIONS.

If you have at least six months clean and have a clear NA message of recovery, we would love to have you be a speaker on one of our panels.

Here's how to get involved:

* Go to our website: www.southcoastareana.com
* Click on Contact (in the heading)
* Fill out the form and in the message area say you are interested in being a speaker on an NA H&I panel - then submit.
* The speaker (panel) coordinator will get in touch with you - it's that simple!

Get involved! Share your experience, strength, and hope!
We can't keep what we have until we give it away!

If you'd like to get involved, please join us at our next Zoom meeting on Sunday, November 29 at 5 PM.
The Zoom ID is **865-550-0289** and the Password is **050749**.