



# Clean Times News

Temecula - Hemet - Lake Elsinore - Murrieta - Morongo - Banning - San Jacinto - Canyon Lake - Idyllwild - Anza

June 2023

Southwest Area of Narcotics  
Anonymous

*Solid Recovery: Stories and articles to enhance our well-being.*

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

## Clean Time Celebrations



**9 months**

Kruize  
Jill W.  
Eric B.



**Multiple Year's**

Stephan G 28 years  
Wendy M 21 Years  
Jilleen F 14 Years

Brian S 10 Years  
Megan L 7 Years

Please Send in your information and let's **Celebrate all Milestones**. Congratulations to All. swanacleantimes@gmail.com

**Southwest area's addict's stories of recovery**

## Southwest Area Activities Unity Day Picnic & BBQ

Join Us For Food, Fellowship and Fun **Saturday, July 8, 2023 11am - 4pm**

Free Lunch Provided - Please Bring a Side Dish or Dessert Lunch at

**Speaker at 2:30 pm**

Winner Valley Wide Park 901 W. Esplanade Ave. San Jacinto, CA 92582

Please bring your own Towels, Blankets and Chairs!



## The Pink Cloud

*During the early stages of my recovery, I attended a speaker meeting and approached a fellow member to inquire about the "pink cloud" phenomenon and how to cope when it eventually fades. For those unfamiliar with the term, "pink cloud" refers to a period of intense euphoria and positivity experienced by individuals in the early stages of their recovery. It's a time when one feels a surge of happiness, motivation, and optimism as one begins to witness the positive changes that come with overcoming addiction. In this state, individuals may*

*experience a newfound sense of freedom and relief from the burdens of their past. They often feel a boost in energy, enthusiasm, and confidence, leading to rapid progress and achievements as they embrace a lifestyle substance free. The member I spoke to shared his perspective, revealing that he had never truly left his pink cloud behind and that I didn't have to either. He emphasized that while the pink cloud may naturally fade over time, it is possible to maintain its positive effects by actively working the steps not only in relation to addiction but also by applying those principles to all aspects of life.*

*This member has accumulated 14 years of clean time by adhering to this approach and I can too.*

*I must remember that to continue my recovery journey, I will face challenges, setbacks, and the realities of everyday life. If I allow myself to be consumed by shifting emotions, disappointment, or frustration, the pink cloud may indeed fade. It requires vigilance and a commitment to applying these principles in all my affairs. to sustain the positive effects of the pink cloud.*

## Sponsorship, Revised

IP 11

Our Basic Text tells us that *“the heart of NA beats when two addicts share their recovery,”* and sponsorship is simply one addict helping another. The two-way street of sponsorship is a loving, spiritual, and compassionate relationship that helps both the sponsor and sponsee.

Progress not  
perfection.

The fear of feeling the pain is  
worse than the pain itself.

Nothing changes if nothing changes

Seven missed meetings  
makes one **weak**.

## Humility

To me, the simplest definition of humility is “humility is truth.” Therefore, its opposite, pride, is nothing but a lie, an exaggerated notion of oneself. That is precisely why I usually am such a liar—I have such an exaggerated pride; that is why I so seldom admitted the truth and why I became such a frustrated personality—I was working on false premises.

Humility is not a denial of good qualities, for in truth it is the admission of all qualities both good and bad. I admit my faults and work to remedy them; I admit my abilities and accept and use them as a gift of my God. If I am absolutely truthful in the estimation of myself, I am humble. Until such an attitude of humble evaluation of myself is achieved, I will not attain contented recovery. For it is without humility that I feel the Program is impossible.

Humility Is the root of all my other virtues and the very cornerstone of my program. Humility is the root of faith, hope, and tolerance. I find that each one is fortified and reinforced through true humility.

On the other hand, pride seems to be the root of my troubles. In some way or another most difficulties I encounter stem from pride. Resentment, self-pity, intolerance, bigotry, boasting, and control of others all come from my pride. The longer that I am clean, the more it becomes necessary to remind myself that I am what I am by the grace of my God. Isn't it great that a Higher Power can do so much with such poor material? Examples of difficulties and troubles stemming from pride are endless. On the other hand, the rewards of humility are unlimited.

*Reprinted with permission from the NA Way*

Pray daily, Your Higher Power  
is easier to talk to than most  
people

One Day At A Time

Procrastination is  
fear in five syllables

I hope you all enjoyed this issue of the Clean Times Newsletter.

*Brian S.*

Editor.