



Clean Times News

Temecula - Hemet - Lake Elsonore - Murrieta - Morogo - Banning
- San Jacinto - Canyon lake - Idywild - Anza

April 2025

Southwest Area of Narcotics
Anonymous

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

Please submit in your birthdays,
stories, or ideas to Angela S. at
hopehustler88@yahoo.com

April Clean Time Celebrations:

Steph H. 1 Year

Ramon H. 2 Years

Heather O. 3 Years

Melinda M. 3 Years

Janie S. 7 Years

Morgan P. 9 Years

Brandy H. 10 Years

Cara M. 30 Years

Paula C. 35 Years

Congratulations to all you!

Today and every day I am born a new
and begin a new life,
I will welcome each day with love and
bathe it in the golden glow of
enthusiasm, with a plan and this map.
I am nature's greatest miracle, and I will
live each day as if it is my last by
throwing my whole self into each task,
multiplying my worth a hundred-fold
and seeking the seed of triumph in every
adversity, I will act now and persist till I
succeed.

Today I will master my emotions, never
will I weave through my thoughts,
actions, and words a living version of
hell and when I retire,
I will review each day, never again will I
be disagreeable to another human soul
by making assumptions about life and
taking things personally.

Today I will laugh at the world for to be
happy is to be successful and should a
fog blind me I will remember; This too
shall pass.

Today and every day, I will seek God,
have faith, and maintain contact with
my creator.

-Anonymous Member

ADDICTION

Today I Feel Very Down And Depressed, I
Know I Did This To Myself I Confess.
I Can't Figure Out, How Much More Screwed
Up I Can Get.
But The Price I Am Paying Is Much More
Than I Bet.

I Have Messed Up My Life In So Many Ways,
Financial, Professional And Social Dismay.
I Can't Even Cope With My Physical Health,
And My Mental Condition Is Worse Than My
Wealth.

Everyone Tells Me, Things Could Be Worse,
But If It Does I'll Need More Than A Nurse.
So God If You Can Please Here What I Pray,
It's Getting Harder & Harder To Live Thru
Each Day.

Please Tell Me How Much More I Must Pay, I
Have Just Given Up, What More Can I Say.
I'm Sorry, So Sorry, Won't You Please
Forgive Me.

For Giving Into The Disease And Not Unto
Thee.

Help Me To Fight This Terrible Strife, Which
Might Possibly Finish My Life.

My Eyes Are Wide Open, But I Just Cannot
See What Reason I Have To Continue To Be.

-Anonymous Member

Pause, Pray, & Proceed

The SWANA Activities committee held a Potluck Bingo Night on March 1st. It was a Lot of fun! If you missed it, there is another event happening this month! There is a Sponsor/Sponsee Brunch scheduled for April 19th from 10-2 at 40450 Stetson Ave #111, Hemet, CA 92544. Tickets are still available for 30\$. They will be 35\$ at the door until sold out, we do have a limited number of tickets available.

A Huge shout out to Shyla W. (The Speaker of The Pot Luck) She brought a great message! I would definitely love to hear her share speak again! We would also like to send a special Thank you to those who donated to Make the Bingo prizes possible. Thank you: Sunday's meeting, "Honesty in Reality"; Jessika,Carolynn, Erik Pilgrim, Luis, and Toby who are grateful members of N.A.; "Streets to the Seats" and "Principles of Recovery" meetings; Becky, Joel, and Bill grateful N.A. members; "It Doesn't Happen Overnight" and the "Saturday Morning Leader's Choice Literature" meetings; and the Living Way Church! THANK YOU to EVERYONE who attended this event, it wouldn't have been a success without you! SWANA Activities is looking forward to an amazing 2025 with a LOT of fun things to do together in recovery! We want You to join us! Please consider joining the activities committee on the first Saturday of the month. ALL are welcome. We will be meeting at the Sun City Family restaurant (26824 Cherry Hills Blvd. Sun City 92586) at 10 AM. Hope to see you there to help us continue to plan more fun activities for our area!

-Wendy H.

NA Slogans

- Pain Is Necessary Suffering Is Optional.
- Cultivate An Attitude Of Gratitude.
- A Grateful Addict Is A Clean Addict.
- Just Don't Pick Up.
- Know The Consequences.
- It Just Gets Better.
- F.E.A.R. F**k Everything And Run Or Feel Everything And Recover.
- Fake It Till You Make It.
- Y.E.T. You're Eligible Too.

12 Fantasastic Reason To Keep A Journal

1. See The Change
2. Purge Our Minds
3. Locate Patterns
4. Pray
5. Show Our Gratitude
6. Tap Into Our Subconscious
7. Practice Honesty
8. Enjoy Some Downtime
9. Reflect On The Day
10. Make Amends
11. Forgive
12. Make Self Affirmations

-Charlie L. Sun Coast Area



Pause, Pray, & Proceed