

RECOVERY IS NO JOKE

**Comedy Show
feat. "Bob
Perkell and
Friends"**

41810 Juniper St.
Murrieta, CA 92596

**8PM Saturday
March 14th, 2020**
doors open 7:30PM

\$15.00 - Buy Online
www.swaactivitiesna.com

\$20.00 - At the door



HA HA HA HA

Register online at
www.circna.com

Early Bird Registration - \$30
(Before March 1st, 2020)

Bingo! Speakers! Dance!
Comedy! Golf Tournament!

**JW Marriott Desert
Springs Resort & Spa
Call (888) 538-9459**

GROUP CODE: **CIRNA -OR- NA**
group rates + taxes & fees:

Single/Double: \$153 per night

Triple: \$163 per night

Quad: \$173 per night

Rate good during the convention and
3 days before/ after, based on room
availability. Hotel may require 2 nights
minimum stay.

ONE
MESSAGE

MANY
VOICES

CIRCNA XXII

JUNE 26-28, 2020

PALM DESERT, CA



CLEANTIMES FEBRUARY 2020

SOUTHWEST AREA OF NARCOTICS ANONYMOUS NEWSLETTER

WWW.CIRNA.ORG - SWANACLEANTIMES@GMAIL.COM - WWW.NA.ORG

Tradition TWO (page 3)

Second Concept (page 7)

From Our SWA Members

Submissions via swanacleantimes@gmail.com

"Not all relationships are designed to fill me up. In some, I am the designated filler. It's important that I clearly identify which is which and set expectations accordingly.

Not all relationships include give and take. It doesn't mean I'm in an unhealthy relationship just because I'm the giver. It just means my role is different and my expectations should reflect that.

If we only participated in relationships that were give and take then what would happen to the people incapable of giving anything?"

(continued on page 3)

OUR SYMBOL

- 6th Edition Basic Text

"Simplicity is the key to our symbol; it imitates the simplicity of our Fellowship. All sorts of occult and esoteric connotations can be found in its simple outlines, but foremost in the minds of the Fellowship are easily understood meanings and relationships." *(cont. on page 2)*



**CLEAN
PUZZLE!**

Crossword (page 6)

Last month's sudoku answer (page 7)

"We came to believe that a Power greater than ourselves who could restore us to sanity."

STEP TWO (see pages 4-5)

“The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the Fellowship and the members of our society. Good will is best exemplified in service; proper service is “Doing the right thing for the right reason.” When Good will supports and motivates both the individual and the Fellowship, we are fully whole and wholly free. Probably the last to be lost to freedom will be the stigma of being an addict.

It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.”

“Secure in the love of this fellowship and working the steps, I have begun to heal. I have learned forgiveness for those who harmed me when I was little. This is possible! Those memories sadden me, but I no longer have to carry them as a burden. I have come to understand our four-sided symbol as a framework for living: Self, God, Society, and Service. That is the foundation for how I live this program and how I work the steps.”

- Life on Life's Terms, *Breath of Life - 6th Edition Basic Text*



Second Concept

“The final responsibility and authority for NA services rests with the NA groups.”

The groups have final responsibility for and authority over the service structure they have created. By fulfilling their responsibility to provide their service structure with the conscience and ideas, people, and money it needs, the groups also exercise their authority. Conversely, the service structure must always look to the groups for support and direction.

- *Twelve Concepts for NA Service, na.org*



JIMMY K. 2/02/50

DAVID B. 2/01/94

MANUEL M. 2/06/99

IRENE S. 2/08/13

KENSEY S. 2/08/15

JONI F. 2/09/10

CHRISTINA M. 2/10/11

MICHELLE D. 2/11/15

JOSEPH M. 2/12/15

MIKE C. 2/15/92

ANNALISA B. 2/16/14

MARK G. 2/16/14

CHLOE 2/17/17

JOE H. 2/21/12

CAROLINE 2/21/17

AMANDA D. 2/24/14

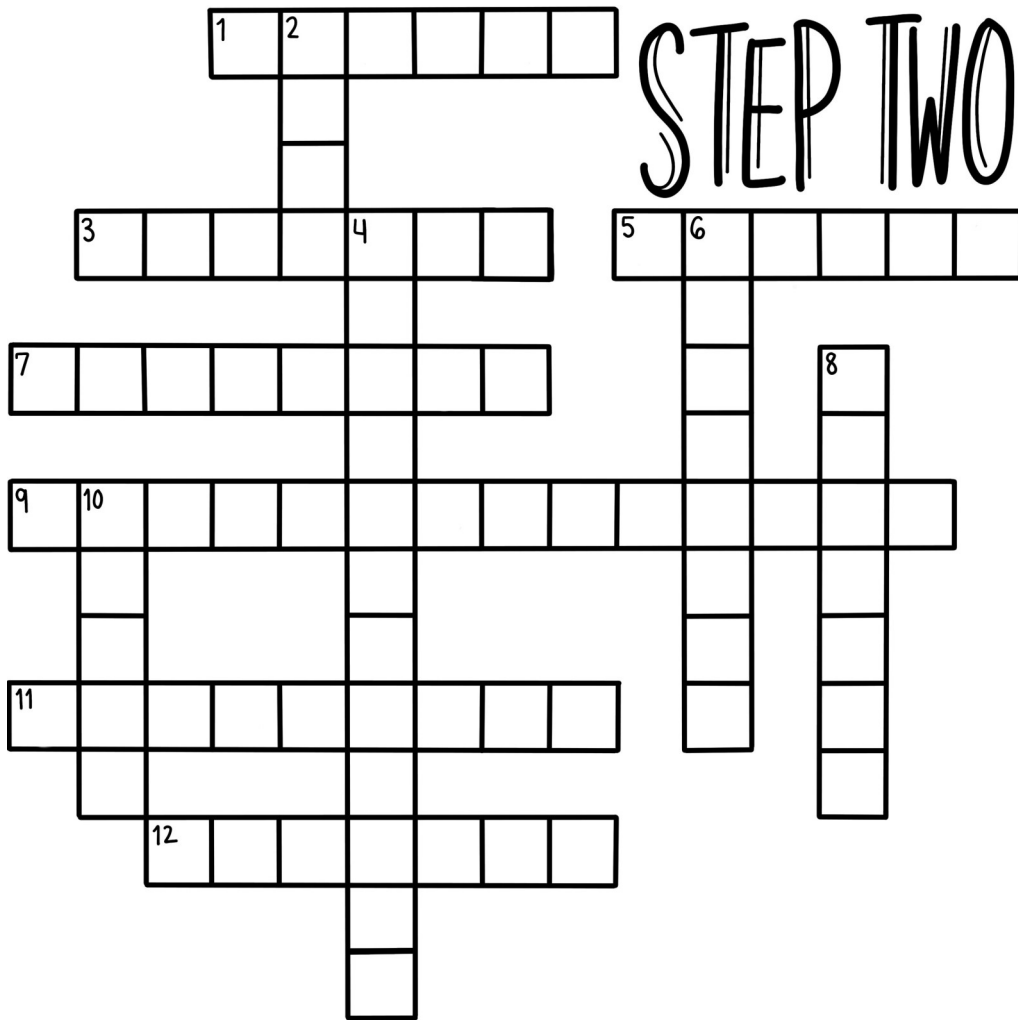
SHANE W. 2/26/97

MARK A. 2/12/87

NARCOTICS ANONYMOUS

Y	S	N	U	N	O	O	M	A
O	N	U	S	M	A	N	Y	O
A	O	M	Y	N	O	S	U	N
O	N	O	N	S	Y	U	A	M
U	M	N	O	A	N	Y	S	O
S	Y	A	M	O	U	N	O	N
N	U	Y	A	O	N	M	O	S
N	A	S	O	Y	M	O	N	U
M	O	O	N	U	S	A	N	Y

HAPPY BIRTHDAY!



STEP TWO

Tradition Two

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

"In Narcotics Anonymous, we are concerned with protecting ourselves from ourselves. Our Second Tradition is an example of this. By nature, we are strong-willed, self-centered people, who are thrust together in NA. We are mismanagers and not one of us is capable of consistently making good decisions.

In Narcotics Anonymous, we rely on a loving God as He expresses Himself in our group conscience, rather than on personal opinion or ego. By working the steps, we learn to depend on a Power greater than ourselves, and to use this Power for our group purposes. We must be constantly on guard that our decisions are truly an expression of God's will. There is often a vast difference between group conscience and group opinion, as dictated by powerful personalities or popularity. Some of our most painful growing experiences have come as a result of decisions made in the name of group conscience. True spiritual principles are never in conflict; they complement each other. The spiritual conscience of a group will never contradict any of our Traditions.

Some will resist. However, many will become the role models for the newcomers. The self-seekers soon find that they are on the outside, causing dissension and eventually disaster for themselves. Many of them change; they learn that we can only be governed by a loving God as expressed in our group conscience."

- 6th Edition Basic Text

From Our SWA Members

"When I first got clean. I was a scary guy. I was big and loud. It wasn't easy to make friends in those days. There was a woman who supported me. She and her husband took me into their home. She spent time telling me how the program works. One day I walked into the hospital detox. There she was in a robe. It hurt me to see her there. I asked her what happened she said "I am one of those people who can talk the program. I just can't live it.". Although she was a kind loving person she died from her addiction. My first sponsor used to say he heard some of the best stuff. He ever heard about recovery come out of my mouth. That he hoped I listened to what I said. It's not about talking this program that keeps us clean. It's about living it. I learned the value of having role models in recovery. Those folks who live the way I want to live. In choosing a sponsor I was taught to pick someone who had what I wanted and to do what they did. I have been blessed to recover in the company of many good men and women who lived with integrity and carry a message of hope by their actions not just their words. Just for today, I am going to live the program not just talk it."

Across

1. to become different or alter
3. truthfulness
5. greater; upwards
7. modest opinion or estimate of one's own importance, rank, etc.
9. having or showing a mind receptive to new ideas or arguments
11. capable of being instructed, as a person
12. to have confidence in something or someone

Down

2. the feeling that what is wanted can be had or that events will turn out for the best
4. a sense of connection to something bigger than ourselves
6. doing the same thing over and over again, expecting different results
8. to bring back into existence, use
10. strength; energy

STEP TWO

“We came to believe that a Power greater than ourselves who could restore us to sanity.”



Many of us felt that insanity was too harsh a word to describe our condition. However, if we take a realistic look at our active addiction, we'll see that we have been anything but sane. For the most part, our perceptions were not based in reality. We viewed the world around us as a hostile environment. Some of us withdrew physically and had little, if any, contact with anyone. Some of us went through the motions of life but allowed nothing to touch us emotionally. Either way, we ended up feeling isolated. Despite evidence to the contrary, we felt that we were in control. We ignored or didn't believe the truths that were staring us in the face. We continued to do the same things and expected the results to be different. Worst of all was the fact that we continued to use drugs, regardless of the negative consequences we experienced. Despite the warning signs that our drug use was out of control, we continued trying to justify it. All too often, the result was that we could no longer face ourselves. When we take a realistic look at our lives, there can be no doubt that we desperately need a restoration to sanity.

Regardless of our individual interpretation of the term "restoration," most of us agree that, for us, it means changing to a point where addiction and its accompanying insanity are not controlling our lives. Being restored to sanity is a life-long process. Individually, we experience it differently at varying stages of our recovery, but we all can see some results of this process right from the beginning of our recovery. Initially, being restored to sanity means that we no longer have to use drugs. We go to meetings rather than isolating. We call our sponsor rather than sitting alone with painful feelings. We ask for our sponsor's

guidance in working the steps, a real demonstration of sanity. We begin to believe that a powerful force can restore us to sanity. At long last, we feel hope for ourselves. "

sanity [san-i-tee]

- the state of being sane; soundness of mind.
- soundness of judgment.

insanity [in-san-i-tee]

- extreme foolishness; folly; senselessness; foolhardiness
- a foolish or senseless action, policy, statement, etc.