

# RECOVERY IS NO JOKE



## Comedy Show feat. "Bob Perrell and Friends"

41810 Juniper St.  
Murrieta, CA 92596

**8PM Saturday  
March 14th, 2020**

doors open 7:30PM

**\$15.00** - Buy Online  
[www.swaactivitiesna.com](http://www.swaactivitiesna.com)

**\$20.00** - At the door

## Sponsor/Sponsee Luncheon

April 26th, 2020  
2:00PM-6:00PM  
32665 Haddock St.  
Winchester, CA 92596

Lunch served at  
2:30PM  
Two Speakers

\$15 per person  
Tickets available until  
April 15th  
*No tickets at the door.*  
For ticket info,  
Christina:  
(951) 443-6155  
Meg: (951) 219-7439

## CIRNA CONVENTION

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.

Register online at [www.circna.com](http://www.circna.com)

ONE  
MESSAGE  
MANY  
VOICES  
CIRCNA XXII  
JUNE 26-28, 2020  
PALM DESERT, CA



# CLEANTIMES MARCH 2020

SOUTHWEST AREA OF NARCOTICS ANONYMOUS NEWSLETTER

[WWW.CIRNA.ORG](http://WWW.CIRNA.ORG) - [SWANACLEANTIMES@GMAIL.COM](mailto:SWANACLEANTIMES@GMAIL.COM) - [WWW.NA.ORG](http://WWW.NA.ORG)

## STEP THREE

*"We turned our will and our lives  
to the care of God as we understood him."*

**A**s addicts, we turned our will and our lives over many times to a destructive power. Our will and our lives were controlled by drugs. We were trapped by our need for instant gratification that drugs gave us. During that time, our total being—body, mind and spirit—was dominated by drugs. For a time, it was pleasurable, then the euphoria began to wear off and we saw the ugly side of addiction. We found that the higher our drugs took us, the lower they brought us. We faced two choices: either we suffered the pain of withdrawal or took more drugs.

For all of us, the day came when there was no longer a choice; we had to use. Having given our will and lives to our addiction, in utter

desperation, we looked for another way. In Narcotics Anonymous, we decide to turn our will and our lives over to the care of God as we understand Him. This is a giant step. We don't have to be religious; anyone can take this step. All that is required is willingness. All that is essential is that we open the door to a Power greater than ourselves.

Our concept of God comes not from dogma but from what we believe and from what works for us. Many of us understand God to be simply whatever force keeps us clean. The right to a God of your understanding is total and without any catches. Because we have this right, it is necessary to be honest about our belief if we are to grow spiritually. *(cont. on pages 4-5)*

## WORD SCRAMBLE!

*Last month's crossword answers (page 6)*

*"We turned our will and our lives to the care of God as we understood Him."*

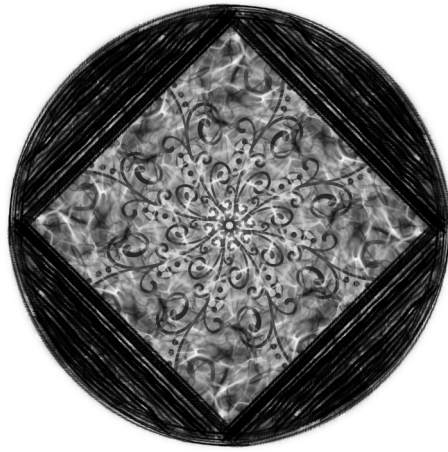
**STEP THREE** (see pages 4-5)

**Third Concept (page 2) - Tradition Three (page 3)**

# Third Concept

*"The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it."*

The NA groups maintain final responsibility and authority for the service structure they have created. Yet if they must involve themselves directly in making decisions for all of our service boards and committees, the groups will have little time or energy left to carry the recovery message in their meetings. For this reason, the groups entrust the service structure with the authority to make necessary decisions in carrying out the tasks assigned to it.



The delegation of authority can do much to free up both our groups and our services. Service decisions not directly affecting the groups can be made expeditiously; our phonedlines, H&I panels, public information efforts, and literature development projects can move forward at full speed to serve NA's primary purpose. And our groups, not required to ratify every decision made on their behalf at every level of service, are freed to devote their full attention to carrying the NA message in their meetings.

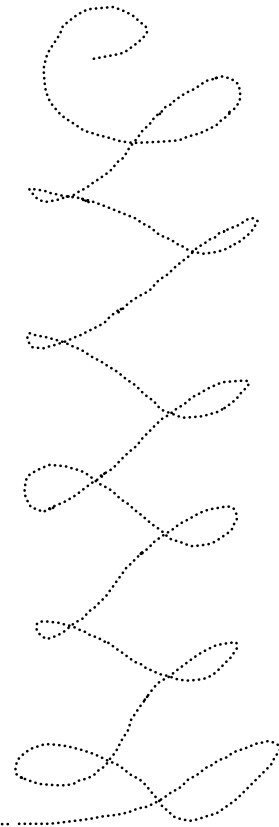
Sometimes we fear that delegation will mean a loss of control over our services. Together, Concepts One, Two, and Three have been designed to help us maintain responsibility for our service structure without tying our trusted servants' hands. The Third Concept encourages our groups to focus on their own responsibilities while assuring that the service structure is given the authority it needs to fulfill other necessary NA services. Our Twelve Concepts do not ask our groups to abdicate their authority, allowing the service structure to do whatever it pleases. The groups, after all, have established the service structure to act on their behalf, at their direction. And when the groups need to exercise final authority in service matters, they are encouraged to do so. However, in day-today matters, the groups have given our service boards and committees the practical authority necessary to do the jobs assigned them.

- Guide to Local Services, na.org

## WORD SCRAMBLE

Clue: Step, Concept, Tradition

- POREW \_\_\_\_\_
- RREGTEA \_\_\_\_\_
- UDRNET \_\_\_\_\_
- DESEIR \_\_\_\_\_
- REQRTUEMENI \_\_\_\_\_
- BEMREMIHSP \_\_\_\_\_
- EDAEGLTE \_\_\_\_\_
- URRTCTUSE \_\_\_\_\_
- SEEVIRC \_\_\_\_\_



# UNITY DAY PICNIC

*Celebrating CIRNA's 25th Anniversary*

**Saturday, May 16th**  
**9AM to 5PM** Come at  
 8am to be of service

**Yucaipa Regional Park**  
 33900 Oak Glen Rd, Yucaipa, CA 92399

**Lunch 11AM-12PM**

*FREE Burgers, Hot Dogs and Water*  
*Bring a Side Dish in the Spirit of Unity*

**FREE EVENT**

**GAMES 12:30PM-2:30PM**

**2 Speakers at 3:00PM**

**Opportunity Drawing**  
**Discount Parking—mention "NA"**





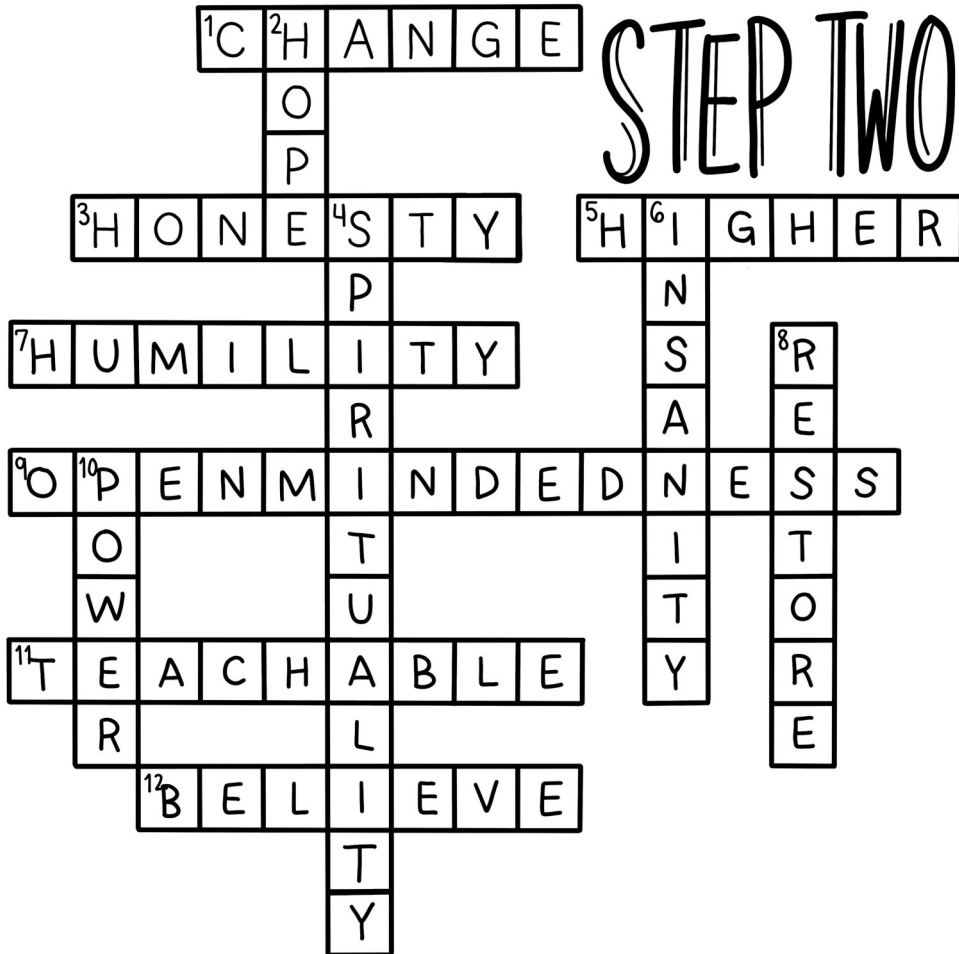
MARCH

HAPPY BIRTHDAY!

- ROB 3/03/11
- MICHELLE S. 3/12/16
- MANDY G. 3/14/15
- JEANA K. 3/14/07
- RAY T. 3/16/07
- DONNELL I. 3/28/91
- JIM F. 3/3/17

# Tradition Three

*"The only requirement for membership is a desire to stop using."*



"This tradition is important for both the individual and the group. Desire is the key word; desire is the basis of our recovery. In our stories and in our experience of trying to carry the message of recovery to the addict who still suffers, one painful fact of life has emerged again and again. An addict who does not want to stop using will not stop using. They can be analyzed, counseled, reasoned with, prayed over, threatened, beaten, or locked up, but they will not stop until they want to stop. The only thing we ask of our members is that they have this desire. Without it they are doomed, but with it miracles will happen.

Desire is our only requirement. Addiction does not discriminate. This tradition is to ensure that any addict, regardless of drugs used, race, religious beliefs, sex, sexual preference, or financial condition is free to practice the NA way of life. With "... a desire to stop using" as the only requirement for membership, one addict is never superior to another. All addicted persons are welcome and equal in obtaining the relief that they are seeking from their addic-

tion; every addict can recover in this program on an equal basis. This tradition guarantees our freedom to recover.

Membership in Narcotics Anonymous is not automatic when someone walks in the door or when the newcomer decides to stop using. The decision to become a part of our Fellowship rests with the individual. Any addict who has a desire to stop using can become a member of NA. We are addicts, and our problem is addiction.

The choice of membership rests with the individual. We feel that the ideal state for our Fellowship exists when addicts can come freely and openly to an NA meeting, whenever and wherever they choose, and leave just as freely. We realize that recovery is a reality and that life without drugs is better than we ever imagined. We open our doors to other addicts, hoping that they can find what we have found. But we know that only those who have a desire to stop using and want what we have to offer will join us in our way of life.

# STEP THREE

*"We turned our will and our lives to the care of God as we understood him."*

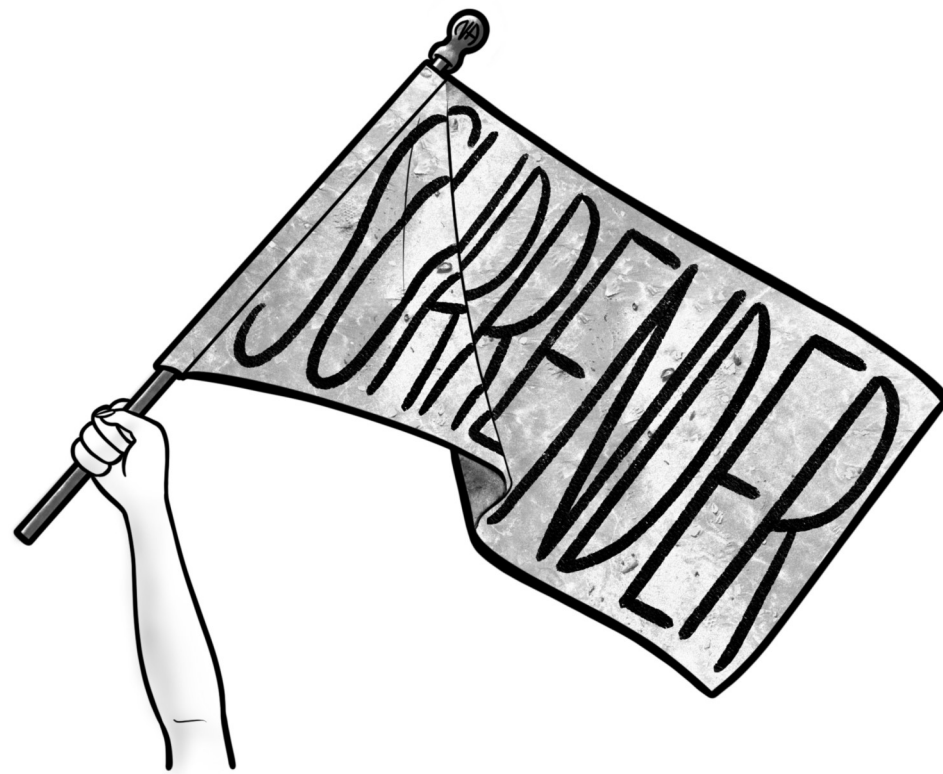
We found that all we needed to do was try. When we gave our best effort, the program worked for us as it has worked for countless others. The Third Step does not say, "We turned our will and our lives over to the care of God." It says, "We made a decision to turn our will and our lives over to the care of God as we understood Him." We made the decision; it was not made for us by the drugs, our families, a probation officer, judge, therapist or doctor. We made it! For the first time since that first high, we have made a decision for ourselves.

The word decision implies action. This decision is based on faith. We have only to believe that the miracle that we see working in the lives of clean addicts can happen to any addict with the desire to change. We simply realize there is a force for spiritual growth that can help us become more tolerant, patient, and useful in helping others. Many of us have said, "Take my will and my life. Guide me in my recovery. Show me how to live." The relief of "letting go and letting God" helps us develop a life that is worth living.

Surrendering to the will of our Higher Power gets easier with daily practice. When we honestly try, it works. Many of us start our day with a simple request for guidance from our Higher Power.

Although we know that "turning it over" works, we may still take our will and life back. We may even get angry because God permits it. At times during our recovery, the decision to ask for God's help is our greatest source of strength and courage. We cannot make this decision often enough. We surrender quietly, and let the God of our understanding take care of us.

At first, our heads reeled with the questions: "What will happen when I turn my life over? Will I be become 'perfect'?" We may have been more realistic than this. Some of us had to turn to an experienced NA member and ask, "What was it like for you?" The answer will



vary from member to member. Most of us feel open-mindedness, willingness and surrender are the keys to this step.

We have surrendered our will and our lives to the care of a Power greater than ourselves. If we are thorough and sincere, we will notice a change for the better. Our fears are lessened, and faith begins to grow as we learn the true meaning of surrender. We are no longer fighting fear, anger, guilt, self-pity or depression. We realize that the Power that brought us to this program is still with us and will continue to guide us if we allow It. We are slowly beginning to lose the paralyzing fear of hopelessness. The proof of this step is shown in the way we live.

We have come to enjoy living clean and want more of the good things that the NA Fellowship holds for us. We know now that we cannot pause in our spiritual program; we want all that we can get.

We are now ready for our first honest self-appraisal, and we begin with Step Four.