

CLEAN TIMES

Southwest Area of Narcotics Anonymous Newsletter **October**
www.cirna.org - swananarcoticsanonymous.com - www.na.org **2020**

STEP TEN

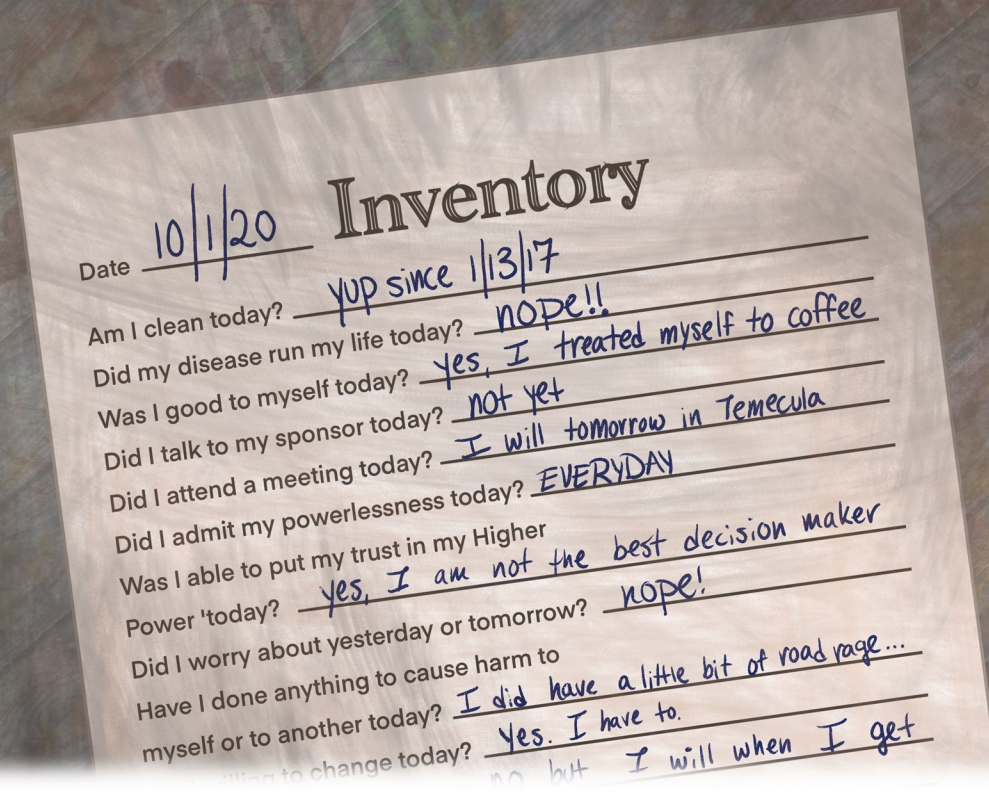
"We continued to take personal inventory and when we were wrong promptly admitted it."

How It Works, Sixth Edition Basic Text - Copyright © 1982, 1983, 1984, 1986, 1987, 1988, 2008 by Narcotics Anonymous World Services, Inc. All rights reserved..

Step Ten frees us from the wreckage of our present. If we do not stay aware of our defects, they can drive us into a corner that we can't get out of clean.

One of the first things we learn in Narcotics Anonymous is that if we use, we lose. By the same token, we won't experience as much pain if we can avoid the things that cause us pain. Continuing to take a personal inventory means that we form a habit of looking at ourselves, our actions, attitudes and relationships on a regular basis.

We are creatures of habit and are vulnerable to our old ways of thinking and reacting. At times it seems easier to continue in the old rut of self-destruction than to attempt a new and seemingly dangerous route. We don't have to be trapped by our old patterns. Today, we have a choice. *(cont. on page 2)*



LAST MONTH'S PUZZLE ANSWERS **PAGE 4**
OCTOBER'S CONCEPT & TRADITION

MEETING UPDATES **PAGE 5**

submit your artwork, homemade recovery puzzles, poetry, or clean date to swanacleanatimes@gmail.com

Step Ten (cont. from page 1)

The Tenth Step can help us correct our living problems and prevent their recurrence. We examine our actions during the day. Some of us write about our feelings, explaining how we felt and what part we might have played in any problems which occurred. Did we cause someone harm? Do we need to admit that we were wrong? If we find difficulties, we make an effort to take care of them. When these things are left undone, they have a way of festering.

This step can be a defense against the old insanity. We can ask ourselves if we are being drawn into old patterns of anger, resentment or fear. Do we feel trapped? Are we setting ourselves up for trouble? Are we too hungry, angry, lonely or tired? Are we taking ourselves too seriously? Are we judging our insides by the outside appearances of others? Do we suffer from some physical problem? The answers to these questions can help us deal with the difficulties of the moment. We no longer have to live with the feeling that we have a "hole in the gut." A lot of our chief concerns and major difficulties come from our inexperience with living without drugs. Often when we ask an oldtimer what to do, we are amazed at the



"IT'S SUPPOSED TO BE A DAILY INVENTORY..."

simplicity of the answer.

The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, reactions, and motives. We often find that we've been doing better than we've been feeling. This allows us to examine our actions and admit fault, before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them.

(cont. on page 3)

We work this step continuously. This is a preventive action. The more we work this step the less we will need the corrective part of this step. This step is a great tool for avoiding grief before we bring it on ourselves. We monitor our feelings, emotions, fantasies and actions. By constantly looking at ourselves, we are able to avoid repeating the actions that make us feel bad.

We need this step even when we're feeling good and when things are going well. Good feelings are new to us, and we need to nurture them. In times of trouble, we can try the things that worked during the good times. We have the right to feel good. We have a

choice. The good times can also be a trap; the danger is that we may forget that our first priority is to stay clean. For us, recovery is more than just pleasure.

**WE NEED TO REMEMBER THAT
EVERYONE MAKES MISTAKES.**

We will never be perfect. However, we can accept ourselves by using Step Ten. By continuing a personal inventory, we are set free, in the here and now, from ourselves and the past.

**WE NO LONGER JUSTIFY OUR EXISTENCE.
THIS STEP ALLOWS US TO BE OURSELVES.**



Tradition Ten *“Narcotics Anony-*

mous has no opinion on outside issues; hence, the NA name ought never be drawn into public controversy.”

It Works: How & Why, Copyright © 1982, 1983, 1984, 1986, 1987, 1988, 2008 by Narcotics Anonymous World Services, Inc. All rights reserved.

By practicing the Tenth Tradition, we demonstrate our belief in the value of anonymity. All of us have our opinions. But when we speak as groups and as a fellowship, we do not take positions on the opinions of individuals. What we have to share with the public is our fellowship’s message, not our personal opinions.

Tradition Ten is supremely practical. The only issue upon which our fellowship is willing to publicly stake its reputation is the NA program itself. Underlying the practicality of the Tenth Tradition, however, can be found a fundamental spiritual principle, that of humility. Narcotics Anonymous does not claim to have the answer to every trouble in the world. We do not even claim that we necessarily have the only answer to addiction. When we share in public, as groups or as a fellowship, we share only our message. We talk about what we do, neither supporting nor opposing what anyone else does. We are what we are, and that’s all that we are: a society of recovering drug addicts sharing their recovery with one another and offering the same to the addict who still suffers. We speak simply about our program, knowing that our effectiveness will attract more goodwill than any amount of promotion. Our program has worked for us and is available for others interested in recovery. If we can be of service, we stand ready to help.

- Certain paragraphs of this literature were used for this newsletter. For the full chapter, go online for the full length PDF of this literature.

Tenth Concept *“Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.”*

Twelve Concepts for NA Service, Copyright © 1989, 1990, 1991 by Narcotics Anonymous World Services, Inc. All rights reserved. Published 1991. Approved Edition 1992.

The Tenth Concept’s guarantee of the right to appeal for redress of a personal grievance is designed, in part, to protect those who exercise their Ninth Concept responsibility to speak their mind in service discussions. Together, the Ninth and Tenth Concepts support an atmosphere in which our members feel free to express themselves frankly on matters at hand. This open atmosphere is essential in developing an effective group conscience. If, after having demonstrated the courage of their convictions, individuals become the subject of reprisals initiated by those who have disagreed with them, the Tenth Concept allows them to petition the appropriate service body for redress of their grievance. Thus, the respect of our service structure for the rights of the individual NA member is guaranteed. In a fellowship such as ours, whose success is based upon mutual support and cooperation, that kind of respect for the individual is indispensable.

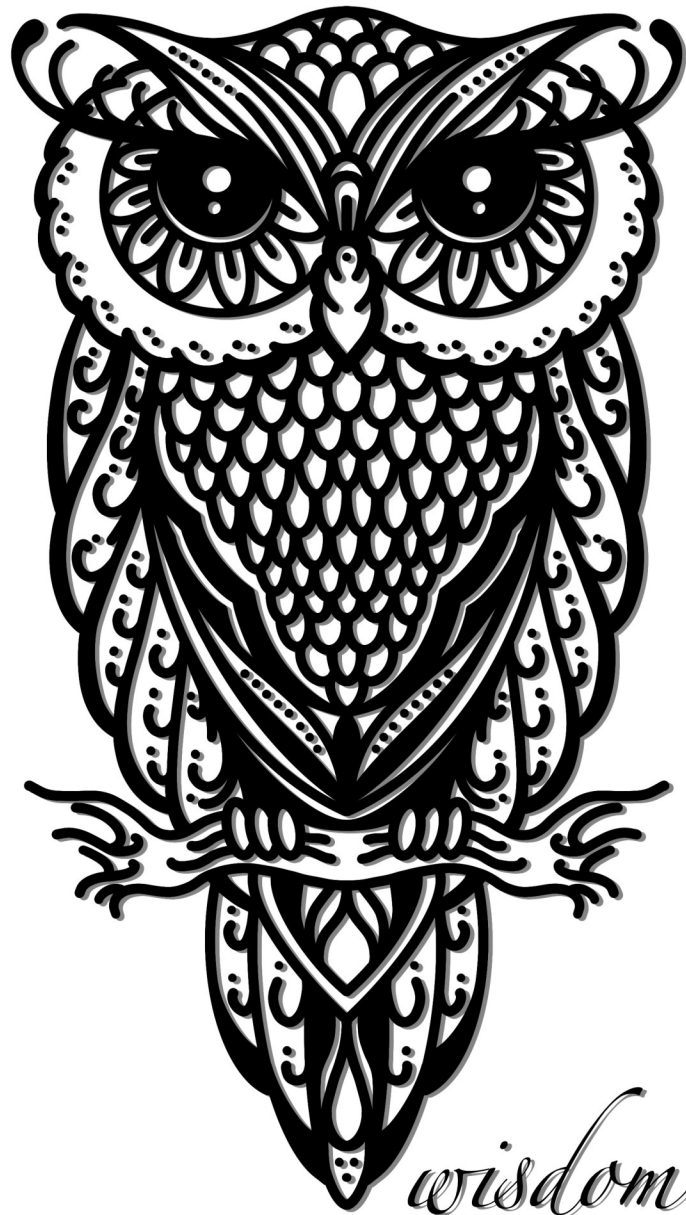
The Tenth Concept is our fellowship’s guarantee of respect for the individual trusted servant. If you think you’ve been wronged in the course of your participation in an NA service body and wish to apply Concept Ten, talk to your sponsor about it, inventory your own involvement in the matter, pray, and meditate. If, upon reflection, you still believe you have been personally aggrieved and that you should petition for redress, write a letter explaining the situation to your service body, or share your problem in the body’s sharing session. The service body then needs to address the matter and, if it agrees that you have been wronged, how to make amends. Hopefully, the Tenth Concept will need to be applied only rarely in NA service. Should the need arise, however, it is here, ready to put our spiritual fellowship’s ideals into action.

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LAST MONTH’S PUZZLES

M	A	D	E	N	S
N	E	S	D	M	A
E	S	N	A	D	M
A	D	M	N	S	E
D	M	A	S	E	N
S	N	E	M	A	D

1	C	O	U	R	A	G	E			
2	D	I	R	E	C	T				
3		R	E	S	P	E	C	T		
4	A	C	C	E	P	T	A	N	C	E
5	F	R	E	E	D	O	M			
6		A	M	E	N	D	S			
7	F	E	L	L	O	W	S	H	I	P
8		S	E	R	V	I	C	E		
9				B	R	A	V	E	R	Y
10		C	O	M	M	I	T	T	E	E
11		H	U	M	I	L	I	T	Y	
12			D	E	C	I	S	I	O	N
13				A	C	T	I	O	N	
14	H	O	N	E	S	T	Y			



ESCAPE FROM INSANITY CAMP OUT

OCTOBER 16TH-18TH, 2020

LAKE HEMET CAMPGROUND - 56570 CA-74 MOUNTAIN CENTER, CA 92561

CAMPING SPOTS ARE FULL

DAY PASSES ISSUED AT GATE

\$10.00 / DAY (7AM-7PM)

FOOD - FUN - FELLOWSHIP

OPPORTUNITY DRAWINGS

MERCHANDISE FOR SALE



FOR MORE INFO: CHRISTINA (951) 443-6155

October Birthdays

Davina A. 10/01/2015 Randi V. 10/12/2010
Kimberly H. 10/03/2009 David C. 10/15/2009
Jimmy S. 10/04/2009 Bob B. 10/15/1993
Tavo M. 10/06/2015 Angela R. 10/24/1991
Pedro C. 10/11/1990 **HAPPY HAPPY!!**

MEETINGS ON ZOOM

MONDAY - 7:30PM

Murrieta - Women's

Meeting ID: 688 821 0961

<https://us04web.zoom.us/j/6888210961>

SATURDAY - 9:30AM

Leader's Choice Literature Meeting

<https://zoom.us/j/159473930>

Meeting ID: 159 473 930

By Phone: 669-900-9128

'THE RECOVERY ROOM' IS CLOSED

27780 JEFFERSON AVE. STE 4, TEMECULA, CA

is no longer holding meetings at that location. If your group is relocating, please use the meeting registration form on the "SWANA Meetings" page at

swanarcoticsanonymous.com

NEW LOCATIONS FOR MEETINGS

SUNDAY 7:30PM

Murrieta - Just for Today

41655 Date St. #101, Murrieta

WEDNESDAY 7:00PM

Temecula - LGBTQ

It Works How and Why Book Study

41877 Enterprise Cir. N #100, Temecula

FRIDAY 7:30PM

Temecula - It Doesn't Happen Overnight

41877 Enterprise Cir. N #100, Temecula