

CLEAN TIMES

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

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Step Nine - Amends

MEETING UPDATES PAGE 4

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

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

This step should not be avoided. If we do, we are reserving a place in our program for relapse. Pride, fear and procrastination often seem an impossible barrier; they stand in the way of progress and growth. The important thing is to take action and to be ready to accept the reactions of those persons we have harmed. We make amends to the best of our ability.

Timing is an essential part of this step. We should make amends when the opportunity presents itself, except when to do so will cause more harm. Sometimes we cannot actually make the amends; it is neither possible nor practical. In some cases, amends may be beyond our means. We find that willingness can serve in the place of action where we are unable to contact the person that we have harmed. However, we should never fail to contact anyone because of embarrassment, fear or procrastination.

We want to be free of our guilt, but we don't wish to do so at the expense of anyone else. We might run the risk of involving a third person or some companion from our using days who does not wish to be exposed.



“We're First” - Anonymous

We do not have the right or the need to endanger another person.

It is often necessary to take guidance from others in these matters.

We recommend turning our legal problems over to lawyers and our financial or medical problems to professionals. Part of learning how to live successfully is learning when we need help. *(cont. on page 2)*

In some old relationships, an unresolved conflict may still exist. We do our part to resolve old conflicts by making our amends. We want to step away from further antagonisms and ongoing resentments. In many instances, we can only go to the person and humbly ask for understanding of past wrongs. Sometimes this will be a joyous occasion when old friends or relatives prove willing to let go of their bitterness. Contacting someone who is still hurting from the burn of our misdeeds can be dangerous. Indirect amends may be necessary where direct ones would be unsafe or endanger other people. We make our amends to the best of our ability. We try to remember that when we make amends, we are doing it for ourselves. Instead of feeling guilty and remorseful, we feel relieved about our past.

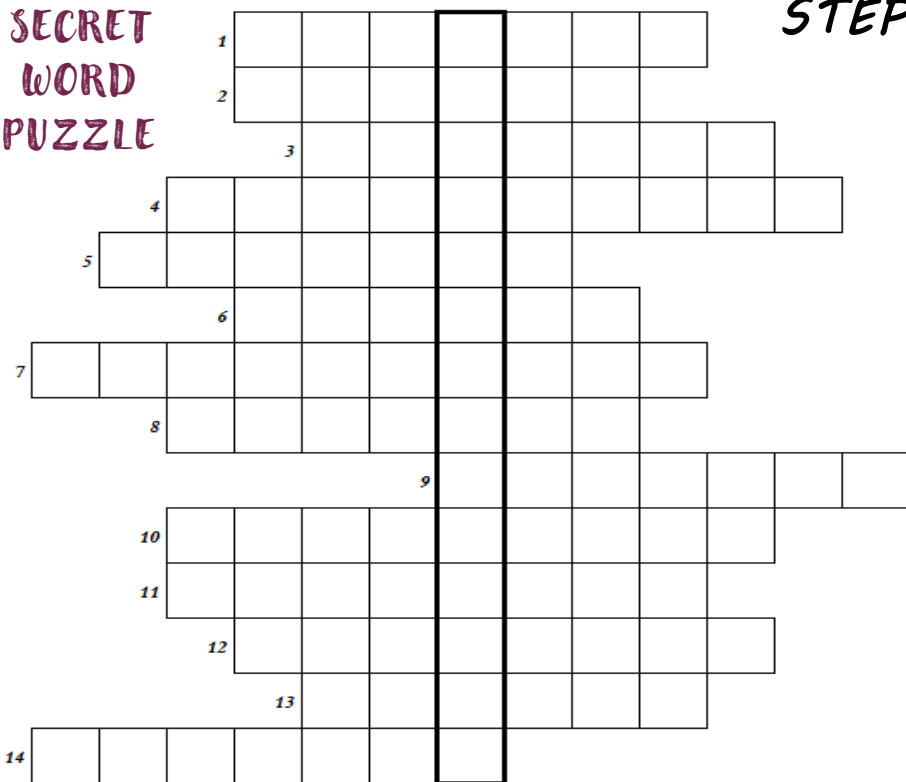
We accept that it was our actions that caused our negative attitude. Step Nine helps us with our guilt and helps others with their anger. Sometimes, the only amend we can make is to stay clean. We owe it to ourselves and to our loved ones. We are no longer making a mess in society as a result of our using. Sometimes the only way we can make amends is to contribute to society. Now, we are helping ourselves and other addicts to recover. This is a tremendous amend to the whole community.

In the process of our recovery, we are restored to sanity and part of sanity is effectively relating to others. We less often view people as a threat to our security. Real security will replace the physical ache and mental confusion that we have experienced in the past. We approach those we have harmed with humility and patience. Many of our sincere well-wishers may be reluctant to accept our recovery as real. We must remember the pain that they have known. In time, many miracles will occur. Many of us who were separated from our families succeed in establishing relationships with them. Eventually it becomes easier for them to accept the change in us. Clean time speaks for itself. Patience is an important part of our recovery. The unconditional love we experience will rejuvenate our will to live, and each positive move on our part will be matched by an unexpected opportunity. A lot of courage and faith goes into making an amend, and a lot of spiritual growth results.

We are achieving freedom from the wreckage of our past.

We will want to keep our house in order by practicing a continuous personal inventory in Step Ten.

SECRET WORD PUZZLE



STEP, CONCEPT, TRADITION

- 1 Bravery.
- 2 To cause (someone or something) to turn, move, or point in a particular way.
- 3 Admiration felt or shown for someone or something that you believe has good ideas.
- 4 Acceptance of an offer or an invitation means that you say yes to it.
- 5 The state of being free: such as.
- 6 To do something to correct a mistake that you have made or a bad situation that you have caused.
- 7 A friendly relationship among people.
- 8 The help provided to a customer by someone who works in esp. a restaurant or store.
- 9 The quality that allows someone to do things that are dangerous or frightening.
- 10 A small group of people chosen to represent a larger organization and either make.
- 11 The quality or state of not thinking you are better than other people.
- 12 A choice that you make about something after thinking about several possibilities.
- 13 Something that a person or group does.
- 14 The quality of being fair and truthful.

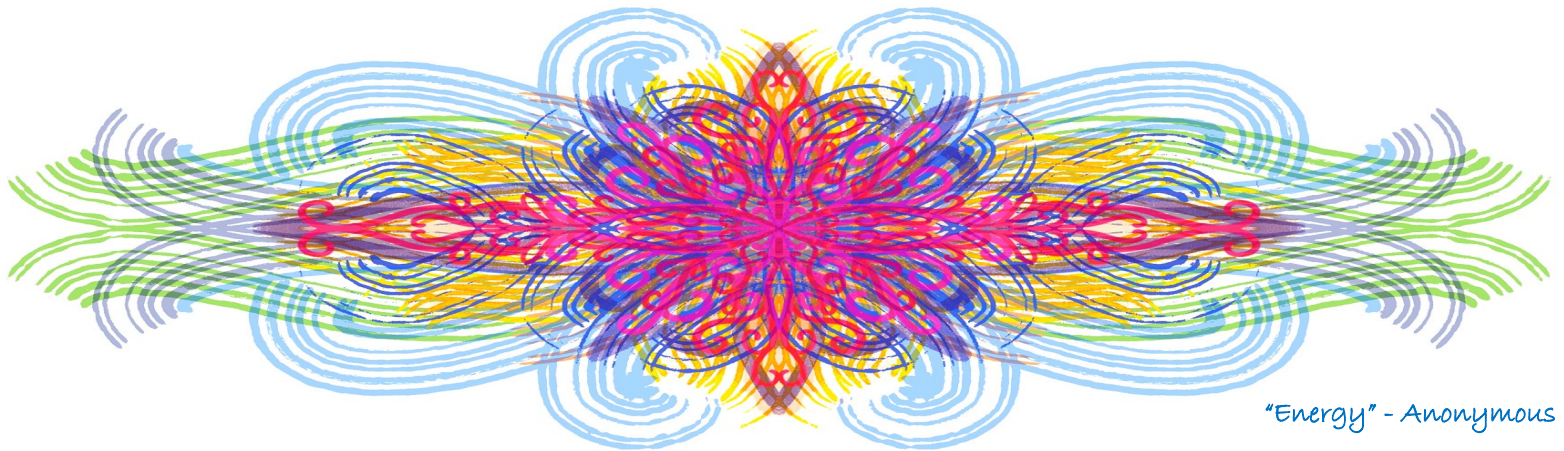
Tradition Nine *“NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.”*

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

In our White Booklet, we read that “NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.” This is NA, as such—a simple fellowship using a nonprofessional, addict-to-addict approach to the disease of addiction. We are a fellowship, not a lobbying organization or a medical service or a chain of treatment facilities. We are nonprofessional. We have no rules, no fees, no governing bodies, and only one membership requirement: a desire to stop using. Our primary purpose is, quite simply, to carry the message. These are some of the traditional standards by which our groups may guide themselves, and our ultimate guiding authority is a Higher Power as it finds expression in the conscience of our members. That’s NA, as such, as we understand it. Our groups work as well as they do because they keep it simple, lest anything get in the way of carrying our message as simply and directly as possible, one addict to another.

Yet for all its emphasis on keeping things simple, Tradition Nine is not an excuse for dis-organized service work; instead, it recognizes that our fellowship does require a certain degree of organization to fulfill its primary purpose. Rather than recommend that NA groups themselves become organized, the Ninth Tradition suggests that groups organize separate boards and committees to serve their needs. Just as we are nonprofessional but may hire professionals to help us, so we are not organized but may organize boards or committees to serve us. This arrangement ensures that NA, as such, maintains its uncluttered, direct approach to recovery while assuring our ability to fulfill service tasks requiring a certain amount of organization.

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



Ninth Concept *“All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.”*

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

It’s easy to discuss things with those who agree with us. But in recovery we’ve learned that our own best thinking may not necessarily offer us the best possible guidance. We have been taught that, before making significant decisions, we should check our judgment against the ideas of others. Our experience has shown us that the ideas of those who disagree with us are often the ones we need most to hear. The Ninth Concept puts this aspect of our recovery experience to work in the service environment. When making a decision, our groups, service boards, and committees should actively seek out all available viewpoints.

An effective group conscience is a fully informed group conscience. The Ninth Concept is one tool we use to help ensure that our group conscience is as well-informed as it can possibly be. In any discussion, it is tempting to ignore dissenting members, especially if the vast majority of members think alike. Yet it is often the lone voice, offering new information or a unique perspective on things, that saves us from hasty or misinformed decisions. In Narcotics Anonymous, we are encouraged to respect that lone voice, to protect it, even to seek it out, for without it our service decisions would undoubtedly suffer.

Concept Nine also encourages us, individually, to frankly speak our minds in discussions of service issues, even when most other members think differently. No, this concept is not telling us to become perpetual nay-sayers, objecting to anything agreed to by the majority. It does say, however, that we are responsible to share our thoughts and our conscience with our fellow members, carefully explaining our position and listening with equal care to the positions of others. When we show the courage necessary to speak our mind, while also showing respect for one another, we can be confident that we act in the best interests of the NA Fellowship. By insisting on thorough discussion of important issues, the worst we can do is take a little of each other’s time; at best, we protect the fellowship from the consequences of a hasty or misinformed decision.

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

SUDOKU PUZZLE

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

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

Robin Q. 09/01/1998
Daniel H. 09/01/2016
Angela B. 09/02/1994
Courtney B. 09/05/1995
Marryann R. 09/07/2011
Cassie M. 09/07/2013
Emily M. 09/14/2010



Tim R. 09/20/1984
Chuck W. 09/21/1998
Kim T. 09/22/2000
Sylvia B. 09/24/2007
Johnny P. 09/25/2012
Ella W. 09/28/1996
HAPPY HAPPY!!

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



Weekend Schedule

FRIDAY 7:30PM OPENING SPEAKER MEETING

SATURDAY 7:00AM SUNRISE MEETING

ALL DAY BEACH DAY

1:00PM MEN'S MEETING

WOMEN'S MEETING

5:00PM

POTLUCK BBQ HAMBURGERS AND HOTDOGS PROVIDED, PLEASE BRING A SIDE DISH

7:30PM

MAIN SPEAKER

SUNDAY 10:00AM CLOSING MEETING

FOR MORE INFO: CHRISTINA (951) 443-6155