



Clean Times News

Temecula - Hemet - Lake Elsinore - Murrieta - Morongo -
Banning - San Jacinto - Canyon Lake - Idyllwild - Anza

February 2026

Southwest Area of Narcotics
Anonymous

NA Never Alone

Help Hotline: (951)-652-5326

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

Please text your birthdays,
stories, or ideas to Angela S. at
(951)-526-6260

Clean Time Celebrations:

Congratulations to all of you!

Christy D. 2 Years

Michelle L. 3 Years

David B. 32 Years

Recovery Word Search

HYXSHRROLESNUOC
TQRZTERECOVERYH
THPAPYADDICTION
SSUCSAGIHOVAPDH
HPOWERLESSNESSI
CIRXFPEWGNISUBG
HRGKDYRVDNPGRDH
OITXKTLQIOAEYSE
ITRMVIRANNLHYGR
CUOEHNYSGANTCNP
EAPWYEOUPIEAPIO
SLPDORUSCPALUTW
NIUUIEEBDYXWCEE
UTSKUSSNZWKQUER
AYONEDAYATATIME

Words List
serenityprayer
addiction
meetings
relapse
counselor
powerlessness
spirituality
anniversary
sponsor
change
choices
clean
onedayatime
supportgroup
higherpower
recovery
hope

Resentment is the way most of us react to our past. It is the reliving of past experiences, again and again in our minds. Anger is the way most of us deal with the present. It is our reaction to and denial of reality. Fear is what we feel when we think about the future. It is our response to the unknown; a fantasy in reverse. All three of these things are expressions of our self-obsession. They are the way that we react when people, places, and things (past, present, and future) do not live up to our demands.

In Narcotics Anonymous we are given a new way of life and a new set of tools. These are the Twelve Steps, and we work them to the best of our ability. If we stay clean, and can learn to practice these principles in all our affairs, a miracle happens. We find freedom-from drugs, from our addiction, and from our self-obsession. Resentment is replaced with acceptance; anger is replaced with love; and fear is replaced with faith.

We have a disease that, in the end, forces us to seek help. We are fortunate that we are given only one choice; one last chance. We must break the triangle of self-obsession; we must grow up, or die.

-Triangle of Self-Obsession IP 12



Never Alone



Activities will be meeting March 7th at the Sun City Family Restaurant 26824 Cherry hills Blvd 92586 @ 10am there is no Clean Times requirements to be on the Activities committee to be a member. Open positions available. All Are welcome!



Power Tools Part 4 By Gabriel L.

In The Rooms I got a sponsor. When I explained to him why I was so disparate and beaten he explained to me that he used to have the same problem and that he discovered the solution. He said that I could have the solution as well, if I was willing to try something new. He told me that my idea of a power tool wasn't quite what I thought it was. He said that there are better tools for the job, tools that others had been using all along to be successful. Then he showed me a hammer. He said, "this is what you use to pound nails." At first, I didn't believe him, there was no cord, no blade, no switch to turn on the power. This guy was nowhere near as smart as I was. Then he used the hammer. Wow! Four nails into the board in under a minute! I couldn't argue with that. I had to admit that he was better at it than I was. So I began to use the hammer. Eventually, I saw a problem with the hammer, it still bent nails, not as many as my old saw, but still... I had the answer, after all, I am smarter and younger & my problems are different than his, I know something he doesn't know. I still have my rubber hose! I can use the hose to straighten the nails. Then one day he asked of my progress, he could see the frustration in me. I explained that I was frustrated because even though I had tried using the hammer, I was still not as successful as him or others. I finally told him about my secret weapon for straightening nails and how it should have put me ahead of everyone else, yet I was still behind. Then he explained to me more about the hammer. "The flat round part of the head is used for pounding nails, the claw part at the other end is used for pulling and straightening nails." Then he showed me. I was truly amazed, it worked! It worked better than I ever expected.

So my life in sobriety went on. One day I found out about screws. I thought to myself, "I have just the tool for these!" So I grabbed my skill saw and started pounding. Eventually I told my sponsor about my frustration with screws and he explained that I was using the wrong tool again. He said that my old tools and understanding of them wouldn't work anymore, that they had stopped working for me a long time ago and would never work again. "What you need is a screw driver."

And so it went, The Rooms and my sponsor giving me new tools and showing me how to use them. Today my tools are very useful and with the help of The Rooms and my sponsor, there is not much that we can't fix.

The End.