



Clean Times News

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

January 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!

Jenny C. 1 Year

Mike C. 2 Years

Tiffany J. 2 Years

Gary S. 6 Years

Joe W. 34 Years

Richard W. 24 Years

Alan D. 37 Years



2026



Happy New Year

SWANA Activities kicked off 12 Days of NA (December 12th) at the how and why book study meeting in Hemet. There was amazing fellowship, Christmas parties, potlucks, yummy treats, meetings, and speaker. SWANA Activities graciously thanks the members who opened their homes and the meetings who participated. We couldn't have done it without you. Please join us at the next Activities meeting on February 7th at 10:00am. We meet the 1st Saturday of the month at 26824 Cherry Hills Blvd Sun City 92586. No clean time Requirement to join as a member. Lets create an atmosphere of unity and fellowship. Where we can recover together, where no addict ever need die to this disease.

-SWANA Activities

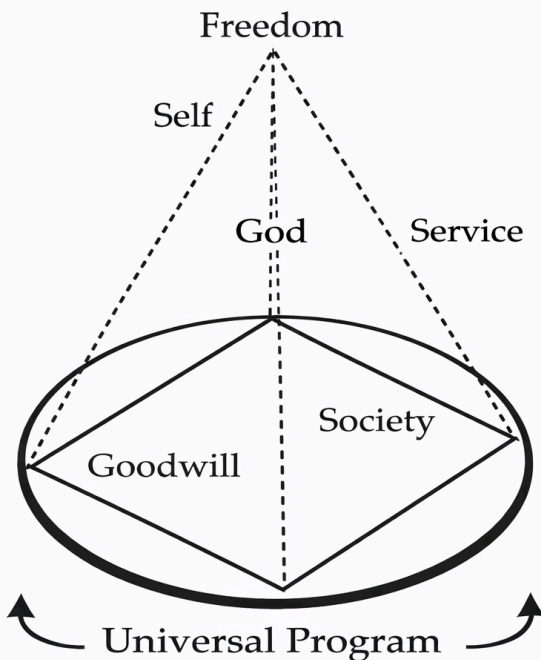
One Addicts Reflection of This year 12 days of NA

I attended my first event this year at my home group. Honestly our group has been struggling with a attendance this past year so we signed up to host a potluck. Over 30 addicts attended. The stories shared lifted my spirits and let me know I was definitely in the right place. Addicts in dire need of a meeting had a place to go during the holidays. The next event was a bit of a drive but what I found was better than I could've imagined. There's an awesome meeting in Banning at 1320 W. Williams St. 7pm on Fridays. I will definitely be going again and bringing friends. The next event was at an NA members home. What I found was so much more than I hoped for. The meeting was a speaker meeting. JoJo from Indio and Ceci from LA brought an unforgettable message of hope and recovery. What I found at this event was new friends and renewed clarity as I navigated this Christmas Season.

-Forever grateful for NA Wendy M.

Did you Know?

- NA was Started by Jimmy K in 1953
- The First NA hotline started in 1960
- The white booklet was written in 1962
- NA's H & I subcommittee was formed in 1963
- The Basic Text was written in 1983 and is available in 39 languages
- There are now 76,00 weekly NA meetings in 143 countries around the world



I went back to my house to examine what I had done wrong. “Why am I not as good as others?”, “What is it that I am missing?”, “Is it the power tool?”. Then I realized what my problem was, by using the Skil saw, I bent a lot nails. “How can I straighten these nails out faster? If I can figure that out, I will surely be ahead of the game!” After much planning and plotting how to get these nails straight faster, the thought came to me, “I can use a rubber hose! People have hoses that are twisted up and rolled up all of the time, yet they straighten with ease. If I put a garden hose onto a bent nail, I can wiggle and twist it until the nails become straight again, it is brilliant!”

So back I went, Skil saw and garden hose in hand, pounding nails into boards with my saw and straightening the bent nails with my hose. I was going to win for sure this time!

After weeks, months, years of work, I had gotten nowhere. I could hang 30 boards in a week, while others were getting twice that in a day. I tried so hard, but I am still a failure. I simply can't do this anymore. So I got sober...

(Pt 3. To Be Continued)

-By Gabriel L

Recovery as experienced through our Twelve Steps is our goal, not mere physical abstinence. To improve ourselves takes effort, and since there is no way in the world to graft a new idea on a closed mind, an opening must be made somehow.

-Basic text (pg. 78)