



Clean Times News

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

July 2025

Southwest Area of Narcotics
Anonymous

**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!

Lakisha 1 Year

Porsha H. 1 Year

Shannon Y. 1 Year

Max T. 1 Year

Heather A. 4 Years

Thereza L. 10 Years

Steven S. 27 Years

Theresa S. 28 Years

Service & Events

**Convention is Coming Up! July
25th - 27th
Palm Desert, CA.**

**Hospitals & Institutions is always looking
for volunteers we meet every 2nd Sunday
of the month at the Arrid Club
downstairs in Hemet at 3:30pm 120
Harvard St. Hemet 92543**

**Area meets the 2nd Sunday of every
month at 1:30pm at the Spiritual Living
Center located at 40450 Stetson Ave
Hemet 92544**

**You Can download our literature, our
basic text, and service material at na.org
for free!**

**The 12:00pm from the Streets to The
Seats meeting has service positions open.
Business meeting at 1:00pm upstairs at
the Arrid Club on the 2nd Saturday
of the month**

**Recovery Tube Float Sept. 13th at 9:00am
in Parker, AZ call Shylo for more info
(760)-670-7670**

How Do WE Serve?

**We serve on subcommittees, we open up the halls.
We're the ones who make the coffee or go on
12th step calls.**

**We speak at the conventions, we serve behind
the scenes.**

**We're the ones who stay behind, to make sure we
leave it clean.**

**We chair our daily meetings, we carry H&I.
We greet you at the door, and hold you while you cry.
We listen to you on the phone late into the night; let
you know you're not alone, and that it will be alright.**

**We put the chairs and pamphlets out, hand out
the key tags too;**

**And this is just a little taste of all the things we do.
How do we really serve?**

**We show real love to our families, and to the
gang at work.**

**We have patience when we get cut off, instead of
yelling, "Stupid Jerk!"**

**We are witnesses to God's wondrous love, and it
shows in our lives,**

**Through the gratitude we spread around to our
children and our wives.**

**Our lives may not be perfect, but we're
happy anyway.**

**Real serenity we're finding, and share throughout
our day.**

**We reach out with our hearts and prayers to the
corners of this earth**

**Hoping that folks realize just how much this life
is worth.**

**We approach each day as a sacred gift full of lessons to
be learned**

**These are just a sample of the ways we really serve.
John H.**



On Saturday, June 21st, the SWANA Activities committee hosted a Speaker Jam! A Huge “Thank you” to the speakers; Mike, Paul, Mike F., and Irene from surrounding areas. It just proves that Recovery is possible for Any addict! Congratulations to the many raffle winners! Thank you to the Sister’s seeking solutions group in Banning and the many others who donated the amazing raffle prizes for this event! In addition to Amazing speakers and prizes there was so much more fun to be had. The food was delicious; hotdogs cooked on the grill, Lemonade and RedBull refreshers just got the party started! Many new friends were made and on the downlow... there were even motorcycle rides given! Essentially, the people that were there had a good time at this event!

The activities committee will meet on August 2nd (the first Saturday of the month) at the Sun City Family restaurant (26824 Cherry Hills Blvd. Sun City 92586) at 10 AM. Let’s create an atmosphere of unity in our area where we can recover together and where no addict ever need die to this disease! Thank you activities committee and ALL who helped, supported, and attended this event and those who will attend future SWANA events!

-Wendy H.

Spiritual principles

Living my life by spiritual principles has brought about the most significant change in my recovery. When I was getting loaded, and even in the first part of my recovery, I lived my life by my character defects. Anger and being right were the two biggest ones.

Taking all the suggestions, such as getting a sponsor, working the steps, attending many meetings, and making a service commitment, is all part of my concept of living the program. The basic text tells me if I live the program I won’t get loaded, and I believe it. Living the program led me to the last part of the last step, which says, “practice these principles in all my affairs.”

Living my life by spiritual principles like honesty, open-mindedness and willingness means I’m not the same “real piece of work” I used to be. I no longer come home and “kick the dog, yell at the kids and fight with the ol-lady. I just don’t do that anymore. I even did that in my early recovery because I wasn’t working steps and practicing spiritual principles.

Living by spiritual principles has made a difference in my life for the good. I feel good about myself, and when I feel good about me, I’m okay with everyone and everything around me. Sure, I have bad moments, but spiritual principles help me deal with them without destroying my life. Thank God I figured this out.

-Steven S.

I AM AN ADDICT EVERYDAY. AT ANYTIME I AM SUBJECT TO DELUSION, DENIAL, RATIONALIZATION, JUSTIFICATION OR INSANITY. ALL THE HALLMARKS OF THE TYPICAL ADDICTS WAY OF THINKING. I AM AN ADDICT EVERYDAY, BUT TODAY I HAVE THE CHOICE TO BE A RECOVERING ADDICT. I WILL MAKE THAT CHOICE EACH DAY, BY STAYING CLEAN AND WORKING RECOVERY.

Keep the plug in the jug

