



# Clean Times News

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

November 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!**

**Daniel L. 2 Years   Nikki L. 10 Years   Jennifer B. 13 Years**



An NA Traditional Potluck Celebrations Of Recovery

SOUTHWEST AREA

Bring Your Best Baked Goods To Be Auctioned Off

Turkey & Ham Provided  
Fellowship Potluck  
Speaker  
50/50 Raffle  
Opportunity Raffle  
Annual Dessert Auction

**DAY OF GRATITUDE**

SATURDAY 22 NOVEMBER

4 PM-8 PM

Winchester Community Center  
32665 Haddock St. Winchester, CA 92596  
Off Haddock St & Winchester Rd  
Jeska (951) 877-9828 Sean (831) 266-7517

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Please Sign Up By 10:00 AM On Day Of Event  
Set Up & Clean Up Day Of Event  
Please Bring Cash/Check/Debit



### **Hello Southwest Area Narcotics Anonymous members!**

The Southwest Area Activities committee is in need of **Your** help! On Saturday, October 4th, the SWANA Activities committee met at the Sun City Family restaurant (26824 Cherry Hills Blvd. Sun City 92586) at 10 AM. Please consider joining us on November 1st starting at 10AM (the first Saturday of the month) at the Sun City Family restaurant (26824 Cherry Hills Blvd. Sun City 92586) at 10 AM. There is no time requirement to be on the activities committee as a member. All are welcome! ALL ideas are welcomed as we work to plan upcoming events like the Day of Gratitude and the 12 days of NA meetings.

**We have begun planning for the 12 days of NA!** We are already looking for volunteers to host these potlucks. It can be individuals or meetings. The dates are: Friday December 12, Saturday December 13, Sunday December 14, Monday December 15, Tuesday December 16, Wednesday December 17, Thursday December 18, Friday December 19, Saturday December 20, Sunday December 21, Monday December 22, and Tuesday December 23. If you would like to host for one of these dates please text Jeska at 951-877-9828 or Sean at 831-266-7517. *Please include in the text; your 1st, 2nd, and 3rd choices of dates, a theme that you might want (i.e. cookie exchange, while elephant gift, potluck, ornament exchange, game night, P.J.s, Left/Right/Center, bonfire, etc.), and if there is anything else that attendees might need to know like specific directions or the need to bring chairs.*

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! Please do not let this time and place deter you from attending. If this time/place do not work for you, come to the next meeting and suggest a time/place that might work better for you. Thank you in advance for bringing your ideas to this upcoming subcommittee meeting on November 1st at 10AM at the Sun City Family restaurant (26824 Cherry Hills Blvd. Sun City 92586)!

-Wendy M

When I was born, there was something different about me that I couldn't understand. My whole life I had felt like an outcast, like everyone knew something that I didn't. I did what I could to try and fit in, but it seemed the harder I tried, the further away I would get. I learned to survive as best as I could, keeping to myself and trying to diminish my existence as much as possible. Then one day I discovered alcohol and everything changed.

Alcohol made everything acceptable, It made me invincible, it helped me to overcome any fear that I had and most importantly, it gave me the feeling that I belonged.

Over the years, I depended more and more on alcohol to help me. It seemed like the more I drank, the better I would feel. As I progressed with my drinking, other problems started to arise, as if drinking too much alcohol had its own set of problems...

At first these new problems seemed to be explainable as happenstance or circumstantial; "I got in trouble because my friends were too loud", "The police are picking on me, I am the victim here". Over time, the problems got much worse, I knew that I could no longer avoid them. It was getting clearer and clearer that drinking and using were the cause of these problem. Then came the painful reality, that drinking and using had stopped working for me altogether. My ultimate tool for living had destroyed everything that I had worked so hard for, everything that that was important to me, everything that I had loved. It was so difficult to understand how this could have happened. Could I be the source of my problems? I had tried so hard to do the right thing, to fit in, to feel like I belonged and it was all for nothing.

After I had gotten sober UI began to understand how things had gone so wrong... It was as if when we are born, we are given a set of instructions... "The purpose of life is to build. Take these nails and these boards & hang them on the wall." So, I thought I understood what the purpose was, but somehow I missed the instructions. I would spend days, trying to push these nails into the board with my thumb & it was very hard going. My thumbs would bleed, my hands would hurt until I could no longer feel them, but I was determined to be successful. I would try and try until finally, my first board was hung. Then one day, someone asked about the cuts and the bruises all over my hands and after I proudly explained how I worked so diligently to hang my board on the wall. I was persecuted, laughed at, and humiliated. They made fun of me. Then it was explained to me that I should use a tool for that.....(Pt 1. To Be Continued)

"Illness or injury is stressful, and stress can place us at risk of relapse. Often, we need the NA program even more when we are faced with illness. We can prepare ourselves for these stressful times by doing our best each day to lay a strong foundation in recovery. The steps we take today will serve us well when we need them."

## **Facing our humanity Illness in recovery**

One of the most controversial topics in the NA Fellowship is how we, as recovering addicts, address illness or injury and the treatment that may be necessary for them.

"Narcotics Anonymous has no opinions on outside is-sues," our traditions say, and medication or other forms of treatment for the myriad illnesses and injuries that can occur are completely outside the realm of NA's expertise. Our personal experience is just that —our personal experience. We want to remind readers that the stories presented here are from our members and do not, in any way, reflect the opinion of Narcotics Anonymous.

When we got clean and joined the program of NA, we were not automatically exempted from the difficulties that can arise from being active participants in life. We cannot escape the fact that we are vulnerable beings, as well as recovering addicts, who are susceptible to the realities of nature. Our recovery is our responsibility, plain and simple.

Chapter Ten in our Basic Text reminds us that, in times of illness, we need to keep the fundamentals of the NA program close at hand: Pray to our Higher Power, meditate, talk with our sponsors or other NA members in our support network, go to meetings whenever possible, and practice the principles of the steps to the best of our ability.

**-By Gabriel L**

**-NA Way 2003**