

# Clean Times News

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

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

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

## Clean Time Celebrations

Please Send in your information and let's **Celebrate all Milestones.**  
Congratulations to All. swanacleanetimes@gmail.com

**Michelle M. 18 Months**

**Eric B, 1 Year**

**Jeff, 5 Years**



### 2023 SWANA Spaghetti Bingo SEPTEMBER 30, 2023 6:00 PM AT WINCHESTER COMMUNITY

Join us for Fellowship and Fun! Spaghetti and Bread will be served by the Activities Committee and Chef Ernie A! Please bring desserts and salads to round out the meal. See the flyer for details!



## Come and have fun in fellowship!

### Living Life . . . On *Life's Terms*

*Anonymous*

This means that no matter what happens I have to keep on going forward. I will feel feelings even when they are not fun ones. I will accept disappointments and rejections as they come along. I will enjoy happiness and love when it finds me. I will experience all of the feelings in the spectrum without covering them up with substances. When I am facing a tough situation, I will pray for the ability to accept what God sends my way, knowing it will happen regardless of my choices. I will continue to work an N.A. program during any crisis because this is when I need support the most. Sharing my feelings when they hurt even when I would rather stuff them is living life on life's terms. Looking at "what is" and dealing with whatever happens is living life on life's terms.

## Decisions

*Anonymous.*

I attended an N.A. meeting last night that concerned making big decisions during the first year of recovery, and why it's suggested that these decisions be avoided when possible. I came to my first several N.A. meetings riding a very tall horse, wood chips balanced precariously on both shoulders. It wasn't long before I fell off my horse. I got very tired off daring addicts around the tables to knock the chips off my shoulders. They just kept saying " **Don't use, work the steps, keep coming to meetings.**"

Eventually I was able to take the first step. I admitted I was powerless over my addiction, and that my life was unmanageable. I came to understand that I had a Disease, and that my life was unmanageable because I made it so.. .. and that it didn't have to be anymore. I kept coming back to meetings, I worked the steps to the best of my ability. I listened and I learned .. .... slowly. It took over a year to become aware of how fogged and musty my mind had been, and *it slowly but surely cleared with time in the program.*

I came into Narcotics Anonymous within the walls of about seventeen years of active addiction encasing me in **denial, anger and fear**. Not only did I have to somehow dispose of all the garbage, I had to begin to recover enough to learn what to replace the garbage with, and how to do that. **N.A. offered Twelve Steps, Twelve Traditions, a Higher Power, recovering addicts, and tools for me to learn how to use so I could not only stay clean, but so that I could learn how to live clean in recovery.** Between learning to surrender, how to work the steps, how to apply the principles of recovery to my life outside the meetings, how to develop a relationship with a higher power, and how to live my life one day at a time, I was boggled. *Talking the talk is not difficult: understanding the talk, living the talk- - that's hard work.* The only concrete, wholehearted, feel - good decision I was capable of making during my first year was to stay clean no matter what. I didn't know how to make decisions.

For me, making a decision is akin to making a commitment which is a first cousin to accepting responsibility. As a using addict, it was completely against my nature to make commitments or accept responsibilities. Both scared me, confused me, and were best avoided so I could keep myself to myself, keep my time open to no one and to nothing. I spent the first year of my recovery detoxing from the mindlessness of leading a life built on drug use and the distortions in thinking and reasoning my disease encouraged and embellished I didn't know how to be open-minded , knew next to nothing about willingness, and had an innate fear of honesty. I didn't know how to make rational decisions because I had acted upon impulse for so long. **I'm grateful I had to make no big decisions my first year..... I just had to stay clean and learn to live life the N.A. way.** That was plenty !!!

I hope you all enjoyed this issue of the Clean Times Newsletter.

*Eric B. Editor*