



Clean Times News

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

October 2023

Southwest Area of Narcotics

Anonymous

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



Anastacia	Tim R. 39 Years	Sarabeth 8 Years
Andrew 1 Year	Dawn 13 Years	James 2 Years



Outreach Today!!

6:30 pm - Banning Espresso Addicts 1320 W. Williams (H, O, KO)	7:00 pm - Temecula Sick As Her Secrets 27570 Commerce Center Dr, #220 (W, O, KO)	Thursday
6:15 pm - Hemet		Monday
5:30 pm - Banning Gratitude Adjustment 1320 W. Williams St. (SB, O, H) No Break	6:00pm to 7:15 pm - Hemet "How & Why" Book Study 41861 Acacia Avenue (O, No Breaks)	Friday
		Tuesday

These Meetings need your support!

The activities committee wanted to again give a Great Big Thank You to the many groups who provided such amazing baskets for prizes;

- Tuesday Night "Living Clean Book Study" 7:30 PM
25819 Jefferson Ave, Unit 110, Murrieta
- Sunday Night "Just for Today" 7:30 PM
New Hope Church
31542 Railroad Canyon Road
Canyon Lake
- Monday Night "A Journey Continues" 7:00 PM
Solutions Based
25819 Jefferson Ave. #110
Murrieta
- Tuesday Night "Tag Meeting" 7:00 PM
Pilgrim Church
41861 Acacia Ave
Hemet/San Jacinto
- Tuesday Night "New Hope" 6:30 PM
New Hope Church
31542 Railroad Canyon Road
Canyon Lake
- Wednesday Night "LGBTQ+ Basic Textbook Study" 6:30 PM
Hill and Associates
41877 Enterprise Cir. N #100
Temecula
- Thursday Night "Sisters Seeking Solutions" 6:30 PM
4024 W. Wilson St.
Banning
- Friday Night "It Works How and Why" 6:00 PM
Pilgrim Church
41861 Acacia Ave
Hemet/San Jacinto
- Saturday Morning "Leader's Choice Literature" 9:30 AM
Hybrid/Zoom
40270 Los Alamos
Murrieta
- Saturday Night "Confused Addicts" 7:15 PM
1320 W. Williams St.
Banning



Day of Gratitude Potluck Celebration of Recovery
Date and Location TBD in November
Please sign up ASAP so we can start planning!
Instructions and RSVP <https://tinyurl.com/2kx5x8ay>



Come and have fun in fellowship!

SOUTHWEST AREA ACTIVITIES PRESENTS

12 DAYS OF NA

DEC 12-23

SIGN UP BELOW TO HOST

OPEN YOUR HOME FOR FUN AND FELLOWSHIP

12 DAYS OF MEETINGS AT A NEW HOUSE EVERY DAY!

SIGN UP BELOW TO OPEN YOUR HOUSE TO OUR FELLOWSHIP!
EACH HOST WILL BE SET A THEME AND MENU

[HTTPS://TINYURL.COM/4HWX2N2Y](https://tinyurl.com/4HWX2N2Y)

We are looking forward to many more events in the coming months, so stay tuned! Or better yet, get involved!

The Importance of Meetings

It all starts with our first meeting. When we come to NA, we don't go to an office or a training center. We go to a meeting. That is the core of the program. That is how we start. I can remember my very first meeting as clear as if it were yesterday. I don't remember many of the meetings I've been to since then, but I know how important meetings are today. I learned from experience. When I had my relapse, it was not unlike many other relapse stories I have heard. It always seems to start with, "**I stopped going to meetings.**" It seems as we progress in our recovery, we can easily forget how important meetings are. When I stop going to meetings, it affects my thinking. It helps my addiction build strength. It starts to come out in other forms. I start acting out on all my defects, they come to life, and I know where I will end up if I don't get back to meetings --- back to the hell of active addiction. When we go to our first meeting we are given a white key tag. **With that key tag we are given suggestions.** These basic suggestions are what have kept people in NA clean for years. I heard someone recently celebrate 12 years and he talked about how he still follows the basic suggestions given to him back then. The suggestions themselves are based on meetings, meetings, meetings. The first suggestion I was given was to avoid people, places and things. Well, the only people I used to hang out with were users. The one place I knew I could find people who were not using were at meetings. The second suggestion, **come early leave late**, talks about how we attend meetings and start to really know the people we see there. The third suggestion, don't use and go to meetings, told me straightforward- go to meetings. The fourth suggestion was **to get and use a sponsor**. I found my sponsor by going to meetings and finding someone who had what I wanted. The fifth suggestion **get a home group**, told me to find a meeting I felt comfortable in, so I could go every week and people would notice if I stopped coming. The sixth suggestion, **keep coming back, it works**, told me to keep coming to meetings because that is what works. The seventh suggestion, **90 in 90 was also straightforward**. This is how I would build a foundation, get me in the habit of attending meetings and start feeling more comfortable about going and eventually sharing in them. The last suggestion is what saves me day in and day out, use the phone. How could I use the phone without going to meetings and **getting those phone lists**? I use the phone almost daily, calling my sponsor and my support group on a regular basis. **How did I get my support group? By going to meetings.** What is it about meetings that makes it work? Is it the stories we hear that are so much like our own? Is it people sharing about their feelings? Is it the removal of the masks we all wear in our daily lives? Is it the experience, strength and hope that we gain from others? Does it really matter? No not for me. All I know is that it works. That's good enough for me. **Yes recovery is much more than just meetings, but it is still the core of my program. I hope I never forget that.**

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

Eric B. Editor