



Clean Times News

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

November 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

Anthony 3 Years

Rachel G 5 Years

Lori 14 Years

Greg 17 Years

Serenity Sisters Retreat Story

Idyllwild – September 8-10, 2023

Once upon a time, there were 17 sisters. We drove up to Idyllwild and I dropped a rock. I learned that I could be vulnerable to my serenity sisters and with the good meditation session I can see the beautiful trees and sky. The long and winding road that led us to the place where our hearts broke open and the light shown through. And Marsha cheats at the bag pass game and I learned how to twerk even without a dollar.

I am amazed and so grateful for the continuing bonds with my sisters that some I only see one a year. I made it to the top of the mountain. The elephant in the room was addressed and sent on its way.

through the guided meditation I found the stillness that I needed, and the mores were off the chain.

Amidst the love of my sisters and a mindful moment, I watched two woodpeckers chase a squirrel down a pine tree. A sacred moment for sure. I came to Idyllwild. My Serenity Sisters embraced me with lots of love. I am grateful to have met you Serenity Sisters and to find peace and leave serene from this place.

The foundation I have built I found got stronger and wider. The weekend was made up of many beautiful moments. I came to a place I love and left with even more.

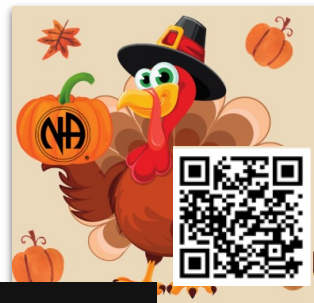
Day of Gratitude Potluck

Sat, November 25

6pm – 8pm

32665 Haddock St

Winchester, CA 92596



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)



Outreach Today!!

6:30 pm – Banning

Espresso Addicts

1320 W. Williams (H, O, KO)

6:15 pm – Hemet

Monday

5:30 pm – Banning

Gratitude Adjustment

1320 W. Williams St.

(SB, O, H) No Break

Tuesday

7:00 pm – Temecula

Sick As Her Secrets

27570 Commerce Center Dr, #220

(W, O, KO)

Thursday

6:00pm to 7:15 pm – Hemet

"How & Why" Book Study

41861 Acacia Avenue (O, No Breaks)

Friday

These Meetings
need your support!



Come and have fun in fellowship!

Grateful Today and Everyday?

I am sitting at home in our guest room/office listening to John Mayall Live at Fillmore East 1969 while my wife is in the kitchen starting the holiday baking. **I have been clean 17 years**, *survived cancer, deaths of friends and family, two bankruptcies, watched more people than I can count relapse and never come back*, and had the same job, phone #, and checking account for the past 16 years and we just bought our first house together Good stuff right??

Why then, do I continue to slip into that place of negativity and doom every holiday season? My younger brother, who was Schizophrenic and one of us overdosed and died on Dec 10th and my Grandfather died Thanksgiving Day. Every year I find myself reliving those two days over and over and over. I spoke to my brother 3 days before he died and at that time I thought I was Mister NA. I gave him the standard lecture, call your sponsor, work a step, go to meetings, and stop. calling me every time you relapse. I remember that day like it just happened. I was fed up with him. Why can't you get this? Why do you start and then stop your medications? If I got clean you should be able to also! As much as I saw myself as this righteous man, on Thanksgiving day that year, I was actually getting ready to relapse.

Four months later, after 10 years in recovery, I did and lost everything. Ended up in jail and then the hospital and then to sleeping on one of my spouse's couch. **Holidays can be a very difficult time for many of us.** We remember this time of year as broken promise's to our families, friends and ourselves. Spending money that was supposed to be for presents under the tree to now being up our nose or smoked or into our veins always telling ourselves that tomorrow we would put things right.

The passing of friends and families around the holidays can be extremely difficult. My brother was a troubled soul. Growing up was not easy on him and I used to tease and make fun of him almost daily. I had started my using in Junior High School and resented the fact that as the oldest still at home, it was my responsibility to make sure the house was cleaned, homework done and my two younger brothers and sister were ready for dinner and then baths by the time my parents got home from work.

My negativity gets stopped by doing the same things I told my brother to do. **Call my sponsor, work steps, go to a meeting, work with a newcomer and write about how I am feeling.** I am so very grateful for what I have today. I have the tools that NA gave me and I have friends, family and a wife who loves and cares for me. It is not always an easy road we walk but I can look back and see the progress I have made. Yes, this time of year is difficult but you all told me **all I had to do was stay. clean for just today, believe in your Higher Power and the rest will take care of itself.!**

Steve S.

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

Eric B. Editor