

SERENITY TIMES

APRIL 2008-NORTH COASTAL NEWSLETTER

The groups' focus on carrying the message is so important to the survival of NA that it is called our primary purpose. That means that it is the most important thing we do. Nothing ought to take precedence over it. This is the most basic guideline by which groups may examine their motives and there actions.

It Works How And Why Pg.160

R.E.S.P.E.C.T.: We keep what we have ONLY with vigilance!

My name is David and I am an addict. I have been clean for over 9 years now and can attribute that to my higher power, my sponsor, and the program that taught me a new way to live, Narcotics Anonymous.

I got clean in the South Coast Area of Narcotics Anonymous (in Southern California) and I have seen many changes in NA during the time I have been around. I am not one to say that it was better back when I first got clean but choose rather to be open-minded about the way it is NOW without being apathetic. Just for Today.

Recently, my home group (5 & Dime) was asked to leave our meeting facility after meeting there for over 7 years. Although we did have one particular incident during that time which threatened us losing the meeting place (a fist-fight 3 years prior), we were in very good standing with the facility as a whole. We were simply asked to leave because of politics within the facility and nothing more. Although we did our best to persuade the facility to let us stay, our efforts were unsuccessful and we were given a friendly notice to vacate.

Disclaimer

The opinions in this newsletter are not necessarily the opinions of NA, this area or the Serenity Times; they are the opinions of individual members. Since all individuals have different opinions, it is hard to keep all views the same. We appreciate your understanding in this, and if you have any comments or questions feel free to contact us. The number is located on the back. – **The Editor**

From that point our group began the arduous task of finding a new facility. Almost every member of our group presented ideas on new meeting locations and I personally contacted nearly every church and/or community center in the cities of Laguna Beach, Laguna Niguel, Aliso Viejo, and Dana Point. Sadly, the response I got from the 30+ letters, emails, and telephone requests was minimal. I found out that those organizations/facilities just didn't see the need for NA, already had "other" meetings there, didn't have the space, or just didn't want us there for other reasons. We did eventually secure a new location and we are very grateful to be meeting there today. Overall, this experience taught me that it is difficult to find a facility to hold an NA meeting!

The very first sentence of the 12 Traditions of NA is "We keep what we have ONLY with vigilance..." and I take that to heart. I know for a fact that if I don't put my recovery first in my life, relapse is patiently waiting for me in the shadows. We are lucky to have NA and the ability to attend NA meetings. So why do members constantly endanger them by not showing respect to the facilities or the meetings themselves? I know that I have often been labeled the "NA Police" for periodically pointing out to others that they were not following the 12 traditions, meeting format, or the guidelines the facility had given us to meet there.

I feel I am a trusted servant and it is my duty to NA (and my recovery) to protect our common welfare as stated in the 1st tradition. In How & Why it says, "The unity underlying our common welfare requires personal commitment and responsible action". My interpretation of this sentence is that if I see another member endangering our relationship with a facility or being disrespectful to a meeting, it is my duty to make them aware of that in a loving and caring way. If I just sit back and let the cards fall where they may, I might not have the opportunity to attend that meeting again if we lose the facility and then can't find another.

I see many examples of members endangering our relationship with meeting facilities at every meeting I attend; members who drive into facilities with their music blasting, smoke in non-designated areas, throw cigarette butts on the ground, leave their trash, bring their pets to facilities that don't allow them, are unreasonably loud, behave like children, etc. We are definitely guests at these facilities and they do not need us, we need them! So the question we have to ask ourselves is, "What am I doing to help protect and prolong the relationship NA has with our meeting facilities? Am I part of the problem or part of the solution?"

I also see many examples of members who choose not to show respect for the actual meetings themselves; members who show up late, share, leave early, talk during the meeting, answer their phones during a meeting, don't follow the meeting format (Ex: 5 minutes or less), break traditions, complain about service but don't do any, behave like children, etc. These are all examples of problems I see not only in our area, but all around North America and even the world. Are we part of the problem or part of the solution?

There are definitely some meetings where home group members are vigilant and lovingly remind other members when they are "acting out" as opposed to showing NA the respect that it deserves. But there are a lot more meetings that seem to cosign bad behavior as opposed to fostering integrity and commitment. I heard a member at a service conference say, "If you don't think your home group is the best NA group in the world, then rather than finding a new one, you should get in there and FIGHT to make it the best." To me that symbolizes integrity and commitment and it starts with a single member of a single group, which is what the NA structure is based on. It is definitely up to the members with time to help guide the newer members in the direction of unity and in turn the preservation of our fellowship.

We keep what we have ONLY with vigilance! Let's show NA the respect it deserves for saving our lives by preserving the atmosphere of recovery in our meetings, as well as the privilege of having a place to meet in the first place!

In loving service to NA,

David H./SCANA

Serenity Word Search

Z G R S X B Z O V F P Y W Q G
 L L K N F C F U B B J K M I U
 C Y Q H I S H J T S U R T Q S
 S S E N S S E L R E W O P U V
 G M G Z N Y X L C L E G R T G
 M I S Q C M Z V T Z H R P Z T
 Y K H W X N X A E Z E O T T S
 V G K N D J J R T N U Q C K T
 M E S S A G E G D Y P Q B P P
 R Y W O V H H E V Z G U E A D
 T F O B O U R R A R D C V D A
 D B H P X B B G S P C E F M V
 Y I M H X U V U W A P S W I E
 R R Z U V R E S I H X S C T X
 T A F W W Q Q D H O C M B N W

POWERLESSNESS
 ACCEPT
 MESSAGE

ADMIT
 TRUST
 SURRENDER

CHECK THIS OUT ...

TAN YOUR BUNS IS BACK!

Beginning April 5th

We will meet down by the pier
 every Saturday at 11AM



Today's thought is ...

All things begin with a dream. But how many of us fulfilled our dreams while using? Even if we managed to complete something we had started, our addiction usually robbed us of any pride in our accomplishment. Perhaps when we used, we dreamed of the day when we would be clean. That day has come. We can use this day to make our dreams come true.

To fulfill our dreams we must take action, but our lack of self-confidence may keep us from trying. We can begin by setting realistic goals. The success we experience when we attain our initial goals allows us to dream bigger dreams the next time around.

Some of our members share that when they compare the ambitions they had when they first got clean with what they have actually achieved in recovery, they are astounded. In recovery, we often find more dreams come true than we could ever have imagined.

YOU'VE GOT TO LOVE A GOOD LAUGH ...

How do you know that the toothbrush was invented in lakeside?

Any where else it would be called it a teethbrush

YOU MIGHT BE AN ADDICT IF...

You look for the express lane at the dentist for 10 teeth or less.

Your girlfriends name starts with every letter of the alphabet.

Your boyfriend can show up at 4 different meetings at the same time.

The North Coastal Newsletter is by, and for the members of NA in and around the surrounding region. We rely on your contributions. Please send us articles, birthdays, events, people you would like to put in our moment of silence, or anything you would like to see in print. We reserve the right to edit articles to fit, or to hold such items for later use.

“Working with others is only the beginning of **service work**. N.A. service allows us to spend much of our time directly helping suffering addicts, as well as ensuring that Narcotics Anonymous itself survives”
 – Basic Text, pg. 54.

| | |
|----------------------------|--|
| LIT. SALES | Contact – Dan – 760.845.2297 |
| H & I | 1 st Mon. 6:30PM 171 Unity Way, Vista Contact – Dan C. - 714.404.7413 |
| ASC MEETING | 4th Sat. 6:30PM Hospital 4002 Vista Way, O'Side |
| ACTIVITES | 1 st & 3 rd Sun. 6:00PM 2821 Oceanside Blvd, O'Side Contact – Eric– 760.427.1160 |
| PUBLIC INFO | 1 st Tues. 6:00 PM 524 Hill St., O'Side Contact – Don G. – 760.877.4447 |
| POLICY & ADMIN. | 4th Sat. 5:30 PM 4002 Vista Way—Cafeteria, O'Side Contact – Greg B. – 760.721.6969 |
| PHONE LINES | 1 st Sun. 12:00PM For location contact Chair Dilley – 760.231.6105 |
| RCM & RCM ALT. | Contact - Nila – 760.806.1213 |
| T-SHIRTS | Meets as required Contact – Ken – 760-613-6888 |
| OUTREACH | 1st Sun. Eric J 760-470-5706 |
| NEWSLETTER | For information Contact - Steve R. – 760.701.2120 ncnewsletter@hotmail.com |

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS OF NARCOTICS ANONYMOUS

JON 12 YEARS
ROSA R. 8 YRS.
DINA 2 YRS.
ALLEN R 18 MO