

NORTH COUNTY INLAND

CLEAN TIMES

WINTER

2024

ISSUE 1 - VOLUME 1

EDITOR KIMMY J

ART SOZANNE M

IN THE ISSUE



RELAPSE

IN RECOVERY

SPONSORSHIP

SPONSOR AND SPONSEE EXPERIENCES



FUN PAGE!!!

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INFORMATION + INTERACTION

WHO WE ARE AND HOW YOU CAN CONTRIBUTE

RELAPSE IN RECOVERY

Relapse is a part of recovery... but does it have to be?

When we "lapse," we gradually return to a familiar style of behavior: addict behavior. But as addicts, we return to our familiar destructive behaviors again, and again, and again, and again.

WE WERE DOING SO WELL THIS IS JUST WHO I AM. WE SHOULD KNOW BETTER HOW COULD WE? NOBODY CARES ABOUT ME ANYWAYS.

These thoughts are normal. Everyone experiences them. But a relapse doesn't mean we have to burn everything to the ground and start anew. Often, a relapse indicates only a small problem in one's recovery. If we are willing to explore our recovery tactics and begin again, we need not change everything, we need not lose everything yet again.

Relapse happens *gradually*. Just as our addiction began. Perhaps we only experience hours or even moments before we use again, but our mind and body begin the familiar relapse routine long before we realize we are using, yet again.

The National Institute of Mental Health recognizes three stages of relapse:

1. EMOTIONAL RELAPSE

In emotional relapse, we find ourselves isolating, not going to meetings, and refusing to acknowledge our emotions. When we refuse to acknowledge ourselves, we ignore our basic self-care needs. As addicts, we must check in with ourselves even on the most basic level. A helpful acronym for assessing basic self-care needs is:

H.A.L.T. ASK YOURSELF, ARE YOU HUNGRY, ANGRY, LONELY, TIRED?

2. MENTAL RELAPSE

After a prolonged period of poor self-care, we begin to feel restless, irritable, and discontent—uncomfortable in our own skin. Soon, all we can think of is escape, and relapse becomes a viable option yet again. During the mental phase of relapse, we may again experience strong cravings, begin minimizing the damage of past use, and look for opportunities to relapse in a controlled way. Often, we will try to switch one substance for another. Fear takes control during a mental relapse, but we must remember that these cravings and feelings, no matter how long their absence, are normal, and we can learn to let them go.

3. PHYSICAL RELAPSE

Physical relapse occurs when we use again, and is the most difficult stage to stop. That one use may not immediately lead to uncontrolled using, especially if we try to delude ourselves into believing we can control our using this time. However, our first use, our first lapse, usually leads to immediate mental relapse, where we obsess, yet again, about uncontrolled using. Most physical relapses occur due to opportunities in which we feel we will not get caught. So, what can we do? We can be prepared for these situations by rehearsing what we will say, how we will react. We can also play the tape forward. As addicts, our brain only cares about getting us to the using part. But we can go further: take a moment and play it out, if we use just that one time, what happens next?

By Jimmy J.

Meisens SM Relapse Prevention and the Five Rules of Recovery *Yale J Biol Med* 2010; Sep 3;88(3):325-32 PMCID: 26339211 PMCID: PMC4553654
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4553654/>

SPONSORSHIP

EXPERIENCES FROM SPONSORS AND SPONSEES

WE ASK FOR HELP. AND WHEN OUR OWN HOUSE IS IN ORDER, WE GIVE WHAT WAS FREELY GIVEN TO US.



★ WHAT WAS IT LIKE SPONSORING FOR THE FIRST TIME?

I was scared. I didn't want him to lose his sobriety for something that I had said... or gave him the wrong information on how to stay sober. But it got better. Having sponsees is what brought me through a lot of dark times in my life and kept me on my program. — Eric S

I was very scared. I thought that if they didn't stay sober that was my fault. And I thought that I didn't have enough experience to be worth a ~~fuck~~ as a sponsor. The first time, you both just kind of fumble your way through it; it's a learning experience.

— Nichole J



★ HAVE ANY OF YOUR SPONSEES WENT BACK OUT, OR JUST DISAPPEARED?

My first sponsee went back out, and I took that personally. I felt like I let him down. Like, what did I do wrong? When I brought that up to my sponsor, he asked, "are you still sober?" I said, "well, yeah." He said, "well, NEXT!" And I took on the next sponsee, and he's still sober today. He's got three years now. But out of the 30 people I've sponsored, the majority just disappeared. It's commonplace. I've come to find out. — Eric S

My first sponsee disappeared, along with two others. But I don't chase people. No matter what, all you can give them is your experience, strength, and hope. And ultimately, it's not your fault if they don't stay sober.

— Nichole J



★ HAVE YOU EVER REQUIRED YOUR SPONSEE TO CALL YOU FOR THE FIRST 30 DAYS?

Yes! That's a requirement. I want them to call me every day, every single day still. I take my sponsees as a friendship, and it works better for me, well for both of us, because it keeps me sober. We talk it out, I ask him to write things down—basic stepwork. I copy what my sponsor did with me, and it seems to be working now. — Eric S

No. But I do tell them that if you call me after you use or drink, you did it wrong. Ideally, we want our sponsees to call us, but sponsors are human beings, that's why we have phone lists. I tell my sponsees not to call me in the middle of the night—after 10pm, it's between you and God. — Nichole J

★ HAVE YOU EVER OFFERED TO BE SOMEONE'S SPONSOR?

I've always been asked. But I didn't ask my first sponsor; he grabbed me. He saw something in me and I am totally appreciative that he did that. I just don't feel I'm there yet, to grab a sponsee, but I know I will. — Eric S

Never. You should not ask anyone if you could sponsor them, not in my opinion. I would never let someone sponsor me that said, "Hey, I'm gonna be your sponsor." That's their ego. — Nichole J

No. I don't think that's how it's supposed to work. In my opinion, it lacks the sponsees desire, and it promotes yourself. I think it should be someone's decision. It's about attraction rather than promotion. I think sponsee-hunting is the opposite of what we're supposed to do.

— Derek S

In a way, yes. Someone I was talking to had a temporary sponsor and expressed their interest in finding a permanent one. I just remembered how nervous I was to ask my first sponsor, and we already had an open line of communication. I threw her a line and told her that if she asked me, I'd gladly accept. I don't know if it was the "right" thing to do, but I wasn't going to let someone's nerves delay their recovery when they showed the true desire to recover. — Kimmy J

★ WHAT WAS YOUR EXPERIENCE FINDING A SPONSOR?

She's the opposite of me, but initially I chose her simply because of her relationship with God. I cornered her and I said, "You're my sponsor." And she said, "Okay." I didn't ask. You should pick someone that has a sponsor, and that has something that you want. — Nichole J

I've never had someone say, "no." — Heather D

I wanted time. So, I was like, who's the oldest, crustiest person that has the most time. I want the person that has been sober for 32 years. That was my first sponsor, and he was very knowledgeable. He was crusty, old, and exactly what I wanted. He gave me a card that said, "if you want sympathy, look in the dictionary between sh*t and syphilis. If you want recovery, call me." He made it clear that he wasn't there to be my friend, my accountant, my counselor. He told me he was there to take me through the steps. And that's what he did.

— Derek S

★ HOW DO YOU FEEL ABOUT SPONSORING SOMEONE IF YOU HAVE NOT YET COMPLETED THE STEPS?

I've had some girls come up to me, but I'm still working my own recovery. I haven't gone through all the steps yet and I have over two years, but I want to get my steps fully done before I sponsor someone. Even though I haven't officially sponsored, if someone asks me, I'll talk to them, I'll meet with them for coffee. I'll provide accountability, like, I have one girl who checks in with me just because she feels comfortable with me. — Nicole L

I was on step 11 when someone asked me to sponsor them. I was like, "I don't know, let me go ask my sponsor if I'm ready." And he said, "take it, get him, get him, get him!" So, I say go for it. They want someone to talk to. They want to do the program. They want what we have.

— Eric S



I had gone through my steps several times already before my first sponsee. But I recommend staying at least one step ahead of your sponsee. — Nichole J

Coffee?



FUN PAGE!!!

WE WANT YOUR STUFF!
Would you like to submit a joke, comic, or something else for the fun page?
Please send any and all submissions to: SDCleanTimes@gmail.com.

DID YOU KNOW THEY MADE A PILL THAT CURES ADDICTION? I WONDER WHAT TWO WOULD DO...

LIFE IN RECOVERY



CELEBRATING A RECOVERY BIRTHDAY?
LET US CELEBRATE WITH YOU!
PLEASE EMAIL YOUR NAME AND BIRTHDAY TO
KIMMY AT: SDCLEANTIMES@gmail.com

OUT AND ABOUT?
ACCESS THE 'JUST FOR TODAY' MEDITATION AT
WWW.JFTNA.ORG

ACCESS THE SPIRITUAL PRINCIPLE OF THE DAY AT WWW.SPADNA.ORG

MARCH EVENTS

SOUTHBAY MOVIE NIGHT!

Every 2nd and 4th Friday 10pm
555 Broadway, Chula Vista
Meet in front of AMC 10 theater
Movie ticket and concession not included

3/30: STEPPING INTO SERENITY POTLUCK SPEAKER JAM AND COMEDY SHOW!

2687 National Ave, San Diego 92113
All day
Comedy Show tickets 20.00

3/30: THE NA BINGO SPAGHETTI SPEAKER DINNER

4pm to 10 pm
1331 S Escondido Blvd Escondido 92065
Pre-sale 17.00 plate and bingo
Day of 10.00 bingo pack - at the door 10.00 plate - at the door



Weekly Meeting Schedule

SATURDAY

6:00 PM - End Of The Road Mtg. (LC)
604 W. 10th Ave., Escondido, CA, 92025 House
(Enter through side gate on Quince near the alley)

6:15 PM - Never Alone (O,D)
1710 Montecito Rd., Ramona, CA, 92065 RRC Bldg

SUNDAY

6:30 PM - Newcomers & Oldtimers (O,D)
131 Richmar Avenue, San Marcos, CA, 92069

6:30 PM - No Matter What (O,To)
16275 Pomerado Rd., Poway, CA, 92064 church (rm
6 (speaker, potluck 3rd Sunday))

7:00 PM - Grupo Escondido NA (O,D,ES)
1690 E. Valley Parkway, Escondido, CA, 92027
((club))

7:00 PM - Sunday Step Study (O,St)
3064 Borrego Valley Rd., Borrego Springs, CA,
92004

MONDAY

NOON - Friends of J. J. (O,D,WC)
795 N Rose St, Escondido, CA, 92027 church, rm 9

5:45 PM - Bucket Meeting (O,D)
1800 N. Broadway, Escondido, CA, 92026 (church)

6:00 PM - Top of the Hill (O,D)
22000 Highway 76, Pauma Valley, CA, 92061

7:00 PM - Just Another Manic Monday
(O,D,WC)
331 E. Elder St., Fallbrook, CA, 92028 Hilltop Center
(Basement)

7:00 PM - Monday Open Discussion (O,D,\$)
404 8th St., Ramona, CA, 92065 Church (Corner of
8th & D)

7:30 PM - Countdown (O,D)
845 Chestnut Street, Escondido, CA, 92025
(Church)

TUESDAY

6:00 PM - Welcome Home (O,D)
50100 Golsh Rd., Valley Center, CA, 92082 Indian
Health Council (Mult-Purpose Rm.)

7:00 PM - Tuesday Nite Candle Lite (O,CL,\$)
404 8th St., Ramona, CA, 92065 Church @ Corner
of 8th & D (1st Tues every month Book Study)

7:30 PM - Tuesday Night Never Alone (O,D,\$)
845 Chestnut St, Escondido, CA, 92025 church

WEDNESDAY

NOON - Higher Education (O,D)
1140 W. Mission Rd., San Marcos, CA, 92069
Palomar College in the Rising Scholars Building (1st
building on the right as you enter the front of the
college (next to football field)/Parking in front of
building)

5:30 PM - Joy (O,D)
Hwy 79 & School House Cyn Rd, Santa Ysabel, CA,
92065 (Across from the Tribal Hall)

6:30 PM - We Do Cross Talk (O,D)
604 W 10th Ave., Escondido, CA, 92025 House
(Enter through side gate on Quince near the alley)

7:00 PM - Just For Today (O, JT)
16889 Espola Rd, Poway, CA, 92064 church

7:00 PM - S.P. Recovery on the Rez (O,D)
27458 Kumeyaay Way, Valley Center, CA, 92082

THURSDAY

6:00 PM - Women's Save Your Ass (O,D,W)
795 N Rose St, Escondido, CA, 92027 church rm 9

7:00 PM - Desert Recovery (O,D)
3064 Borrego Valley Rd., Borrego, CA, 92004

7:00 PM - Out There (O,D)
28246 Lilac Rd., Valley Center, CA, 92082
(Community Hall)

7:30 PM - Recovery on the Rez (O,D)
35955 Pala Temecula Rd., Pala, CA, 92059 (Old
Tribal Hall)

8:00 PM - Thurs. Night Book Study (O,BT)
1710 Montecito Rd., Ramona, CA, 92065 RRC Bldg.

FRIDAY

NOON - Wabi Sabi TGIF (O,D,WC)
845 Chestnut St., Escondido, CA, 92025 church

6:00 PM - Top of the Hill (O,D)
22000 Highway 76, Pauma Valley, CA, 92061

**6:30 PM - Cliff Nelson Off the Wall Men's
Meeting** (O,D,M)
1170 S. Broadway & 13th, Escondido, CA, 92025
Church Catechumen Room (side of sanctuary,
facing 13th)

7:30 PM - Chase Your Recovery (O,D,\$)
1800 N Broadway, Escondido, CA, 92026 club

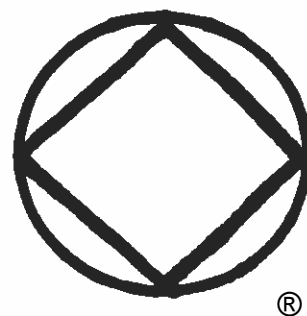
7:30 PM - Experience, Strength & Hope (O,D)
16275 Pomerado Rd., Poway, CA, 92064 church ED
Bldg 3rd floor (spkr 1st Fri)



INFORMATION AND INTERACTION

WHO WE ARE AND HOW YOU CAN GET INVOLVED

NA SERVICE STRUCTURE North County Inland Area
Coffee Maker/Secretary | Treasurer (Optional) | GSR | Area Officer | Subcommittee Chairperson



GSRs, AREA OFFICERS, AND SUBCOMMITTEE CHAIRPERSONS, OH MY!

One Group Service Representative is elected per local-level meeting to represent the group at the area level. Meetings may have GSR Alternates.
The GSR must be an active NA member. Groups are encouraged to consider a member's personal qualities and abilities when selecting their GSR, as well as their cleantime.
The GSR carries ideas and concerns from the group to local service bodies and helps keep the group informed about business at the area, region, and world services levels.
The GSR carries the voice of the group to NA as a whole.
A GSR handles group funds and purchases literature for the group.
GSRs may vote at Area Service meetings.

One Area Officer shall be elected from a group conscience by their GSRs and serve for one year.

Subcommittee Chairpersons and Vice Chairpersons represent an entire local area.

Subcommittee Chairpersons cannot vote at Area Service meetings.

All Subcommittee Chairperson nominees must qualify themselves at the regular ASC meeting.

The Area Service Committee (ASC) is made up of GSRs and Subcommittee Chairpersons and achieves its purpose by providing these services.

HOSPITALS & INSTITUTIONS

PUBLIC INFO - OPEN

CONVENTION

LITERATURE

ACTIVITIES

OUTREACH - OPEN

POLICY

NEWSLETTER

MERCHANDISE

VOLUNTEER OPPORTUNITIES

North County Inland
H&I Subcommittee
Meeting

FIRST MONDAY OF
EVERY MONTH ON
ZOOM @ 7:30PM
815 4201 5937

All members

are invited

Please bring a \$5.00 donation

with you 1 day before

the meeting

Suzie R. 760-317-3723

Justin F. 760-783-6003



AREA WEBSITE
www.SanDiegoNA.org



Editors: Kimmy J & Suzanne M
Issue Artist: Suzanne M