



# The Napa/Solano Clean Slate

## Contributors

Brian F  
Chanda F  
Jess K  
Karen T

### - IN ALL OUR AFFAIRS -

INSIDE THIS ISSUE	
In All Our Affairs	1
Parenthood in Recovery	1
Having Had a Spiritual Awakening...	2
I Challenge You	2
12 x 12 x 12	3
Let Your Life Speak	3
Living Clean—Together	4
Heard After The Meeting	4
Fun in Recovery	5
Napa Solano Area Activities & Events	6

Back in October I joined my husband on the road while he drives a truck. Even as a little girl, I've always dreamed of traveling. Granted I never pictured doing it from the passenger seat of a big rig but it has been a great adventure non-the-less. In just the first 2 weeks I visited 32 new states across the country. Being on the road in a different city every night has made it a bit harder to actually make meetings since the company doesn't allow us to take the truck wherever we want. So we do have to improvise somewhat.

We try to read the Just for Today daily. We stay in contact with our Sponsors and our support groups as much as possible. Since being out here I have even been trying to do a daily blog on

Facebook about our travels in order to stay more connected with the Fellowship, family, & friends. Thank God for modern technology. We have met so many new friends out here (some in recovery and some not). When we can we have friends come pick us up at truck stops to take us to meetings. To be able to meet others in recovery from a different area is awesome! I even got to celebrate my 16<sup>th</sup> birthday in a Riverside meeting. When we do get home, we always make time for a meeting and to see our family.

As for practicing Spiritual Principles while out here; that is something we try to do everyday. It's more of a way of life for us today. But just the fact that we get to live out a dream like being

able to travel is in itself a miracle. I know when I was in my addiction I never traveled any further than my dealer's house. I am even in the process of getting my license too. I would have never done that I wasn't clean today.

I am so grateful for the fellowship of NA that has given me a life I never dreamed possible. I still have good days and bad days and miss everyone back home terribly; but today I am grateful for everything I do have. So if you're out there on Facebook...look me up and 'Friend' me so we can keep in touch too.

Thank you for letting me share my Experience, Strength, & Hope,

Janette R.

### - PARENTHOOD IN RECOVERY -

In my addiction, I wasn't the mother I should have been to my child. I was a young mother at the age of 18 and although I was excited to have a baby and loved my daughter very much, my addiction came before her and all other things that mattered in my life. I was emotionally detached from her, and wasn't affectionate very often. Instead of telling her I loved her, I made it very clear; time after time, she was in the way of my using and I didn't want her around. What a horrible monster I was towards my 3 year old. I carried that shame and guilt around for many years until I got into recovery and had the opportunity to work and live the 12 steps of Narcotics Anonymous.

Since getting clean I have had two more children but would like to add that when they were 5, I relapsed. The roles of parent and child were reversed — they were parenting me. This is not a responsibility that should be placed on a child. I began to see the emotional effect my addiction was having on them and didn't want to continue putting them through the madness. They were entitled to so much more and a better life which is why I got clean again and have stayed clean NO MATTER WHAT!!

My experience this time around has been different. To be present in their lives and to watch them grow is a huge gift in recovery. I am the best mother I can be not only to my twins, but to my oldest child as well. The relationship and bond we've been able to build is second to none. My children love me unconditionally. I'm able to lead by example and guide them as best I can. What a great feeling to be able to provide a safe environment and stable home life; not dragging them around from one dope house to the next. They no longer have to worry. They understand the disease of addiction and are supportive and know the importance of my meeting attendance and working the 12 steps. I'm forever grateful. Adrienne E.

**- HAVING HAD A SPIRITUAL AWAKENING . . . -**

Having had a spiritual awakening, we try to carry this message and to practice these principle in all our affairs. The awakening of Spirit is no less dramatic than it sounds. My Spirit was dead or at least very, very dim. Dying seemed a better option than to continue to exist in the state of addiction, manipulation, sexual and emotional emptiness. I hated who I was and whom I was becoming. The awakening of my Spirit was the knowledge that I am of Light and Love and even in this state of dredge and despair that I was called to do the work of healing and bring others closer to their true healed restored Selves.

How did I get there? Following my Higher Power's will for me. Every step of the way I continue to surrender my Will and my Life. This included at the very least working my steps with a level of honesty that hurt to the Core. This meant being willing to acknowledge that the parts of myself that were manipulative, fearful and selfish AND being

willing to practice spiritual opposites until they became as natural as breathing. This also meant acknowledging that part of myself that is loving, compassionate, healing and wise. Practicing these principles in all my affairs has lead to me becoming a person of integrity, a great parent, a great partner, a good friend, and a spiritual student and teacher. The wounded healer that shows others they can heal, what a gift! Today I can say being a recovering addict is a gift!

Carrying this message of recovery to our community of fellow addicts, to our greater community of family, friends, work places and society. I do not limit whom I share a message of recovery and healing with. People have said I am wise, I say I am a good student that learns more each day by teaching others. Having had a Spiritual Awakening, no less dramatic than it sounds!

**Anonymous by Request**

**- I CHALLENGE YOU -**

Hello Family, my name is Chanda and I am definitely an addict. I have had a rough couple of weeks, but I do believe that I am coming out the other side and I am in the solution. I have not been working a program, reaching out to my support group, utilizing my sponsor. Therefore, I have been miserable. I have been on the pity pot, and the only thing I have gotten out of that, is a red ring around my butt. So, in the solution, I have reached out to my sponsor, reached out to my support group, attended more meetings, and have begin my steps again. I cant tell you how much better I feel. I have been told numerous times how other addicts have gotten through what I have been going through. When you ask them how they made it through, their first response is usually sponsor, steps, support group. I didn't realize how true that was until I finally took the suggestion for myself. I feel better than I have in a while, and its all from the program. My challenge to you this month, is not to sit on the pity pot, but utilize the tools we have been given in the program. Don't let it get you so down that you can barely see the other side. I want to thank those that have come before me and those who come after me. For I am able to have these feelings and get through them and not get loaded. I am a truly blessed addict.

Chanda F.

Unless I accept my virtues, I will be overwhelmed with my faults

You cant think your way into a new way of living.....You have to live your way into a new way of thinking

**Newsletter Release Form**

This signed release form must accompany all submissions.  
I nearby give Napa/Solano Area Newsletter permission to publish original articles and poems etc. pertaining to my personal recovery in NA. I understand that this material may be edited for space and/or content and if requested assure my anonymity.

Print name: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

PLEASE SEND ANY SUBMISSIONS, QUESTIONS, OR COMMENTS TO:  
NSCLEANSLATE@YAHOO.COM

- OR -

NAPA/SOLANO NA  
340-2 TRAVIS BLVD  
PMB#223  
FAIRFIELD CA.94533

**- NEW -**

**SEND YOUR EMAIL ADDRESS TO NSCLEANSLATE@YAHOO.COM FOR A FREE MONTHLY COLOR PDF OF THE CLEAN SLATE-WE WILL SEND IT TO YOU!**

**- LET YOUR LIFE SPEAK -**

Last weekend, with about a hundred other addicts, I attended a healing conference. It wasn't a meeting, but it was all about recovery. Perhaps the most poignant gift I walked away with was this single thought—when something in life occurs that brings catastrophic grief or loss or change, we have a simple choice—we can either just lay down and die, or we can get up and move...

I have a few goals right now that require me to get up and move... move off the couch, move off my position, move off my old way of doing things, of coping, of trying to avoid feelings... There are things out there, out of my reach which I want—and today I am

willing to work for them—more now than ever before... But I cannot sit and wait for them to come to me—I must move... and on those days where moving is harder than the pain of remaining in place, I have to give myself the grace to start fresh again... this means many days I claim my small moving victories. Other days I get up and that is as far as I get... But at any moment I get to start the day over...

I call it getting back on the horse... each moment of our lives, we get to choose to get back on the horse—or not... Yoda taught us that there is no fail—except for no try... That means I always get a new chance of try... It is hard to land hard on your backside, dust

yourself off, shake off the laughter from the crowd, and from your own head, and then reach out and get right back on the horse—but that horse is new friends, a new job... loving again even when the last one ended in pain... it is going back to the gym, going back to school... asking someone else to be your sponsor when the last person said no... it is coming back to meetings after a relapse, or just after a long long absence from meetings... it is getting on my knees and sobbing to God when it has been years since the last prayer...

Getting back on the horse will save my life—a life worth saving—a life that speaks... Jess K.

**- 1 2 B Y 1 2 B Y 1 2 -**

**6 Steps to Change what we discovered in our 6<sup>th</sup> step.**

1. Repeat the behavior
2. Repeat the behavior and recognize it. (This highlights for me that I was busy behaving in ways I wasn't even aware of!)
3. Recognize the behavior before I repeat it, and then repeat it anyway. (Much like saying I will never use again and spending my whole paycheck on getting high. Or low.)
4. Recognize the behavior

before I repeat it, and not repeat it.

5. Recognize the behavior before I repeat it and DO SOMETHING DIFFERENT. (This means that in step 4 when I didn't repeat the behavior I DID NOTHING. That's because I don't know how to do something different, and when I don't know what to do, do nothing, right? This is the best time to call my sponsor and ask for guidance.)

6. Repeat the different behavior. Fact is, if you are anywhere in this process you are in the process of

changing behavior. And you can be on a different step in the process for different behaviors. It is a process, not an event. Give yourself a break. And remember, we can't "decide" to think a different way, only after acting a different way do we develop a new way of thinking. Then the new way of thinking becomes the habit and drives our behavior like our old ways did. We ARE being brainwashed after all! Good thing too, addicts like me need our brains cleaned up a bit.

Anonymous by request

People who relapse usually do so because they accepted the things they could have changed

If you don't want what we have, go back out to what you had

**- LIVING CLEAN-TOGETHER -**

I was single in NA down south , working hard to stay clean, become a better person, and learn to rebuild the parts of my life that no longer worked for me. Relationships was one of those areas . Don't get me wrong, I tried my hand at a relationship or two, just to prove that I really needed to work on myself some more.

I met my husband about a year before we started dating and I knew I liked the way I felt in his presence, but he "just wasn't my type". (He hadn't asked me out either come to think of it.) I had really been working hard on my step work and staying out of relationships while doing that helped me to focus just on me. What I learned was that I was really happy with who I had become. My life was full and I had love all around me. I enjoyed being alone for the first time ever and I realized that I

didn't need a man to feel complete. Just about that time our paths crossed once again. By this time I was sure that "my type" wasn't good for me and that I should try dating someone who was nice to me, and better suited for my peaceful, clean lifestyle. Apparently he had been working on himself as well and was ready to ask me out this time. Eleven months later we were married.

The last Seven years have been the best years of my life and that is because we have learned to enjoy living clean together. We do that by continuing to live our separate lives in recovery along with our life together. We both have our own program, our own support group, our own meetings where we go to share on a regular basis. We both have awesome friendships and fantastic sponsors. But the best part about this whole thing is

that we have become each other's best friend.

Living clean is not always easy. It takes hard work. Some of us do not succeed. My husband and I cherish our time together. We go to mixed meetings and we have some great friendships with other couples. Our life is surrounded by recovery. We have two little dogs that we love to take for walks together. We travel and have a very busy social life. We share a life that is second to none. We are surrounded by love.

The only way we get to keep this wonderful gift of being clean together is to continue to share our lives, share our recovery, and make sure that we keep our own side of the street clean. We get to do that by having our own separate programs and honoring each other for who we are separately.

Anonymous by Request

**- HEARD AFTER THE MEETING -**

I heard it after the meeting... It's not so much what you hear as much as it is about what you do with that information. All of us go into the meeting—some excited, some sad, some broken-hearted, just waiting to spill their guts...

We show up with preconceptions about anonymity. We share, we listen, we participate in a sacred sharing of feelings.

I know for me when I walk out of a Narcotics Anonymous meeting and go on with my life, I take with me from that meeting a responsibility

for that information, a sort of sacred trust.

It is up to me to decipher whether it is knowledge and wisdom that I can share with everyone or it is someone else's personal story.

Figuring out whether information is just gossip or tools of the program to share and apply in my life is something we all should learn. It only takes one slip of the tongue to break someone's anonymity or hurt them. There is nothing worse than hearing a second hand skewed version of a personal share.

Carrying a message of peace in recovery is something I strive for whenever I leave a meeting. Non of us are perfect though. It is practice not perfection.

For those truly intimate moments when only a sponsor can hear your truths, you can always know what is said there stays there. For everything else that is shared in meetings, the hope is to capture recovery and leave the rest in the true spirit of anonymity.

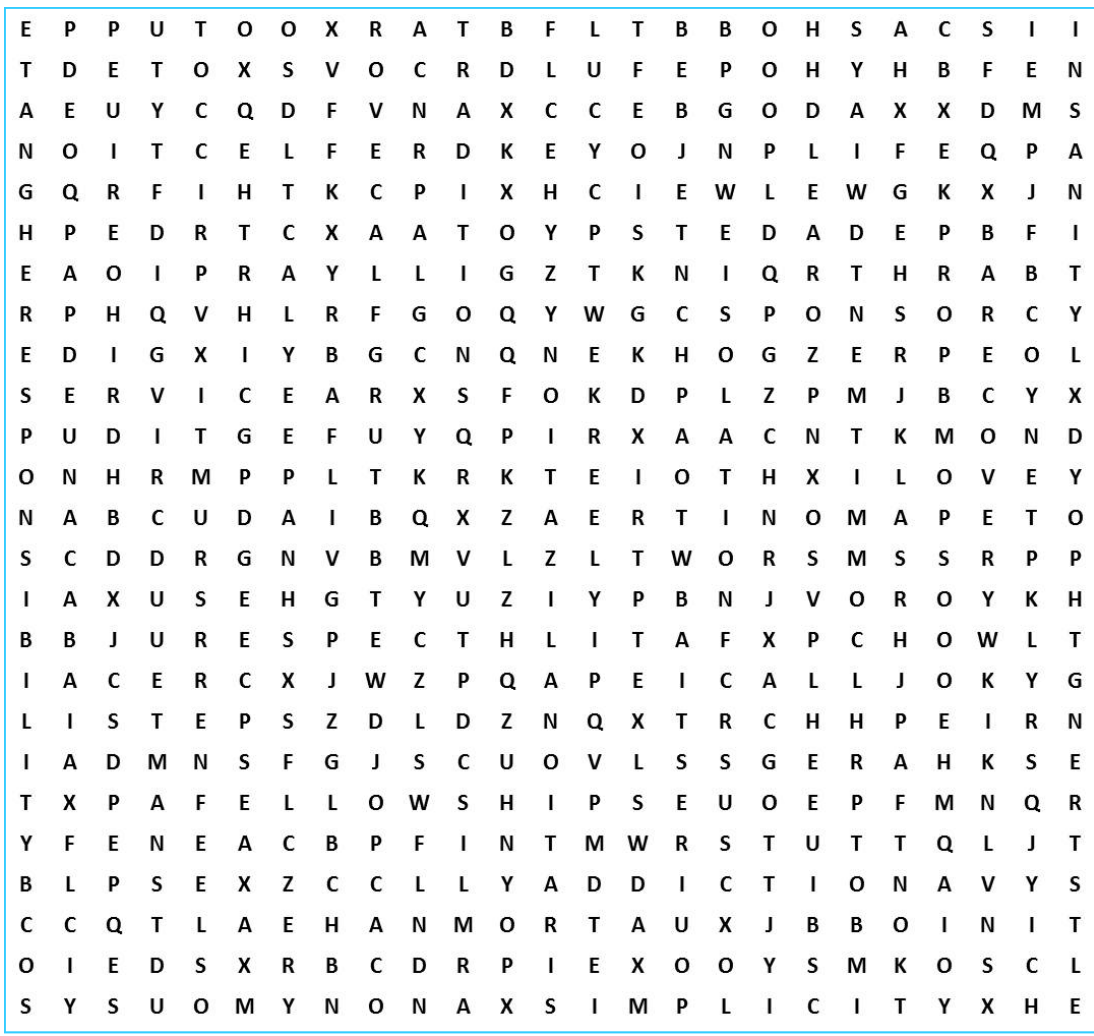
Anonymous by Request

My head is like a bad neighborhood and I shouldn't go in there alone.

Three most dangerous words for an addict "I've been thinking."

**- FIND THE RECOVERY WORDS -**

There are at least 36 familiar words as you work your way through your recovery, and this puzzle...



I need to put things in perspective because I have a disease of perception.

I worked my using hard, so now I want to work my recovery harder.

**A word from the news crew.....**

We would like to take a moment and let the fellowship know that we have gained another Contributor. Her name is Karen T. and we are grateful for her service.  
 You will be seeing continued changes to our newsletter. There are now more members with great and refreshing ideas to carry the message of recovery. Thank you for all the support and contributions we have been receiving.



**- C A L E N D A R -**

Date/Time	Meeting	Location
March 1/6pm	N/S GSR Workshop	412 Travis Blvd. - Fairfield
March 1/7pm	N/S Area Service Committee Meeting	412 Travis Blvd. - Fairfield
March 3/6:30pm	Saturday Night Alive Group” Potluck and Speaker Meeting	2590 First St. - Napa
March 3/7:30pm	Contra Costa Area Monthly Speaker Meeting & Dance	3105 Willow Pass Road - Bay Point
March 5/6pm	N/S Sponsorship Behind the Walls Sub-Committee business meeting	1955 West Texas - Fairfield
March 5/7pm	N/S Hospitals & Institutions Subcommittee Meeting	1955 West Texas-Fairfield
March 5/7pm	N/S-Public Relations Subcommittee Meeting	1955 West Texas - Fairfield
March 6/7pm	N/S Men’s Spiritual Retreat Committee Meeting	Cordelia Firehouse - Cordelia
March 8/7pm	N/S Newsletter Committee Meeting	Please contact Brian F (707) 628-6874
March 13/7pm	N/S Women’s Retreat Committee Meeting	318 Merganser Dr.- Fairfield
March 16/7:30pm	“First Thought Wrong” Group Potluck and Birthday Meeting	230 Sacramento St.- Rio Vista
March 20/7:30pm	N/S Co-ed Campout Committee Meeting	3353 Broadway St. - American Canyon
March 25/3pm	N/S Activities Subcommittee Meeting	711 Empire St. - Fairfield
April 2/6pm	N/S Sponsorship Behind the Walls Sub-Committee business meeting	1955 West Texas - Fairfield
April 2/7pm	N/S Hospitals & Institutions Subcommittee Meeting	1955 West Texas - Fairfield
April 2/7pm	N/S-Public Relations Subcommittee Meeting	1955 West Texas - Fairfield
April 3/7pm	N/S Men’s Spiritual Retreat Committee Meeting	Cordelia Firehouse - Cordelia
April 5/6pm	N/S GSR Workshop	412 Travis Blvd. - Fairfield
April 5/7pm	N/S Area Service Committee Meeting	412 Travis Blvd. - Fairfield

**- A N N O U N C E M E N T S -**

- Activities is currently seeking 2 members to file open positions. They are the:  
 Arts and Graphics Chair - 6 mo. Clean, 1 yr. commitment  
 Entertainment Chair - 6 mo. Clean, 1 yr. commitment  
 They will be having elections at their next meeting on March 25th. See above for the meeting location.
- Public Relations is seeking 12 members to file open positions. They are looking to file a new committee as it is that time of the year. Their next meeting will be on March 5. See above for the meeting location.
- The Newsletter Committee will now be rotating their business meeting between two of our Contributors homes—1 in Suisun City, and the other one is in Vacaville. Please contact Brian F. @ (707) 628-6874 to get the address/location.

**- P A S T & P O T E N T I A L  
 C L E A N T I M E  
 B I R T H D A Y S -**

Mark E	2-11	22 years
Dave S	3- 4	20 years
Karen T	3-22	16 years
Sarah B	2-27	10 years
Celeste P	3-31	9 years
Cheryl B	3- 9	2 years
Michelle J	3-10	2 years

