



The Hollywood NA Times

January 2021

Vol. 6

HONESTY HONESTY HONESTY HONESTY

WELCOME

This is our sixth Edition of the **The Hollywood NA Times**. This month's Theme is **Honesty**. Next month's Theme will be **"RELATIONSHIPS IN NA."** **WE DEFINITELY NEED YOUR CONTRIBUTIONS IN THE FORM OF SHORT STORIES, ESSAYS, POETRY, ART, AND EVEN JOKES; ALL RELATED TO RECOVERY.** We would also love to hear any suggestions and/or concerns you may have .

Please contact us at:

tsjonny1NA@gmail.com

Jonathan S., Chair

Julia I., Co Chair

Nick G., Copy Editor

"HONESTY is the antidote to our diseased thinking." Thank you **Tony Mac, R, George W, Tom K, Daniel G, Nick G, Marc O and Julia L** for your contributions and continued support of our NA Newsletter.

SPIRITUAL PRINCIPAL A DAY

By Daniel G.

As many of you know, there is a new piece of NA literature in the works that explores a spiritual principle each day with a daily meditation, similar to *Just for Today*. The 4th batch of draft entries is posted on the na.org site (<https://www.na.org/?ID=medibook>). One of the spiritual principles in this group happens to be **HONESTY**, the theme of this month's newsletter. You can read those 8 entries here: https://www.na.org/admin/include/spaw2/uploads/pdf/spad/Honesty_RI_Batch_4.pdf.

Part of the process of creating NA literature is to seek review and input (called "R&I") from any NA member who wants to participate. You can follow the simple directions on the SPAD page to log your opinions in a short survey, or just enjoy the Honesty entries along with the other material in the newsletter. Other spiritual principles posted this time around include explorations of Anonymity, Discernment, Empathy, Faith, Gratitude, Hope, Open-Mindedness, Vigilance, and Willingness. You have until January 31 to review these.

Also you can also submit your own writing on a different set of principles. There are ones that are currently in circulation will be posted only through the end of December, and another set that we have until end of March to submit for!

PRACTICING HONESTY (Just For Today 8/2)

"When we feel trapped or pressured, it takes great spiritual and emotional strength to be honest." B. Text, p. 85

Many of us try to wiggle out of a difficult spot by being dishonest, only to have to humble ourselves later and tell the truth. Some of us twist our stories as a matter of course, even when we could just as easily tell the plain truth. Every time we try to avoid being honest, it backfires on us. Honesty may be uncomfortable, but the trouble we have to endure when we are dishonest is usually far worse than the discomfort of telling the truth.

Honesty is one of the fundamental principles of recovery. We apply this principle right from the beginning of our recovery when we finally admit our powerlessness and unmanageability. We continue to apply the principle of honesty each time we are faced with the option of either living in fantasy or living life on its own terms. Learning to be honest isn't always easy, especially after the covering up and deception so many of us practiced in our addiction. Our voices may shake as we test our newfound honesty. But before long, the sound of the truth coming from our own mouths settles any doubts: Honesty feels good! It's easier living the truth than living a lie.

Just for Today: Today I will honestly embrace life, with all its pressures and demands. I will practice honesty, even when it is awkward to do so. Honesty will help, not hurt, my efforts to live clean and recover.



**THE SOUTHERN CALIFORNIA REGIONAL
WEBSITE COMMITTEE OF
NARCOTICS ANONYMOUS PRESENTS:**



**THE 2021 1st TRIANNUAL
SERVICE WORKS**

SERVICE TRAININGS AND WORKSHOPS PRESENTED BY

 PUBLIC INFORMATION 11am-12pm	 PHONE LINES 12pm-1pm	 WEBSITE 1pm-2pm
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PRESENTATION BY PUBLIC RELATIONS, PHONE LINES & WEBSITE

SATURDAY JANUARY 9th 2020
ZOOM ID: 99206620344 PW: 990851

FOR INFORMATION CALL
RUBEN (951) 453-1087
BOB (909) 560-5685

*"The steps help us increase our ability to be **honest** with ourselves and others." (Living Clean, Chapter 1, "Growing Pains")*



NAIKU

*Honesty comes first
To live another day clean
Death to all the lies*

*Doing my step work
Necessitates honesty
So that I may live*

*Sharing honestly
Growing in recovery
One day at a time*

*Searching and fearless
My moral inventory
From darkness to light*

*Shield of honesty
Protects me from living
lies
Renwed in NA*

ATTITUDE OF SURRENDER THROUGH HONESTY

*"Only after surrender are, we able to
overcome the alienation of addiction"* Basic
Text page 22

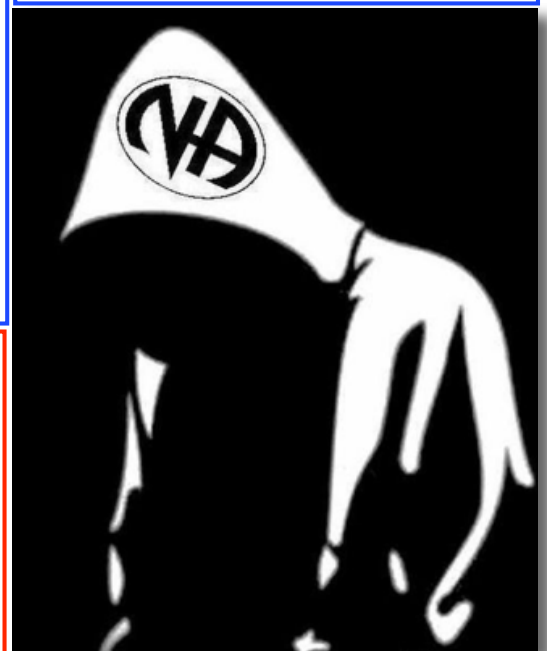
By Tony Mac 3/19/1988

My first surrender was about not trusting my diseased self-centered thinking that wanted to convince me, in my own voice, it was okay to use the drug of my choice. My choosing to surrendered to the program, instead became my invitation to become selfless. I humbled myself by getting on my knees and then ask God or whatever was out there to lift the obsession. I immediately stopped living a self-destructive lifestyle that was suicidal. I could've died or been driven insane beyond insanity. I surrendered by admitting my life no longer belongs to me because I willingly tried to destroy me. So, since I can't trust my thinking because that's where my disease lives, I will become selfless. I cannot trust my thinking and emotions. I will not take my thinking and emotions seriously. I will stop taking myself so seriously. I must humble myself to becoming selfless. Working a selfless program silences the unnecessary worry and stress over the things that I cannot change. Not trusting my thinking and emotions was the best thing that ever happen to me. I found myself in times of stress, following directions no matter what. Making a decision to become selfless gave me the humility to practice having a faith in a Higher Power and the program of NA.

*Open, **honest**, and straightforward
communication nurtures the spirit
of service in our fellowship, and
poisons the impulse to
govern(Twelve Concepts of NA
Service*

The faith I had developed has become a relationship with a Higher Power based on experiences living clean no matter what. This relationship has filled me with this energy from having gratitude, and becoming hopeful about getting a new way of life. I have been able to write, get honest, be creative, be of service, become open-minded, and more loving to those I care about, including myself. Surrender gave me the abilities to let go of resentments, fears, doubts, failures, and self-centered ways. I refuse to over react to the emptiness inside of me. I'm done. So, I move on. My disease wants me to obsess on rejection, humiliation, self-pity, and fixing with a whole lot of shit that will put me in debt. But when I choose to surrender in selfless mode to follow directions from my sponsor and the NA program, I can feel that massive weight lifted from my shoulders. That's because my life doesn't belong to me anymore. It belongs to a Power much greater than myself that's showing me how to live. Clean!

Tony Mac 3/19/1988



The Principle of Honesty in Step 1 as the Foundation of a Healthy Recovery

By Staff at Renascent, Toronto, Ontario

There are 12 steps, and for every step, there is a principle. The principle behind Step One is Honesty, and when we take a closer look at this step, it just makes sense: the first step asks us to take an honest look at our lives and tell the truth. For many practicing addicts and alcoholics, this may be the first time in forever that they have actually done so.

The thing about Step 1 is, it only can be complete if we admit to our innermost selves, rather than to any other, that we are powerless over our drug of choice and that our lives have become unmanageable. Many of us were used to lying or omitting key facts about our lives where others were concerned: we have invented excuses for tardiness, explained away drained bank accounts, cast blame on others, denied wrongdoing. We may even have learned to fool ourselves to some degree. But in the end, self-honesty had to win out. When we could look at the man or woman in the mirror and admit that we had lost control over our addiction, and that our lives were suffering as a result, we had truly taken Step 1.

Honesty really is the best policy

Depending on our upbringing and values, we may have learned to avoid being completely honest long before addiction took over our lives. When honesty brought nothing but misery and punishment, we learned to lie. When we were exhorted to take control of our lives, do it right the first time, succeed at whatever we put our minds to, it became harder and harder to admit to mistakes and to not having all the answers. It was very lonely, trying to keep track of the endless lies and pretending that we really could juggle our responsibilities plus a burgeoning addiction that had its own demands, but try we did, until things got so bad we couldn't pretend anymore.

With honesty came the humility of admitting we needed help. These twin attitudes of honesty and humility in recovery helped us achieve great things we did not at first believe possible. Some of the benefits of remaining honest and humble in recovery include:

Being able to ask questions again without fear of looking stupid – meaning we could actually learn new things, and become teachable

Being able to get much needed support when things were not going well, instead of trying to fight addiction alone

Admitting to personal problems, which invites needed help, rather than suffering in silence

Feeling so much lighter now that it's no longer necessary to keep secrets and lead a double life

Instead of putting limits and rules in place for ourselves where substance abuse was concerned (like no drinks before 5 pm or setting a spending limit on using), then feeling the shame, guilt and self-loathing of breaking these rules again and again, we can finally be honest that there is no way for us to use safely

No more wasted time reminiscing about the 'good old days'; an honest appraisal can clearly show those days to not be as good as we once fantasized about

Ability to examine our lives honestly, see where we went wrong, and also see what still needs to change both within us and in our surroundings

Ability to see things clearly and learn from experience rather than the hard way.

At first, such a degree of honesty may seem impossible, but by persisting in the recovery process and working the steps, our ability to be honest with self and others will only grow until it forms the foundation of our healthy, satisfying, lasting recovery.

Greater Hollywood Area Narcotics Anonymous

QNA-SoCal



**Meeting ID 341 174 000
no password**


Friday 3pm pst

Narcotics Anonymous®



**SFVACNA
Presents - Where
It All Began**

Jan 16th, 2021



**SFVACNA Presents
Where It All Began
Jan 16th, 2021**

10 am to 10pm PST
Zoom ID: 944 1972 5575
Password: SFVclean2

10:00am-11:00am Opening Meeting
11:00am-12:00pm I Got Clean During the Quarantine
12:00pm-1:00pm Being of Service, Staying Visual During a Virtual World
1:00pm-1:30pm Jimmy K. "Where it all Began" Part 1
1:30pm-2:30pm Men in Recovery
2:30pm-3:00pm Women in Recovery
3:00pm-4:00pm Jimmy K. "Where it all Began" Part 2
4:00pm-5:00pm Oldtimers, 40 Years in Recovery
4:00pm-5:00pm Comedy Show "David Z & Friend"
5:00pm-6:30pm Social Distance Sponsorship
6:30pm-7:15pm Main Meeting
7:15pm-8:15pm It's An Inside Job
8:15pm-9:00pm Practicing these Principles in All our Affairs
9:00pm-10:00pm Never Alone
9:00pm-10:00pm Young People in Recovery

Note: All Meetings Times are Pacific Standard Time

*Being **honest**
with oneself is
the first step an
addict must
take in order to
get clean.
Without
honesty,
recovery is
utterly
impossible.
Anonymous*

**Quarantined
Meetings**



**Daily
10am pst**
ID 100 258 932
no password

**Mon.
Weds.
Fri.
3pm pst**
ID. 341 174 000
no password

Southern California

**NA Meeting of
AweSomeness**

Code: 813 7395 6664
Password: 060816

10pm Eastern

7 days a week
365 days a year
(including weekends
and holidays)

Friday Nights: Recovery Jeopardy

COME JOIN US



**NA RECOVERY
AFTER HOURS**



869 443 06744
NO PASSWORD
Zoom Code

Honest
self-
assessment is
one of the keys
to our
new way of life.
(Basic
Text,
Chapter
4, Step
Four).

**Virtual Online
Group (NA)
- South Africa**



**EVERY DAY
SEVEN
DAYS A
WEEK**

5 - 7 PM SOUTH AFRICA
10 AM-12PM EASTERN
7 - 9 AM PACIFIC
3 - 5 PM UK
830 - 1030 PM INDIA

MEETING ID: 756488015
PASSWORD: 123456

South Africa
**NARCOTICS
ANONYMOUS**



ORIGINAL ART

Anonymous

FREEDOM BEHIND THE WALLS

If you are interested in Sponsoring someone from "Freedom Behind The Walls," please contact Tom K., Subcommittee Chair. The Subcommittee meets on the first Thursday of the month at 7:00pm.

Zoom ID; 825660214

password is 782320

Approximately 28 Inmates are requesting Sponsors. This is a terrific way to be of service and give to others "what has so freely been given to us."

MEETING SPOTLIGHT

LEAVING CLEAN

Mondays 6-7pm

Saint Ambrose Church
1281 North Fairfax
Avenue, LA 90026

[https://zoom.us/j/
85978027268](https://zoom.us/j/85978027268)

Password: 626007

"A terrific way to spend an hour!"

RUBY TUESDAY

Tuesdays 8 - 9:30pm

[https://zoom.us/j/
98007953647](https://zoom.us/j/98007953647)

MIXED NUTS

Wednesday 8 - 9:15pm

AT Center
1773 Griffith Park Blvd.,
LA 90026

[https://zoom.us/j/
403135305](https://zoom.us/j/403135305)

Password: JFT2020

**L G B T Q : S p e a k e r /
Participation**

QNA-SoCal - Just For Today

Thursdays: 10:00 - 11am

[https://zoom.us/j/
100258932](https://zoom.us/j/100258932)

Just For Today/Open
Discussion

"Come on by and get your
morning dose of Recovery."

HOLLYWOOD AFTER HOURS

Fridays: 10:00 - 11:15 pm

Hollywood Lutheran
Church
1733 North New Hampshire
LA 90027

[https://zoom.us/j/
84667128876](https://zoom.us/j/84667128876)

Password: thaifood

A Letter from FREEDOM BEHIND THE WALLS

By Anonymous

Submitted by Tom K.

Dear FBTW

My name is _____. I am currently incarcerated at Chuckwalla Valley State Prison. I am serving a life sentence and going on my 15th year in prison. I have been in recovery for the last 6 years. I am 29 years old and looking for change and help and looking for a sponsor I can correspond with to help me with my 12 steps. I came into the system when I was 15 years old and have been in here ever since. It's been a long and hard journey but I managed to stay focused and out of trouble. I got lost in drugs for many years but today I am grateful I have been sober and clean the last 6 years. I am going to the board soon (2022) and I am trying to get all the help I can. If you guys can help me in any way I would really appreciate it.

PAROLEE NA ZOOM MEETINGS NEED YOU!

Tuesdays @ 10am & Thursdays @ 8pm

Over 400 Parolees in attendance

Please contact Lee

publicinfo@todayna.org (805)319-2820

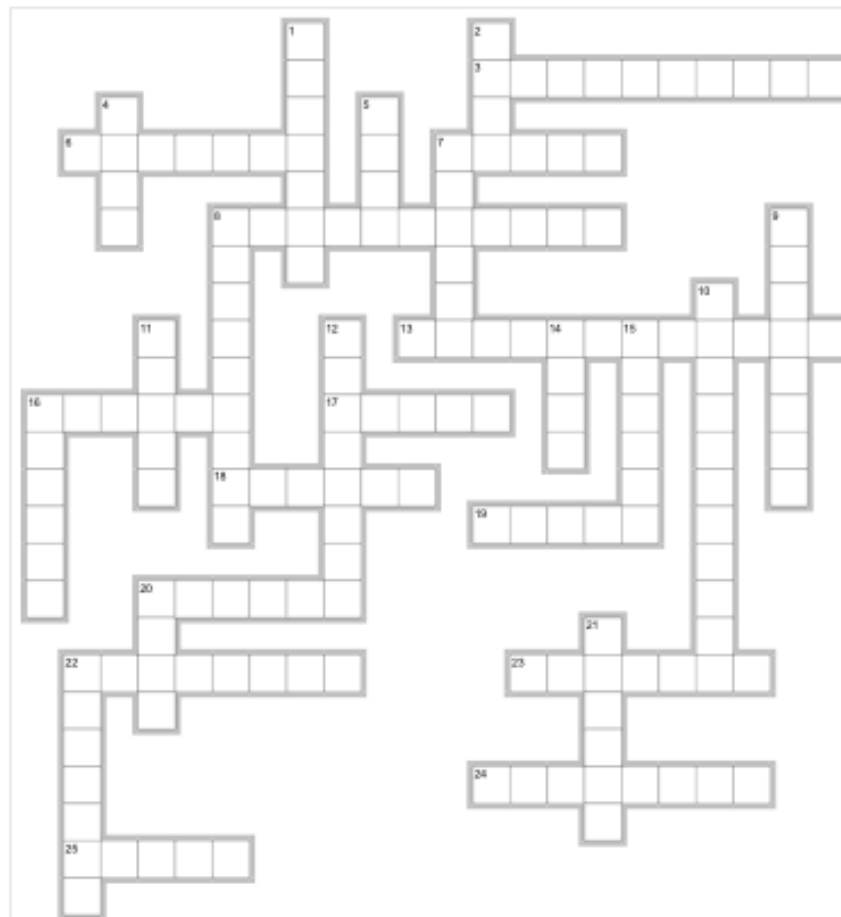
***Co-Host *Monitor for Zoom Trolls *Take Attendance**

UNITY DAY MEETING

Unity Day 2021 Committee virtual meeting on Saturday Jan. 9th, 2021 at 11 am. "Or as a true mandolorian would say 'this is the way.'"

Honesty begins with not lying, but that's not where it ends. We start to recognize the difference between what's true for us and what sounds good—or what we wish was true. (Guiding Principles, Tradition Ten)

“How It Works” Steps 7, 8, 9



Learning to use our literature helps us stay clean, the solutions are always in there.

Across

- | | |
|---|---|
| <p>3. "Another definition of harm is _____ pain, suffering or loss." (pg 37)</p> <p>6. "The Eighth Step offers a big change from a life dominated by guilt and _____." (pg 38)</p> <p>7. "We may also _____ ourselves on the list..." (pg 37)</p> <p>8. "When someone points out a _____, our first reaction may be defensive." (pg 35)</p> <p>13. "Many of us are willing to work this step without _____, on pure blind faith..." (pg 35)</p> <p>16. "Humility is a result of getting _____ with ourselves." (pg 35)</p> <p>17. "We had to become _____ to have God, as we understood Him, remove these defects." (pg 34)</p> | <p>18. "The Eighth Step is an _____ step." (pg 38)</p> <p>19. "We have noticed that humility _____ a big part in this program and our new way of life." (pg 36)</p> <p>20. "If the shortcomings we discover are real, and we have a chance to be rid of them, we will _____ experience a sense of well-being." (pg 35)</p> <p>22. "This step is doing the legwork to repair the _____ of our lives." (pg 37)</p> <p>23. "The Eighth Step starts the _____ of forgiveness..." (pg 36)</p> <p>24. "As our addiction progressed, we devoted our energy toward satisfying our _____ desires." (pg 35)</p> <p>25. "We are _____ finished." (pg 38)</p> |
|---|---|

All of the words in the puzzle can be found in the "Fifth Edition Basic Text" Chapter Four pages 34 - 40

Down

1. "Our purpose is to achieve _____ from the guilt that we have carried." (pg 36)
2. "The main objective of Step Seven is to get out of ourselves and strive to achieve the _____ of our Higher Power." (pg 36)
4. "By writing our list, we can no longer _____ that we caused harm." (pg 37)
5. "Our experience tells us that we _____ become willing before this step will have any effect." (pg 36)
7. "We may find it beneficial to make a separate list of _____ to whom we owe financial amends." (pg 38)
8. "This is our road to _____ growth. We change every day." (pg 35)
9. "Also, our _____ may share with us how Step Eight worked for them." (pg 38)
10. "We are people who have assets and _____." (pg 35)
11. "We cut away our justifications and our _____ of being a victim." (pg 37)
12. "Sharing with other recovering addicts will help us to avoid becoming _____ serious about ourselves." (pg 36)
14. "While using, anyone that we contacted was at _____." (pg 37)
15. "We made a list of all persons we had harmed, and became willing to make _____ to them all." (pg 36)
16. "We _____ asked Him to remove our shortcomings." (pg 34)
20. "The Eighth _____ presents us with a problem." (pg 37)
21. "It seems hard now, but once we have done it, we will _____ why we did not do it long ago." (pg 37)
22. "The final difficulty in _____ the Eighth Step is separating it from the Ninth Step." (pg 38)