



### Step 1

It doesn't matter what or how much we used. In Narcotics Anonymous, staying clean has to come first. We realize that we cannot use drugs and live. When we admit our powerlessness 20 Narcotics Anonymous and our inability to manage our own lives, we open the door to recovery. No one could convince us that we were addicts. It is an admission that we have to make for ourselves. When some of us have doubts, we ask ourselves this question: "Can I control my use of any form of mind or mood-altering chemicals?"

### Tradition 1

Our First Tradition concerns unity and our common welfare. One of the most important things about our new way of life is being a part of a group of addicts seeking recovery. Our survival is directly related to the survival of the group and the Fellowship. To maintain unity within Narcotics Anonymous, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies.

## Just for Today

January 1

Vigilance

How do we remain vigilant about our recovery? First, by realizing that we have a disease we will always have. No matter how long we've been clean, no matter how much better our lives have become, no matter what the extent of our spiritual healing, we are still addicts. Our disease waits patiently, ready to spring the trap if we give it the opportunity.

Vigilance is a daily accomplishment. We strive to be constantly alert and ready to deal with signs of trouble. Not that we should live in irrational fear that something horrible will possess us if we drop our guard for an instant; we just take normal precautions. Daily prayer, regular meeting attendance, and choosing not to compromise spiritual principles for the easier way are acts of vigilance. We take inventory as necessary, share with others whenever we are asked, and carefully nurture our recovery. Above all, we stay aware.

We have a daily reprieve from our addiction as long as we remain vigilant. Each day, we carry the principles of recovery into all we do, and each night, we thank our Higher Power for another day clean.



## **Principle Behind Step One:**

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.

## **As we Learn to Know:**

We are not responsible for our disease, but we are responsible for our recovery. Most of us tried to stop using on our own, but we were unable to live with our without drugs. Eventually we realized that were powerless over our addiction.

## **We have Found Hope:**

We can learn to function in the world in which we live. We can find meaning and purpose in life and be rescued from insanity depravity and death



## Life on life's Terms



"You wake up and the snow is knee-deep outside. You are not filled with rage. It's just something that you've got to cope with. If you're living in a situation, it's the only situation that you know, and you've got to deal with it." In recovery, this quote speaks directly to the heart of what we learn in Narcotics Anonymous: life shows up whether we're ready or not, and we have a choice in how we respond. Snowstorms happen. Delays happen. Difficult people happen. Our own emotions flare up unexpectedly. But recovery teaches us something we never knew how to do before — to cope, not react... to deal with life instead of running from it.

### The Weather Inside Us

Before we found NA, we didn't cope with life — we escaped from it. When things got uncomfortable, overwhelming, unfair, or painful, we used. We tried to change the way we felt instead of changing the way we lived.

In recovery, we discover that the "weather" in our life still changes. Some days are sunny and light; other days feel like waking up to a blizzard we didn't ask for. But instead of being filled with rage, or fear, or resentment, we learn a new way: acceptance.

Acceptance doesn't mean liking everything that happens. It simply means facing reality as it is, instead of as we wish it would be.

### Living in the Situation We're In

NA teaches us to live life one day at a time. Sometimes the situation we wake up in isn't ideal. We're struggling financially, a relationship is rocky, a loved one is hurting, our job is stressful, our emotions feel heavy, our past shows up unexpectedly. These moments used to be excuses to numb out. Today, they are opportunities to practice recovery.

When we wake up to "knee-deep snow" whatever that looks like in our lives we remember that we can ask for help, we can pray, we can share, we can breathe, and we can stay clean no matter what.

Coping is not a sign of weakness; it's a sign of progress. In NA, we learn practical tools, Calling our sponsor, going to a meeting and sharing honestly, using the Steps, practicing gratitude, sitting with our feelings instead of running from them. These are the things that build resilience, the ability to stay clean and at peace regardless of the situation around us.

We begin to realize that we don't have to fight life. We don't have to be angry at every inconvenience. We don't have to collapse under stress. Instead, we become people who can weather storms with a calm spirit and a clear mind.

### A New Way of Responding to Life

One of the greatest gifts NA gives us is the ability to respond to life instead of reacting to it. Reaction was our default in addiction: impulsive, emotional, and destructive. Recovery teaches us to pause, reflect, and choose our next step. We don't have to be filled with rage when life dumps snow on our plans.

We can shovel it.

We can walk through it.

We can wait for it to melt.

But we don't have to use over it.

We don't have to lose ourselves in it.

We don't have to go back to the life we escaped from.

### Acceptance: The Doorway to Freedom

The quote reminds us of a simple truth: "If you're living in a situation, it's the only situation you know, and you've got to deal with it."

In recovery, we learn that dealing with life on life's terms isn't a punishment — it's freedom. It means we no longer fear our feelings or circumstances. It means we trust that a Power greater than ourselves will guide us through anything.

Today, when life gets cold and uncomfortable, we remember that we have tools, support, and a fellowship that understands. We can face life with courage, humility, and grace.

The world will always bring unexpected storms, both literal and emotional. But in NA, we discover that we can survive — and even grow from — anything life offers. We don't rage at the snow anymore. We cope, we grow, and we keep moving forward.

Just for today, no matter what situation I wake up in, I will face it clean, with acceptance, courage, and gratitude.

Ralph U

Thank you for letting me be of service





2026 **New Year's** 2026  
**Resolutions**

January 1, 2021 I made a resolution to give myself a chance to try a new way of life. It was the best resolution and commitment I've ever made for myself. God willing, I will be celebrating 5 years of clean time come this new year. I'll be sitting and waiting to hear that pop of my head coming out of my butt when the clock strikes midnight.

My New Year's resolution for 2026 is to stay clean, be present, and let go of any expectations of how my life is supposed to look like. I find that when I radically accept life on life's terms, without expectations, my life is more serene. I allow myself more opportunities to navigate situations with spiritual principles, ultimately leading to continued growth and wisdom.

Here's to a new year of opportunities, growth, and memories. - Christina H



## 2025 Reflection and Recovery

As 2025 comes to a close, it's natural to look back at where we started the year and how far we've come. For many people, 2025 was a year of trying to find balance again, whether emotionally, physically, or in everyday life. Recovery doesn't always happen in big steps. Sometimes it shows up in small moments, like choosing to ask for help, setting healthier boundaries, or simply being honest about what we feel. These small choices often add up to real progress.

Reflecting on this year means acknowledging the tough days without letting them define us. Recovery is not a straight line, and 2025 reminded many of us that setbacks aren't a sign of failure; they are part of the process. What matters is how we continue to stand back up, stay connected with supportive people, and keep working toward healthier habits. This year also highlights the importance of self-awareness. Many people learned more about what drains and what strengthens them. Whether through counseling, support groups, or personal growth practices, 2025 gave us opportunities to rebuild in ways that felt more honest and sustainable.

As we move into a new year, the hope is to carry these lessons forward. Recovery isn't about being perfect; it is about moving with intention, showing ourselves compassion, and staying open to change. The progress made in 2025 lays the foundation for more growth, more stability, and more peace, and manifests one's dreams into reality.

By: Sandy W.



## **Bay Cities Area Narcotics Anonymous turns 50 : A Personal Reflection on Gratitude, Service, and Recovery**

As the Bay Cities Area of Narcotics Anonymous celebrates 50 years—1976 to 2026—I find myself looking back with a full heart and deep gratitude. I've had the privilege of being part of this Area for 25 of those years, half of its lifetime, and the impact NA has had on me is beyond anything I could have imagined when I first walked through the doors.

Today, as we honor 50 years of recovery, unity, and service, I want to take a moment to express my gratitude to everyone who has been part of this fellowship and to reflect on what service has taught me.

A Half-Century of Hope and a Quarter-Century of Belonging. When I came into the rooms 25 years ago, I didn't know where I belonged. I didn't know if I had anything to offer. I didn't know if I could stay clean. What I found in the Bay Cities Area was not just a meeting—it was a community of people who showed me love when I couldn't love myself and believed in me long before I could believe in myself.

50 years is not just a number. It represents five decades of addicts helping addicts, doors staying open, service bodies meeting, people showing up when no one felt like showing up, and a commitment to carrying the message to the still-suffering addict. It represents thousands of lives touched—maybe even saved—by the simple act of one addict reaching out to another.

### **Gratitude for Everyone Who Came Before**

I am grateful for the old-timers who built this Area from the ground up—the ones who put chairs out when there were only a few members, the ones who opened meetings in garages, rec rooms, and church basements, the ones who passed baskets, made coffee, and carried the message by any means necessary.

I'm grateful for the trusted servants who dedicated countless hours to groups, committees, conventions, and events. Their work is why the Bay Cities Area stands strong today. Their footprints are all over our history.

And I'm grateful for every newcomer—because every time one of you walks in, you remind me why we do this and why service matters.

### **What Service Has Taught Me**

Service saved my life in ways I didn't expect. When I was new, it gave me a place to stand. When I felt broken, it gave me purpose. When I felt alone, it gave me connection. When I doubted myself, it showed me I could be responsible and dependable. Over the years, service has taught me:

Humility — It's not about being in charge; it's about being in service.

Patience — Not everyone thinks like I do, and that's a gift, not a burden.

Unity — We don't have to agree on everything, but we do have to work together.

Commitment — Showing up matters. Sometimes showing up is the message.

Gratitude — The more I give, the more I grow.

Service has taught me how to be accountable, how to listen, how to follow, and how to lead. It has taught me how to love people even when they're difficult—and to let people love me when I'm the difficult one. Most of all, it has taught me that my life has value, that I can contribute, and that I am part of something bigger than myself.

### **The Importance of Staying in Service**

50 years of the Bay Cities Area did not happen by accident. It happened because addicts kept showing up to serve. Service is the heartbeat of our fellowship. Without it, meetings close, newcomers get missed, and the message loses its voice.

Being in service is not just about filling a position—it's about carrying the spirit of NA forward. It's about keeping our doors open for the addict who hasn't arrived yet. It's about honoring the people who carried the message to us by carrying it to the next generation.

As we celebrate 50 years, I am reminded that service is an act of gratitude. It's how we say "thank you" to NA, to the Bay Cities Area, and to the people who helped us find a new way to live.

### **With Gratitude and Hope for the Future**

Today, I stand in awe of what the Bay Cities Area has accomplished in 50 years—and I'm humbled to have been part of it for 25. I'm grateful for every person who held a commitment, chaired a meeting, showed up early, or stayed late. I'm grateful for every addict who shared their truth, no matter how raw. And I'm grateful for the opportunity to give back what was so freely given to me.

May the next 50 years be filled with hope, unity, service, and the spirit of recovery that has carried us this far. I am honored to walk this journey with all of you.

Thank you, Bay Cities. Thank you for saving my life—and for allowing me to be of service.

# Recovery Hands

Are



- Welcome the Newcomer
- Raise them to Share
- Volunteer for Service
- Vote for Group Conscience
- Seat Available
- Call a Friend
- Hug those Hurting
- Give Out Your Phone Number
- Congratulate the Birthday Person
- Text a Friend
- Welcome Folks to Keep Coming Back

Make Use of Your Recovery Hands 😊

# Welcome to the Southern California Region of Narcotics Anonymous



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[Phonelines Committee Meeting](#)  
January 3, 2026

[LGBTQ Committee Meeting](#)  
January 4, 2026

## SFV Happy Feet Meeting and Dance

Posted on [October 2, 2025](#) by [arji](#)

8:00 pm - 11:59 pm  
January 3, 2026

San Fernando Valley Area

Meeting: Happy Feet

Location: unit A  
10641 Burbank Blvd, North Hollywood, CA 91601  
Time: 8pm-Midnight  
First Saturday every month  
Contact: 818.997.3822 ext.845  
Meeting and Dance (donation: \$5)

Unit A  
10641 Burbank Blvd  
North Hollywood, CA 91601

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January 4, 2026

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# SFVACNA XXX Recovery



is  
then

# Possible

Where it all began...

JANUARY 16-18, 2026

G.E.L.A.C.C REGISTRATION

## LAST CHANCE to buy pre-registration Convention tickets @ \$30

Loteria cards  
3 for \$10

Food for sale  
and opportunity  
drawing



### LOTERIA, POZOLE, MEETING AND FELLOWSHIP SUNDAY JANUARY 25, 2026 from 11A-3P

5326 E. BEVERLY BLVD  
LOS ANGELES, CA 90022  
Info call: Registration Chair - Sylvia M. (714)396-8590

## SANTA CLARITA AREA OF NARCOTICS ANONYMOUS 26<sup>TH</sup> ANNUAL PANCAKE BREAKFAST

MARCH  
28<sup>TH</sup> 2026

Presale  
Tickets  
\$20/\$25  
Donation at  
the Door

Additional Costs  
(Not Included in  
Ticket Price):  
• BINGO : \$10 for 6  
games  
• Opportunity  
Drawings  
• Energy Drinks

Breakfast Served  
9AM-11AM  
Bingo 11AM  
Speaker Meeting at  
1:00PM  
(Meeting is Free)

## ALL YOU CAN EAT PANCAKES

Served with scrambled eggs, fresh fruit, bacon, and potatoes

Presale Tickets \$20/\$25 Donation at the Door  
Presale cut off: 03/25/2026

Children Tickets 6-10 \$10 donation - Door Purchase Only

Valencia United Methodist Church  
25718 McBean Pkwy, Santa Clarita, CA 91355

Contacts: Jen: 818-825-8218 Danielle: 661-414-2995

# Committees Need Your Support



## Give Back Join A Committee



**Bay Cities 2027 Convention**

**Bay Cities Women's Luncheon Committee**

**Bay Cities Men's Luncheon Committee**

**Phone Lines**

**H&I Committee**

**Jails & Institutions**





- Martina 01/01/04
- Annette C. 01/02/12
- Paul M. 01/02/00
- Ralph U 01/10/01
- Kassie 01/12/23
- Jewels H. 01/16/21
- Dina D. 01/16/97
- Raymond T. 01/17/00
- Vicky T. 01/21/94
- Shirley S. 01/29/88
- Scott R. 01/30/18

Please send your submissions: recovery shares, drawings, poems, upcoming events to:

Baycitiesnl.@gmail.com

Let us know if you have a birthday coming up in February & text to Cindy M. at 310-561-3762

