



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

January 9, 2005

Ask the Addict

“What about benadryl?”

Benadryl is an over the counter medication that can be taken for the relief of allergy and sinus related symptoms. The active ingredients vary dependant on the type you buy, but typically it contains; diphenhydramine hydrochloride, pseudophedrine hydrochloride, and acetaminophen.

I know some of you recognize a couple of these ingredients. Get over it. This is an FDA approved - over the counter - medication that when used as the directions dictate, may provide relief from some symptoms. If you feel unsure or uneasy about this, there is an IP that NA has put out dealing with medication. I always believe the best source is ones sponsor. If you have the associated symptoms, and follow the directions - in my book that's not using. If you view the active ingredients as a trigger, than you may not be mature enough in your recovery to take this medication. An addict must know his/her limitations.

Spiritual Principle

Willingness – Acting, giving, etc. and cheerfully and voluntary.

Opposites (Character Defects) – Rebellious, stubborn, unwilling, obstinate, non compliant

A Personal Message

I am an addict who recently moved up to SAVANA area of Narcotics Anonymous. When I first attended our meetings it truly took me back to when I was new. Feelings of indifference, not being a part of, and many other thoughts all consumed me. I'm truly grateful for our readings of NA. It took a minute and the program kicked in one more time. I raised my hand to share and I had to jump right in, because that's what we do here. It has been just about 11 months since I arrived here by my higher powers grace and the principals of the 12 steps of NA. Recently a women's brunch was held in another area in which has been a great incentive in my on-going recovery and a few of the SAVANA women members attended this event. Unity has no color for me. I truly relate to feelings and goals, triumphs of our members. Understandings and application of NA and taking my recovery on the road has been a part of my foundation today. If you are new, stick around and no matter what – Don't leave before the miracle happens.

Faith A. (miracle)

Birthdays

Jack M.....12-10-03	Heidi M.....12-26-03
Pauline YC.12-24-96	Jamie F.....12-03-03
Dennis L....12-13-98	Rita W.....11-01-87
Omer W.....12-19-92	Gail V.....12-02-02
Billy G.....01-01-98	Gary C.....01-03-98
Dennis B....01-06-87	Mike C.....01-08-91
Smurf.....12-25-94	Jennifer.....01-12-??
Melvin.....01-??-93	Bobbi C.....01-06-04
Leiana G....01-02-98	

Upcoming S.A.V.A.N.A. Events

Bunco Game – February 5th at 725 East Ave. J, Pot Luck at 1pm, Speaker Meeting at 3pm, Bunco Game at 5pm

SAVANA Birthday – in March – More will be revealed!

Tradition Nine

Tradition nine - NA as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

This tradition defines the way we run our fellowship. A lot of confusion has occurred because of misinterpretation of our ninth tradition. In order to understand this tradition we must first understand what NA is. NA is members, meetings and principles. Our members are addicts who have the desire to stop using, who want what we have to offer, and who have chosen to join us. Our meetings are a gathering of members for the purpose of staying clean, and carrying the message of recovery. Our principles are the twelve steps and the twelve traditions. Anything else is not NA.

Another point of confusion is the term organized, which has several meanings. Our steps and traditions are uniform and set down in a specific order. They are numbered; they're not random and unstructured. Certainly they are organized, but this is not the organization of our ninth tradition. For the purpose of this tradition, organized means having an administrative structure and this implies management and control. On this basis, the meaning of tradition nine is clear. NA should never be run by bureaucracy or management nor controlled by individuals within an administrative structure. If we were to allow this, NA would surely lose the best it has to offer and choke to death on our insanities.

Even without this tradition, organization such as this would be in opposition to our spiritual principals. A loving God as he may express himself in our group conscience would find no place within an administrative structure. How could a trusted servant manage and control? Service and management are contradictory. Government implies control, but our leaders do not govern. How could autonomy exist in an administrative structure? Specialization and professionalism are the basis of any management scheme. Any administrative structure, by its very nature eliminated the possibility of autonomy. An organized NA is a contradiction in principals and any attempt to force organization on us would destroy us.

The ninth tradition goes on to define the nature of the things that we can do, outside NA, to help NA. It says that we may create service boards or committees directly responsible to those they serve. This is the basis of our service structure. Keep mind that although these entities are created to serve our fellowship they are not, in fact, a part of Narcotics anonymous. Our service structure consists of our groups in their business sense, our area service committees, regional service committees, world service conference, world service board of trustees, and world service office. Each of these is directly responsible through the service structure, to the members of Narcotics anonymous, and to a loving God as he may express himself in our group conscience.

Anonymous

Service Committees

Area Meeting – 1st Sunday at the Arid Club at 2:00pm.

H&I – 4th Thursday at Lancaster United Methodist Church room 14 at 7:30pm.

Activities – 3rd Monday at 725 E. Ave J at 6:30pm.

Phone lines – 3rd Saturday at Lancaster United Methodist Church at 5.00pm.

PI – 3rd Saturday at Lancaster United Methodist Church room 14 at 6:00pm

Newsletter – 2nd Thursday at Church of Christ at 6:30pm.

Convention – 3rd Wednesday at the R.S.O. – 1937 Myrtle Ave. in Monrovia 7:30pm.

Helpful Info

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