



# The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

February 8, 2004

## Editors Note

Wow! What a journey it has been for us, your newsletter staff, putting together the newsletter for our area. I know I can speak for the rest of the staff when I say we very much enjoy doing so. We would like to take a moment and remind you this is your newsletter and therefore requires your input. Become a part and submit an article – need help with an idea just ask. For those already submitted we thank you. For those still in progress (you all know whom you are) we thank you in advance. It's your area's newsletter; let's fill it with your articles.

The article "Why Settle for Less" is a reprint from the August edition of the newsletter. I left out the last line previously and am therefore reprinting it - hopefully correctly this time.

Marshall S.

## Birthdays

Oliver C.....1-25-03      Brad V.....1-26-92  
Marshall S.....1-18-02

## Spiritual Principle

Hope – To want or wish for with a feeling of confident expectation. A wish or desire accompanied by expectation of its fulfillment.

Opposites (Character Defects) – Hopeless

## Today

There are two days in every week about which we should no worry, two days which should be kept from fear and apprehension.

One of these days is Yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control.

All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is Tomorrow with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control.

Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in Tomorrow, for it is yet unborn.

This leaves only one day – Today. Any man can fight the battles of just one day. It is only when you and I add the burdens of those awful entities – Yesterday and Tomorrow – that we break down.

It is not the experience of Today that drives men mad – it is remorse or bitterness for something which happened Yesterday and the dread of what will happen Tomorrow.

Author Unknown

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

**Women's Breakfast** – February 21<sup>st</sup> at the Christ of King Church at 9am. Speaker Meeting. \$5.00

**Men's Breakfast** – March 27<sup>th</sup> at the Christ of King Church at 9am. Speaker Meeting. \$5.00

**S.A.V.A.N.A.'s 14<sup>th</sup> Birthday** – March 13<sup>th</sup> – More will be revealed

**Campout** – Second weekend in September – More will be revealed

## Why Settle for Less

Before finding freedom from active addiction through taking the 12 steps of Narcotics Anonymous my life was driven by fear. My fear wore many different suits; abandonment, rejection, denial, dishonesty, judgment, arrogance, pride, displaced anger, rage and the list goes on and on. All of my attempts at controlling these negative aspects of my character failed, bringing me to a total state of powerlessness spoken of in the first step. Destruction and brokenness became the only thing I was successful at. Finding out that these are all characteristics of my disease and were the true reason why my life had become unmanageable was my first glimpse at freedom. When I stop acting on these defects of character, the opposites of the spiritual principles recovery is founded upon, my life began to change. It was only then these simple principles could work because the negative resistance from the opposites was not there.

Through taking the 12 steps and 12 traditions and applying them daily as a treatment for my disease I have not only been able to become a successful member of society, but to successfully live this new way of life, one day at a time in freedom with dignity. The day I take my last breath clean I will have achieved perfection.

If you think that you are doing O.K. and you don't really need to take the steps right now ask yourself this question; "Why am I willing to settle for anything less than what my higher power has waiting for me?" Could it be because that is what my disease wants?

Anonymous

## In addicts terms

Today I am a dopeless hope fiend. The kind of stash I carry around with me these days is called recovery. It's fatter than the fattest sack of some boo-ya shit that I use to mess around with. And by the way, this is some hardcore recovery that is known to affect the brain in a serious way. Whenever I feel the urge to use I pull out that connection list with all those reliable addicts phone numbers and get some recovery.

Today I am working my program by reaching out to others whether it be my sponsor, other addicts, family members, newcomers, old timers, or the like. I am also working my steps. I mean it's only a suggestion, but I don't take suggestions lightly that are going to save my life. Today I haven't gotten loaded and for that I'm a winner. The past is said and done, today it's up to me, and tomorrow is in my higher power's hands.

Bret T.

## Service Committees

**Area Meeting** – 1<sup>st</sup> Sunday at the Arid Club at 2:00pm,

**H&I** – 4<sup>th</sup> Thursday at Lancaster United Methodist Church room 14 at 7:30pm,

**Activities** – 3<sup>rd</sup> Thursday at Church of Christ at 6:30pm,

**Phone lines/PI** – 4<sup>th</sup> Saturday at St. Stephens Church. Potluck begins at 5:30pm,

**Newsletter** – 2<sup>nd</sup> Friday at Church of Christ at 6:30pm.

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

## Helpful Info

Tumbleweed Newsletter % S.A.V.A.N.A.  
P.O. Box 902785  
Palmdale, Ca. 93550

24hr Helpline – (661)266-2200  
24hr Regional Helpline – (800)863-2962

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S.A.V.A.N.A. Website [www.sava-na.org](http://www.sava-na.org)

## Tumbleweed Staff

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