



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

March 5, 2006

Basic Text Excerpt

Tradition Five – “Each group has but one primary purpose – to carry the message to the addict who still suffers.”

“You mean to say that our primary purpose is to carry the message? I thought we were here to get clean. I thought that our primary purpose was to recover from drug addiction.” For the individual, this is certainly true; our members are here to find freedom from addiction and a new way of life. However, groups aren’t addicted and don’t recover. All our groups can do is plant the seed for recovery and bring addicts together so that the magic of empathy, honesty, caring, sharing, and service can do their work. The purpose of this tradition is to ensure that this atmosphere of recovery is maintained. This can only be achieved by keeping our groups recovery-oriented. The fact that we, each and every group, focus on carrying the message provides consistency; addicts can count on us. Unity of action and purpose makes possible what seemed impossible for us – recovery.

The twelfth step of our personal program also says that we carry the message to the addict who still suffers. Working with others is a powerful tool. “The therapeutic value of one addict helping another is without parallel.” For the newcomers, this is how they found Narcotics Anonymous and learned to stay clean. For members, this reaffirms their commitment to recovery. The group is the most powerful vehicle we have for carrying the message. When a member carries the message, he is somewhat bound by interpretation and personality. The problem with literature is language. The feelings, the intensity, and the strengths are sometimes lost. In our group, with many different personalities, the message of recovery is a recurring theme.

Basic Text p.64, 65

Spiritual Principle

Action – The doing of something, Behavior; Habitual conduct, Effect produced

Opposites (Character Defects) – Procrastinate: To put off, Postpone
Habitually

N.A. Birthdays

Robert D....02-28-05 Ben C.....02-02-05
Nancy B....02-16-95 Bill E.....02-07-05
Frank O.....02-21-04 Bob B.....02-18-05
Debra R.....01-15-04

HARD TO SHARE?

Do you feel like it's hard to share in meetings, or even one on one? Do you feel like when you share, you are going to say something stupid and afraid someone might laugh at you? Maybe that your message won't come out right? Don't feel alone! That's why this newsletter can be such an important tool to this area in Narcotics Anonymous! You can write just about anything you want to share. You can share your opinion, personal story, poetry, frustrations, recovery, or whatever is on your mind. Don't forget to get your N.A. B-day printed as well. As addicts, it can be hard to open up and share. Here is the perfect opportunity to express yourself, and you can even remain anonymous. We are looking forward to hearing from you!!!

Frank.O.

Upcoming Events

S.A.V.A.N.A. 15th Birthday – All you can eat Spaghetti Dinner (5:30pm), Speaker Meeting (7:30pm), and DJ Dance (9:00pm) at 339 E. Avenue K-8, Ste. 115

Share the truth

Hello everyone, my name is Gerson, and I'm an addict. I was affected by Sally's share in the January 2005 NA Way, "What Should Be Shared?"

I remember what a member told me one day: "Gerson, help me. I am angry with my home group, because since I stopped using drugs I have started to eat compulsively to calm my anxiety. When I shared about this in my group, the leader asked me not to share on this topic because it wasn't related to using drugs, that in NA we deal with drug problems."

So I told this member that when I stopped using, my life was (and still can be) complete chaos, because my problem wasn't really drugs, my problem was me. I am an addict, and the most evident symptom of my disease was the use of drugs. My disease consists of a compulsive search outside myself for something that makes me feel happy.

Now my disease manifests itself in different ways, just like our literature tells us. In *It Works: How and Why*, it says, "As we continue in our recovery, we will see how these aspects of our addiction can manifest themselves in many areas of our lives? (p.7) Later, on page 14, we read, "The disease of addiction can manifest itself in a variety of mental obsessions and compulsive actions that have nothing to do with drugs."

Haven't you ever had days when everything turns out badly? On those days, I go to a meeting and share. I find out my bad day is not related to drugs, but I still feel better after I share about it. It can also help someone else to know that others experience these types of situations. Perhaps, as a result, someone will approach me because they can identify with what I shared.

In the beginning of my recovery, I shared something very painful and scandalous about my life. At the end of the meeting, some members came to me and said they didn't want me to come close to them. Another member asked me, "Do you have a sponsor?" I told him I didn't and he asked if I would like to have one. That is how I got my first sponsor. He told me that there were some things I shouldn't share in NA rooms, but that I could share those things with him. He also told me he identified with everything I shared.

Since then, I go to meetings to find experience, strength, and hope by means of identification. Those fellow members who once judged me are now my best friends.

In her article, Sally requested an opinion on whether she should share the kind of everyday problems that any addict might experience. From the deepest part of my being, and with the little humility that my program has offered me, I believe that today I go to NA meetings to recover from the disease of addiction—and this disease goes much further than just using drugs, because it is a physical, mental, and spiritual disease.

With love to my Higher Power and to you and NA, I am clean.

Gerson S, Navarra, Spain
(NA Way Magazine – January 2006)

Service Committees

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

H&I – 4th Thursday at 918 W. Ave. J room 14 at 7:30pm.

Activities – 3rd Monday at 339 E. Ave K-8 Ste 115 at 7:00pm.

Phone lines – 3rd Saturday at 918 W. Ave. J at 5.00pm.

PI – 3rd Saturday at 918 W. Ave. J room 14 at 6:00pm

Newsletter – 2nd Thursday at 41033 13th St. West at 6:00pm.

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

Helpful Info

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