



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

April 4, 2004

Recovery Basic

I am just another addict, the recovery basic's that I have learned in my over 2200 days in the program are simple. Honesty means I need not buy into the lie that I'm ok and now that I have a little time that I'm better than the newcomer!

Open minded means that I am able to learn and absorb information that I can utilize to improve my personal recovery or pass on to another addict!

Willingness means I am always seeking ways to improve my recovery so that when the new comer asks for help – I get the privilege of being around to offer my experience, strength, and hope so maybe one day I might be there to save a life.

Just Another Addict Seeking Recovery

Spiritual Principle

Unity – 1. The state of being united into a whole. 2. Agreement: accord. 3. Unification of parts into a whole. 4. Arrangement of elements so that each other contributes to the main theme. 5. Unchanging singleness of purpose or action.

Opposites (Character Defects) - Selfish

Birthdays

John L.....03-04-03	Maria N....03-01-04
Jim M.....03-24-00	Cassie I....03-28-01
Desearee R..03-27-99	Kevin D...03-28-03

Recovery

Recovery is the ability to control anger without violence or destruction.

Recovery is patience. It is the willingness to pass up immediate pleasure in favor of long term gain.

Recovery is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition and discouraging setbacks.

Recovery is the capacity to face unpleasantness and frustration, discomfort and defeat, without complaint or collapse.

Recovery is humility. It is being big enough to say, "I was wrong". And, when right, the recovering person need not experience the satisfaction of saying, "I told you so".

Recovery is the ability to make a decision and follow through. The un-recovering spend their lives exploring endless possibilities and then do nothing.

Recovery means dependability, keeping one's word and coming through in a crisis. The un-recovering are masters of the alibi. Their lives are a maze of broken promises, former friends, unfinished business and good intentions that never materialize.

Recovery is the art of living in peace with what we cannot change, having the courage to change what we know should be changed, and the wisdom to know the difference.

Author unknown – Originally written about maturity, modified by editor to better reflect his interpretation.

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

Campout – Second weekend in September – More will be revealed

Picnic – May 23 at Rawley Duntley Park – BBQ to be raffled off

Dance – July – More will be revealed

Sexual Behavior

Our sexual behavior while in active addiction was mostly elaborate fantasies that we played out on an imaginary theater stage. We want more in life than the self-centered displays of personal power that we have settled for in the past. The desire to have sexual relations is a fundamental drive in most humans and we are no different just because we are addicts. Sharing our emotions and feelings can easily intensify these desires and our disease can cause us to misinterpret this fact. Sexual activity is neither right nor wrong. However, if we use manipulation, deceit and exploitation to get sex then we are wrong. The one on the receiving end hurts now but the one doing the exploiting always hurts later. Old-timers in the fellowship are just as vulnerable to acting inappropriately on these desires as newcomers are, although they fall prey less frequently. Relationships between newcomers and older members can be especially dangerous in this regard. There is now excuse for older and newer members to avoid each other entirely. That would go against the WE concept upon which NA is built. We all need to have our vulnerability, confusion, and loneliness treated in a spiritual way rather than as a sexual come-on. We should be careful not to judge one innocent and the other guilty. We must love and try to help both. Most of us have had the painful experience of *playing God*. Today, we try to respect the feelings of everyone that wants the NA way of life, especially if their process of recovery seems different from ours.

Spirituality and intimacy are synonymous in our striving to be real, honest, sincere, and loving towards each other. Our spiritual beliefs and practices increase immensely when we become intimate with another. We may feel challenged by others because it seems to be human nature to be defensive in order to protect our territory. If we are not so defensive, others may perceive us as being vulnerable and weak. We weather these storms and grow from our suffering. We flourish in the atmosphere of love, intimacy, and nurturing as a flower flourishes from rain, sunshine, and fertilizer. This support gives us the strength that is necessary in order for us to survive the tough times. Periodic, meaningful, safe, and natural are recovery terms that we apply to sex rather than the terms of addiction: compulsive, placating, impulsive, and dishonest. When a person shares intimate details about their life that could be embarrassing or harmful, we must keep it in trust amongst ourselves and within the fellowship. Active addiction forces all of us to say and do things that make us feel guilty and ashamed. Recovery is the choice to change with the help of others and the commitment to enjoy a better life.

Caleb S.

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 Thursday at Church of Christ at 6:30pm,

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

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

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

Helpful Info

Tumbleweed Newsletter % S.A.V.A.N.A.
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