



# The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

May 7, 2006

## Breadcrumbs

Along the way through taking the steps, (I am not finished yet) I dropped breadcrumbs along the way, so that if I needed to find my way back I could and my first step goes like this (not in its entirety)

1. The things that others didn't accept about me are things that I don't accept about myself. They haven't always had the ideas for me that I've really had for myself, these are the things that my disease uses to get me aside from others and isolate me.
2. Am I doing things that make me healthy today? Am I honest? Am I withholding info? Why? Is it because my disease wants me to? Are my actions matching my feelings?
3. There is a list of ways I can identify my disease, these are: denying, substituting, rationalizing, justifying, distrust of self or others, embarrassment, dereliction, degradation, isolation, control. These are things I can use to identify my disease in good and bad. When these are used BE WARY, Pray. My disease is separate from my goodness; they are a way to do actions, which can be separate from what my feelings are. I should not make my actions agree to my disease's feelings. When I recognize that it is my disease that wants me to react, DON'T PRAY – give it time, the feelings will pass, my actions will stay.

Thank you,  
R.C.

## Spiritual Principle

**Group Conscience** – Collective awareness of, understanding of, and surrender to spiritual principles

**Opposites (Character Defects)** – Self Will, Indifference, Intolerance

## N.A. Birthdays

Debbie H...04-19-98 Kristal C....04-27-99  
Rick A.....04-07-97 Lynne D....04-07-88

## Ask the Addict

“Why is it that suggestions/ideas made on subcommittees can get vetoed by older members? It makes addicts on the subcommittee feel ineffective and lose interest in participation.”

The thing to remember here is that not any individual member can veto anything that the group wants, if it is what the group wants then group conscience shall prevail. You should learn from the older member and stand up for what you believe also (in a calm and collective manner would be the suggestion here, especially if you are looking for support). If you have the group behind you the older member has but one vote to cast and the group has many. As a group we are always effective, we just don't always get what we want when we want it. Remember in God's time not ours.

## Upcoming Events

# Staying Off the Drama Train

There's a train around here, called the drama train. It has an engine called gossip, a conductor called ego, and a caboose called resentment, and it destroys NA. It only takes one thing or person to start the train moving but it takes all of us to stop it. It looks tempting, fast, shiny, and seems like it might even be the best way to get what we think needs to be done accomplished. Only one thing, once in motion it takes on a life all it's own, pretty soon it isn't even going where we thought it was, it starts crossing from track to track running over everyone in it's path. Elusively it moves into each of our houses, patiently waiting for us to "hop aboard!!" finally it has all the energy it needs to run amuck all on its own energy. It owes us nothing and takes everything; trust, friendship, love, spiritual principals all fall by the wayside as its engine chugs along and its caboose shreds whatever's left.

We, the first word in all but one of our steps, are the only ones who can stop the train before so many of us get unsuspectingly run over and there is just a pile of destruction left in our groups. We, find ourselves confronted by the very self-centered nature of our disease that we are justified in our actions by some false sense of purpose or loyalty. We can use the steps to stop the train; here's how I use the steps to choose not to get on the train.

- Step one**, I am powerless over others, it makes my life unmanageable when I attempt to impose my will on others.
- Step two**, I come to believe that I can remain or be returned to sane behavior if I live by spiritual principals and a power greater than myself.
- Step three**, I make a decision to trust my HP to care for those I love (and those I am none to happy with) and turn their will and lives over to him, her, it.
- Step four**, I take an inventory of how I am feeling and what actions I am taking.
- Step five**, I share with someone I trust and check my motives and actions.
- Step six**, I accept that I am human and often fall into defects.
- Step seven**, I humbly ask that my HP keep me from acting on my shortcomings.
- Step eight**, I make a list of my part and become willing to make amends (only my part I don't own anyone else's).
- Step nine**, I sweep my side of the street, own up to my own behavior and take responsibility for my actions, amending whatever damage I can. Then I let go.
- Step ten**, I keep a daily check trying to avoid repeating the same mistakes, reminding myself of that which is mine and that which is not.
- Step eleven**, I pray that I follow the path my HP sets out for me and live by the principals I believe in.
- Step twelve**, (and this is a biggie) I realize that of everything I may feel or do or say, every suffering addict has a right to their seat at a meeting. I am not god and while I may feel angry or hurt I have no right to deprive another of recovery. I reach out to the suffering, as best I can; which sometimes is just allowing them to sit in a meeting without feeling they don't belong because of my actions (if they feel that way as a result of their actions, that is for them to deal with).

That is how it works for me. I don't pretend to do it perfect, I often fall short, what I won't do (to the best of my ability) is jump in the fray and help drive the drama train right over the life of our fellowship. No one ever told me that living a spiritual honest life would be easy, they just said I might be able to survive, not use, and have some semblance of peace in my life. The solution is clear: as long as I stay true to myself, my higher power, become somewhat God-conscious and not ego driven, I get to experience the result of some peace in my life.

So just for today I choose to stay out of petty gossip that is fueled by the "need to be right or better than" and ads energy to that rumbling train.

It is just a ride I am not willing to take.....it always ends in a wreck somewhere down the road. The unity of our fellowship is too precious an entity to loose to a runaway train.

Gail V.

## Service Committees

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

**H&I** – 4<sup>th</sup> Thursday at 918 W. Ave. J room 14 at 7:30pm.

**Activities** – 3<sup>rd</sup> Monday at 339 E. Ave K-8 Ste 115 at 7:00pm.

**Phone lines** – 3<sup>rd</sup> Saturday at 339 E. Ave K-8 Ste 115 at 5.00pm.

**PI** – 3<sup>rd</sup> Saturday at 1828 E. Ave J9 Unit #4 at 6:00pm

**Newsletter** – 2<sup>nd</sup> Thursday at 41033 13<sup>th</sup> St. West at 6:00pm.

**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.  
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