



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

June 5, 2005

Back Into Reality

What do you know; the school says my baby needs to see a psychologist; due to episodes of zoning.

The Doctors need to run some test to find out what it is. My baby's gonna be ok; my creator told me so.

I'm trying to replace the fear with my faith, he's gonna be just fine; this I already know.

My weakness I trying to kick in, but my strength just won't allow it to.

I've been doing to good so far, to fallback would only make me the fool.

My weakness won't give up and is still trying to take me over. But my strength says I'm stronger now so I continue to stay clean.

Back in the day I considered myself just a lost soul; allowing my addiction to take all control.

Once upon a time I allowed the drugs to get the best of me. My eyes were open, but I was still too blind to see. The creator touched me, and I awoke back into reality.

Out of the darkness now into the light with over thirty days in my recovery.

If it sounds like I'm bragging; guess what I am. I'm proud to day that I'm doing the best that I possibly can, and still walk in beauty with my faith in my hand. That tells me that I'll watch my six year old son grow to become a man.

This poem is dedicated to my son!
Amber A.

Spiritual Principle

Responsibility – The quality, state, or fact of being responsible. One that a person is responsible for.

Responsible – Having to account for one's actions: answerable. Having a duty or obligation. Being a source or cause. Dependable. Involving important duties or obligations.

Opposites (Character Defects) – Irresponsible, Untrustworthy, Unaccountable

Ask the Addict

"What is character assassination?"

A simple definition would be the attack on the qualities or traits of a person. Usually done while taking someone else's inventory, causing resentments for all involved. Not a suggested course of action.

Birthdays

Rick A.....04-07-97	Jill H.....05-18-04
Mario.....05-13-04	Evelyn.....05-14-04
Steve05-04-04	Dave M.....05-15-03
Lynne D..04-07-88	Deborah H..04-13-04
LeRoy.....04-27-04	Dan D.....05-14-81
Ron G.....05-10-04	John N.....05-18-00
J.P.....05-28-03	Richard C...05-05-01
David K...05-31-86	

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

PICNIC – Sunday June 26 at Jane Reynolds Park, Ave J at Fig. Starts at 10am with a meeting at 2:30pm. Hamburgers, Hot Dogs, and drinks for \$1.00.

Today I live!

This is a little letter about my life. I am calling it "Today I live!"

If I had the chance to live my life again, then I would brood less about yesterday or tomorrow and live for the moment, today. I would travel more, laugh and love more, and certainly I would also cry more. I would run barefoot on the lawn in the morning dew, risk more, and plan less. I would eat chocolate cake whenever I felt like it, wear my Sunday clothes on Monday, and be grateful for this very moment.

But did I not get the chance to live my life anew? I do not have to live in fear of everything that happens anymore. I am not living in the dirt anymore. I do not have to hurt or prostitute myself or let people offend me or beat me up. I do not have to destroy my body and my soul with drugs or by treating myself like an enemy instead of a friend. I do not wake up in the morning – or after an overdose – feeling sadly surprised that I am still alive.

Today I live!

I create many of my own limitations by telling myself that I "should do" all of those serious things, or that I "should not do this", or asking myself, "What will people think if I do that?"

Often I fear that people will not love me because of the way I am. Sometimes I still feel I am not entitled to freedom, or to laugh out loud, or to feel all of my wild feelings, or to reach out and grasp life in both my hands.

But who keeps me from doing that? Just me – no one else!

I know today that God's will for my life is that I live and have a good life. The only limitation to whatever I want to do in my life is the question, "Will it hurt other people or me?" If not, I ask, "Is it possible?" Then I ask, "Do I want to do it?" If all the answers are positive, then my final decision is "Go ahead – live!"

Sigrid B.
Karlsruhe, Germany

(Reprinted from the NA Way Magazine – April 2005)

Service Committees

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

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

Activities – 3rd Tuesday at 918 W. Ave. J, Room 14 at 6:30pm.

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

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

24hr Helpline – (661)266-2200
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