

The Tumbleweed News

Southern Antelope Valley Area Narcotics Anonymous Newsletter
July 13, 2003

Welcome

Welcome to your newly reformed Tumbleweed Newsletter for the S.A.V.A.N.A. area of Narcotics Anonymous. We of the newsletter sub-committee are honored and proud to present you with our first publication.

Our goal is to "Carry the Message" of Narcotics Anonymous to all the members in our area. We shall try to accomplish this with articles concerning recovery, service, events, members, and opinions of members affecting our area.

We have faith that, with your help, we will be able to accomplish this for you. That's right, after all, this is your newsletter and your support is needed and welcomed. As is often stated "More will be revealed" on how you can help support your newsletter. Remember "What we can not do alone, we can do together".

Once again our staff wishes to welcome you to your new newsletter and thank you for your consideration and support.

Marshall S - Editor

Literature Review

Reprinted from portions of *IP No. 12: **The Triangle of Self-Obsession***

"...For most people, growing up is a natural process. As addicts, however, we seem to falter along the way. We never seem to outgrow the self-centeredness of the child. We never seem to find the self-sufficiency that others do. We continue to depend on the world around us and refuse to accept that we will not be given everything. We become self-obsessed; our wants and needs become demands. We reach a point where contentment and fulfillment are impossible. People, places, and things, cannot possibly fill the emptiness inside of us, and we react to them with resentment, anger, and fear. Resentment, anger, and fear make up the triangle of self-obsession...They are the way that we react when people, places, and things (past, present, and future) do not live up to our demands. In Narcotics Anonymous we are given a new way of life and a new set of tools. These are the Twelve Steps, and we work them to the best of our ability. If we stay clean, and can learn to practice these principles in all our affairs, a miracle happens. We find freedom--from drugs, from our addiction, and from our self-obsession..."

(To read more on ***The Triangle of Self-Obsession***, pick up *IP No. 12* at your next NA meeting.)

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

Summertime Speaker Meeting and Dance – July 19th at the Lancaster United Methodist Church. Speaker meeting starts at 7:30pm, Dance begins after the meeting ends and admission is \$5.00.

Beach Day – August 24th at Zuma Beach. Meeting starts at 3:30pm. Parking is \$6.00.

Camping Trip – September 5th thru the 7th at Camp Yenis Hante in Greenhorn Mountain Park. Only 15 minutes above Lake Isabella. Cost is \$45.00 for adults, \$20.00 for children 6yrs to 13yrs, children 5yrs and under are free – includes meals.

Halloween Dance – October 31st at the Lancaster United Methodist Church.

Free To Be Me

I've heard people share that NA has given them freedom from themselves, as well as freedom from active addiction. I prefer to say that NA has given me the freedom to be myself. Not one of us was born lying, cheating, stealing, and using. Those behaviors were learned. I believe that inside each of us in an inner core of true good spirit. While I was active in my addiction, I would never have believed that. Like most of you, I hated the person I had become through the course of my using. I could not, or would not, look in the mirror. That person in the mirror was not me. I felt like someone else was living my life while I watched from somewhere outside my own body. Everything about me was a sham. I was whoever you wanted me to be. I had no self-respect, no sense of self-worth, and definitely no love for myself. My life was crap, and I let people treat me like crap, because I thought I didn't deserve any better. I was convinced that my life was going downhill because I was not "good enough". I hated myself, and I wanted to die. Bad things only happen to bad people...right? Wrong. Life happens to everyone, regardless of whom we think we are. Through the fellowship of NA, I was re-introduced to my Higher Power, a Higher Power that loves me in spite of what I've done in the past. I realized that it's not necessary for me to be "good enough". I just have to be me. The Basic Text tells me that I have a disease, not a moral deficiency. I am not a bad person. I let my disease convince me to make some bad choices. Luckily, this is a program of progress, not a program of perfection, or I'd be in serious trouble. I am making progress today. I like myself more than I ever did in my active addiction, and I can actually look at myself in the mirror without backing down from my own image. Today I no longer try to be the person I think you want me to be. Instead, I strive every day to be the person that my Higher Power always meant for me to be. There is a good person inside of me. Thanks to the miracle of Narcotics Anonymous and my Higher Power, I'm peeling back the layers of my addiction to get to that inner core of true good spirit. I'm finally free to be me. Who I was in the past is no longer important except to remind me of where I've been. And, just for today, with the help of my Higher Power and through working the program of Narcotics Anonymous, I never have to go there again.

Christy L

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,

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

Newsletter – 2nd Saturday at a members home at 6:00pm.

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

Helpful Info

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

24hr Helpline – (661)944-0092

24hr Regional Helpline – (800)863-2962

S.A.V.A.N.A. Website
www.sava-na.com

Tumbleweed Staff

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