



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

July 1, 2007

Quotes of the Month

"In the middle of difficulty, lies opportunity."
~Albert Einstein

"What you do speaks so loudly that I cannot hear what you say."
~Ralph Waldo Emerson

"The more you learn, the more you realize how much you really don't know."
~Hemingway

In Hindsight

Here I sit here with lonely eyes
Praying that my past won't rise
Will I stay or will I go?
Pains and thoughts and regrets just show
Do I want this change this time?
Echo's in my head just rhyme
People come and people go
Nothing left but heartache to show
As I watch this season pass by
I wish I had given it a much better try
Because I know where I'm going
The stress of living like this for years is showing
I'll pull through, I'm to blame
But I still hear loneliness calling my name
~R.R.

The person who wrote this is now in prison for the street life he chose to participate in. The last conversation I had with him was about how much he wanted to change but yet couldn't seem to get away from the scene of things; or stop using drugs. Now he sits in a cell writing to me about how he wants what I have.

I would like to share how grateful I am for the rooms of NA, the understanding, unconditional love of the fellowship. Because without these steps, traditions, and the program I would have also been sitting in a cell without learning a new way of life.

Thank you,
Nikka N.

N.A. Birthdays

Phil.....06-25-95	Teque G.....06-03-04
Laurie H...06-08-05	Diana H.....06-08-05
Carol G....04-27-91	Willie T.....06-06-99
Mark P.....06-08-05	Chuck B.....06-26-89
Loretta C..06-28-86	Gigi La-Mc..07-01-85
Bob L.....06-03-89	

Spiritual Principle

No Matter What – unconditional, without conditions or reservations, absolute
Opposites (Character Defects) – with conditions or reservations, without conviction

Upcoming Events

4th of July Picnic/Meeting – 10am thru 4pm Rawley Dunley Park 3334 West Ave K – Food and Games - \$2.00 Suggested Donation – Meeting 2:30pm

Pancake Breakfast/Meeting – July 7th at 9:00am - Tickets \$5.00 each – hosted by the Lost and found Group, 339 E. Ave K-8 #115

Sponsor/Sponsee Dinner/Dance – Aug 11th at 3pm thru 11pm – Workshop 3pm thru 5pm – Dinner 5pm thru 7pm – Meeting 7pm thru 8:30pm – Dance 9pm thru 11pm - \$10.00 Donation

Quest for Serenity Campout – Sept 20th thru 23rd at Tehachapi Mountain Park – Pre Registration till 8/14 \$55.00 – come join us for food, fun, and fellowship.

FORTY-EIGHT MUSTS IN NARCOTICS ANONYMOUS as found in the Basic Text

1. "Everything that occurs in the course of N.A. service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers."- pg. XVI
2. "We MUST always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." pg. XVI
3. "We MUST face our problems and our feelings." - pg. 15
4. "We are people with the disease of addiction who MUST abstain from all drugs in order to recover." -pg. 18
5. "A second admission MUST be made before our foundation is complete." pg. 21 Explanation: It is not enough to admit that we are powerless over drugs; we MUST also admit that our lives had become unmanageable.
6. "We MUST be done with the past and not cling to it." - pg. 28'
7. "Assets MUST also be considered, if we are to get an accurate and complete picture of ourselves." - pg. 28
8. "Although He already knows, the admission MUST come from our own lips to be truly effective. Step five is not simply a reading of step four." - pg. 31
9. & 10. "We MUST carefully choose the person who is to hear our fifth step.' We MUST make sure that they know what we are doing and why we are doing it." - pg. 31
11. "We MUST be exact." - pg. 32
12. "We MUST realize that we are not perfect." - pg. 35
13. "Our experience tells us that we MUST become willing this step will have any effect." - pg. 36 (step eight)
14. "We MUST separate what was done to us from what we did to others." - pg. 37
15. "As with each step we MUST, be thorough." - pg. 38
16. "We MUST remember the pain that they have known." - pg. 40
17. "It is said that for meditation to be of value, the results MUST show in our daily lives." - pg. 46
18. "We MUST give freely and gratefully that which has been freely and gratefully given to us." - pg. 47
19. "Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple abstinence." - pg. 53
20. "We MUST give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not." - pg. 53
21. & 22. "When we are prepared, we MUST try out our newly found way of life. We learn the program won't work when we try to adapt it to our life. We MUST learn to adapt our life to the program." - pg. 55
23. "Unity is a MUST in Narcotics Anonymous." - pg. 60
24. "We MUST live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish." - pg. 60

~Gail V

(P.S. - this is the first 24 of the 48 – the rest will appear in next month's issue – Marshall)

Service Committees

Area Meeting – 1st Sunday at 44839 Yucca Ave at 2:00pm.

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

Activities – 3rd Wednesday at 44429 Hanstead St. at 7:00pm.

Phone lines – 3rd Saturday at 339 E. Ave K-8 Ste 115 at 5.00pm.

PI – 3rd Saturday at 1828 E. Ave J9 Unit #4 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
24hr Regional Helpline – (800)863-2962

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