



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

August 7, 2005

“Inner Space”

As sure as night and day
Announced by the expressions
On your face
Of those beautiful thoughts
That come from within
Be known as inner space

As one way leads on to another
Charmed with its beauty and grace
Broadened by our growing minds
And defined by our “Inner Space”

As time rolls on to another time
Brought forth
By a whole new race
Be assured of your self-existence
Rely on your “Inner Space”

Jessica W.

Spiritual Principle

Commitment – Committing or being committed, entrust, promise, giving over

Opposites (Character Defects) –
Withholding, Indecisive, Inaction, Idleness

Birthdays

Teque G...06-03-04 Cisco C.....07-26-88
Vince S.....07-24-98 Charlie B...07-18-99
Fred P.....07-13-03 Barbara L...07-28-98

Children Who Suffer

Reality right before my eyes it's a small world, to think back then, I wouldn't have even realized what I realize today; So many innocent children who suffer from the sorrow and the pain. Due to us parents who are addicts that are still stuck in the game. Minds no longer the same, still trying our best to keep ourselves sane, it's messed up at times I feel ashamed, I can't escape the memories but I'm the one to blame.

Amber A.

Basic Text Excerpt

I'll always be grateful to N.A. for taking me from the depths of my addiction and giving me life. A life that is full of love and true concern for others. These are feelings that I never thought could be possible for me. As long as I take it easy and make a commitment with my Higher Power to do the best I can, I know I will be taken care of today. I've come to believe in miracles for I am one. (page 120)

Upcoming Events

Summer Dance – August 20th at the Color Guard Hall, Meeting at 7pm, Dance from 9pm thru 12am, Tickets \$5 (presale tickets qualify you for the door prize)

WCNA 31 Convention – September 1-4 in Honolulu, Hi.

Campout – September 9th thru 11th at Camp Yenis Hante in Greenhorn Mountain Park. Early Bird Registration \$50.00 Adult/\$25.00 Children/Free under 5yrs. Hosted by the Quest for Serenity and Life on Life's Terms Groups.

SCRCNA 26 Convention – November 26, 27, 28 in Ontario, Ca. On-site Registration \$25.00

In Focus

Whenever newcomers come to me saying they're getting the big chill from the women of this fellowship, I know exactly what they're talking about. I feel it every time I see a new woman walk into her first meeting – that invisible wall goes up. So who puts up this wall? Do we carry it with us and erect it around ourselves automatically as just one more of those defense mechanisms we learned on the streets, or is it thrown up by others to block us out of the fellowship? Since our recovery, and therefore our lives, depends in part on accepting and being accepted by other addicts, this issue deserves a closer look.

When I was a newcomer, I ran up against some unfriendliness from a few women, but I built up a felony case because my own suspicion and fear focused more on the slights than the smiles. Still, from my own experience, I know the problem exists. However, I wanted to stop using drugs so badly, that nothing was going to keep me from going to meetings I knew my recovery depended on. I felt that more of a barrier was thrown up at the big meetings, so I stuck to the smaller meetings, and when a friendly person reached out, I returned the gesture. Talking about this problem with my sponsor also helped, as did the relationship I developed with her.

The steps of this program help the most for they taught me to look at my part and focus on a solution. I kept coming back to meetings and eventually the connections I did make turned into valuable friendships. So, if you are new around here, and are feeling some sort of group plot exists to shut you out, please remember this line from our "suggested closing": "the warmth we have in our hearts for many may not show"..., at least not right away. But if you keep coming back, I'll guarantee you will make some good friends. Focus on the smiles, and shine on the frowns; they only have as much power as you give them.

Reprinted from the S.C.F.N.A. News – September 1985

My Mending Heart

The days are lonely
The nights are scary
I feel as if I really don't belong.
Could these feelings be so wrong?
My friends all seem like strangers.
I can see many signs of danger.

What should I do? Where do I go?
Who are my real friends? I don't
really know.

I must learn to trust myself.
Before I can really trust anyone else.
I have been hurt so much.
I'm afraid I've lost the loving touch.

Maybe it will return someday.
But for now I can't really say.
Please have patience with me for
now.

The real me will return someday,
somehow.
When my heart finally begins to heal.
You will know my friendship is for
real.

Anonymous – reprinted from the
1988 September-October issue of the
Tumbleweed.

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
24hr Regional Helpline – (800)863-2962

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