



# The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

August 6, 2006

## Coming Along

Walking down a lonely road - dark and cold is the road I've been following. Up ahead I can see a fork in the road. Approaching the fork I see two signs, one says money, dope, and popularity. The other says Honest, Clean, and Livable. Having a big choice to make I choose the Honest, Clean, and Livable life. I've been down the other path one to many times before. The life of money, dope, and popularity is not worth being locked up or even possibly dead.

Today I chose the life to be a productive person in my family's lives and in society. It may take a while, but I know in time my life will get better! One thing I've got to keep in my mind is where I came from! With having said that, one thing I know is that I chose to live the N.A. Way!

Just for Today –

Steve P.

## N.A. Birthdays

Cisco C.....07-26-88    Barbara L..07-28-98  
Vince S.....07-24-98    Charlie B...07-18-99

## Ask the Addict

“What does one do to guarantee that they will stay clean?”

First off, there are no guarantee's given here – after all you are not buying a new car. Also no matter what the fellowship does for an individual or how hard we might try to help them staying clean is, in the end, the choice of the individual. The best we can do here is to lead by example and provided our experience, strength, and hope. We share with each other what we had to do to stay clean and how we get through life on a daily basis without the use of drugs.

Some of the very basic suggestions we make around here are; go to meetings regularly, ask for help when you need it, read our literature (all of it), get a sponsor, get a higher power and create a relationship with him/her/it, take the 12 steps into your life, be of service to Narcotics Anonymous, and get involved in your own recovery. After all together we can help each other stay clean.

## Spiritual Principle

**Compassion** – Sympathy, Empathy, and Humanity: a sympathetic consciousness of others distress together with a desire to alleviate it.

**Opposites (Character Defects)** – Apathy, Unconcern, Indifference, Detachment, Cold Heartedness

## Upcoming Events

**Sponsor/Sponsee Evening** – August 12<sup>th</sup> at 5:00pm thru Midnight – Dinner, Speaker Meeting, and Dance – Tickets \$5.00 each – 918 W. Ave J, Lancaster – Flyers Available

**Pancake Breakfast/Meeting** – September 2 at 9:00am - Tickets \$5.00 each – hosted by the Lost and found Group, 339 E. Ave K-8 #115

**Camp Out** – October 6, 7, 8 in Tehachapi -hosted by the Quest for Serenity and Life on Life's Terms Groups – Flyers Available

## There is Hope

Today I am a grateful recovering addict. I started out in life as a good kid with a loving family. But somewhere along the line I made a lot of bad choices. I started out drinking and smoking a little weed. I eventually ventured to meth, pills, cocaine, acid, and finally become a heroin addict. I was in 5 long term abusive relationships and chose to leave my 4 children in my mothers care 7 years ago. I left them and didn't look back until I had hit my bottom.

After doing another jail term for 8½ months last year I followed that with a 3 month in-patient drug program. When I was released I knew I was in trouble because I only knew people who got high still, so I got permission from my P.O. to leave Utah and come home to California. I got to my moms Christmas day and decided I wanted to do things differently and be a part of my kids' life, especially when I saw the love for me in my kids' eyes. I am now in an out-patient program and live in a sober living home. It has been a struggle but I continue to stay involved in my recovery and I have faith in a power greater than myself, whom I call "God"! I thought everything would be fixed or handed to me when I got here but I have realized that I have to do the foot work for any of it to work. I work with a great sponsor, I just finished Step 4, I have commitments at my meetings and I am an honest person to the best of my ability.

I also have learned to stay in the positive by doing a gratitude list every night in a journal. Because for me, I can easily get stuck on the negatives and feel sorry for myself. Today I am doing better than I ever have because I work hard and remain open, honest, and willing. I never truly believed in hope but today it is possible through my higher power and Narcotics Anonymous.

Michelle R. – 12/13/05

## Your Article could be here!

### Service Committees

**Area Meeting** – 1<sup>st</sup> Sunday at 44839 Yucca Ave 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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