



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

October 5, 2003

Get Involved

As an addict I find it difficult and uncomfortable to share my feelings and thoughts with other people. In NA I have found that it is a little easier to express myself because as addicts we have a lot in common. We have problems, but we also have solutions.

This newsletter is part of the solution. You can become involved in your recovery by touching the life of another addict at the same time. You can participate by writing an article, poem, opinion, share your birthday, or simply share some experience, strength, and hope. Any creative writing will do.

You can submit it to any member of the newsletter staff, mail it to the address listed in this newsletter, or email it to us at tumbleweed_newsletter@yahoo.com. Everyone has something to contribute and we are excited to see the newsletter grow.

This is your newsletter and your chance to be a part of it, Narcotics Anonymous, and get involved. All articles must be accompanied by a release form and may be obtained from any staff member.

Frank O.

Editors Note

The articles printed in this newsletter are the opinion of the individual members of Narcotics Anonymous and do not represent the opinion of the Newsletter or N.A. as a whole. All the articles published in this newsletter are from the S.A.V.A.N.A. area unless otherwise stated.

Marshall S.

Birthdays

Jerry H.....09-13-00

Kathleen H.....09-22-00

I am your Disease

I hate meetings. I hate your higher power. I hate anyone who has a program. To all who come in contact with me, I wish you death and suffering.

Allow me to introduce myself. I am the disease of addiction. Cunning, baffling, and powerful, that's me. I have killed millions and I am pleased. I love to catch you with the element of surprise, I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I was there. I love to make you hurt. I love to make you cry. Better yet, I love when I make you so numb you can neither hurt nor cry. You can't feel anything at all. This is true glory. I will give you instant gratification and all I ask of you is long-term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these good things; I was the only one who would agree with you. Together we were able to destroy all good things in your life.

People don't take me seriously. They take strokes and heart attacks seriously. Fools, I am such and evil disease and yet I do not com uninvited. You choose me! So many have chosen me over reality and peace.

More then you hate me; I hate all of you who works a program of recovery. Your program, your meetings, your sponsor, your higher power all weaken me, and I can't function in the manner I am accustomed to. Now I must lie here quietly, waiting. You don't see me, but I am here growing. When you only exist I may live. When you live, I may only exist. But I am here, I am you disease....and until we meet again, I wish you pain and suffering.

Anonymous

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

Halloween Dance – October 31st at the Lancaster United Methodist Church. Presale tickets \$5.00 and there will be a raffle, tickets at the dance \$5.00 and no raffle. Speaker meeting @ 7:30pm. Costume contest will be held during the dance so let's dress up and dance the night away.

Meeting Etiquette

When asked to write a piece on meeting etiquette, I sat staring at a blank computer screen for a while. I definitely have my own opinions, but more than that I have the experience handed down by those who came before me. When looking back, what I thought then about the people who came before me and kept the doors open, and who, when there was cross talk, and any other disturbance in the meeting, that I thought they were assholes when they said "Shut the fuck up". I now have a different outlook all together, those people had the spiritual fortitude to be disciplined enough to tell us what we needed to hear.

Thank God for the people that came before me, I only followed the example set forth by them. I was ignorant to the lessons I needed to learn, my sponsor was an awesome person who taught me the things I needed to grow. His manor of discipline was perfect for an idiot like me. One of the first things he told me was "Try to become aware of the things that are going on around you". Hummmmm, deep huh? That was his way of telling me I was self centered and selfish. He told me what meetings to go to, what meetings to stay away from, what people to hang around with, and which ones to stay away from.

My sponsor told me to get to the meeting 15 minutes early, help set up, make coffee, shake hands, and give hugs. He told me to be in my seat before the break ended because it would set a bad example if the newcomer saw me be late. Hummmmm?

Those were the kind of meetings I went to. That was the example I learned. My sponsor told me that "We owe it to the newcomer to afford them an atmosphere of recovery where they can hear the message". He told me to go to meetings, meetings, and meetings. He said "If you're not in a meeting you're not going to hear what you need to hear when you need to hear it". I could not count the times, for me, that that statement rang so true. I learned everything about me through you people and your experience, and that is why my sponsor told me that. He said "If there are distractions in a meeting such as cross talk, children running around, and other noises I might not hear what I needed to hear and I would be a dead man". Hummmmm?

The most important person at the meeting is the newcomer. If he or she doesn't hear that message because we were not disciplined enough to "shut the fuck up", then we killed the newcomer.

This is a follow the leader program, the newcomer is only going to do what we show them. If we go to meetings late, they will too. If we cross talk, they will too. If we don't take the steps, guess what? , neither will they. I've been around long enough to see this scenario played out, and have seen fellowships fail and cease to exist in my own area. What an eye opener that was, so please, lead by example.

Dan D. 05-14-81

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,

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

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

S.A.V.A.N.A. Website

www.sava-na.com

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