



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

October 3, 2004

A Step Poem

I took Step One, began to moan
I can't do this one on my own.
I took Step Two, began to pray
Restore me God, please now, today.

I took Step Three, gave up my will
maybe God could love me still.
I took a Fourth, I looked inside
Nothing more would I hide.

And on the Fifth, I said aloud
I've done some wrong, and I'm not proud.
I took Step Six, and got prepared
To lose the defects, I was scared.

Now I'm at Seven, take them away
My God, for this I do pray.
And on Eight, the list was long
Amends to make for all the wrongs.

I took Step Nine, put down my pride
Amends made, I will not hide.
Step Ten I take, each day I pray
I make amends along the way.

And on Eleven I pray to know
Each day His Will, which way to go.
I take Step Twelve, I'm like a bird
To others now, I spread the word....

Anonymous

Spiritual Principle

Forgiveness – Willing or able to forgive, allowing room for error or weakness

Opposites (Character Defects) – resentment, intolerance

Birthdays

Sandii N.....09-00-02	Nancy H.....09-29-03
Dennis J.....09-13-03	Luis G.....09-14-00
Nestor G....09-18-96	Michelle S....09-11-02
Jeff H.....09-11-02	Gary D.....09-18-96
Tinka B.....09-14-90	Rob L.....09-24-91
Sammy E...09-29-03	Kathleen H..09-22-00
Dan M.....09-15-03	Linnea M....09-18-03

Ask the Addict

“If we do it this way, we won't need Sponsors”.

Well, I hope there are some things that you will share with your sponsor that you are not willing to share with all of us. There is no replacement for effective, reliable, and trustworthy sponsorship. There are not many choices we can make in our recovery that can be so personal, or important, as the choosing of a sponsor. So, if you don't have a sponsor, get one, because in my experience, the Tumbleweed is not going to cut it.

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

Halloween Dance – Saturday October 30th at the Color Guard Hall (39463 10th St. East, Palmdale), Costume Contest, Speaker Meeting at 7:30pm, Dance at 9:30pm.

Marathon Meeting - Thanksgiving Day – More to be revealed

New Years Eve Party – December 31st at the Color Guard Hall – More to be revealed

Value and Worth

When I was in treatment a year ago a speaker demonstrated a very profound message of the perception of value and worth. He held up a \$20.00 bill and asked the audience what we thought it was worth? Twenty dollars we replied! He then crumpled it into a ball in his hand and asked again what we thought it was worth? Twenty dollars again! He then threw it on the floor and stomped on it vigorously, smashing it into the ground and again asked us what we thought it was worth? Again it was unanimous---!!! Twenty dollars, we yelled. What he was demonstrating was that no matter what he did to the bill it did not change its value or its worth. I demonstrated this message that was so freely given to me when I spoke at a treatment center recently....but I took it a step further. As I held the bill up I said "What if I send this bill to prison, take away its children, and call it a criminal? What is it worth? What if I shoot it full of heroin, smear cocaine all over it, and dip it in whiskey, what is it worth?" The audience still replied twenty dollars. So I said "You mean to tell me that no matter what this \$20.00 has been through, no matter where its gone, or where it ends up it has not lost any of its worth?" So it is with us in recovery. **Everything we were created to be is still there at the core of our being...it is our essence....it cannot be destroyed.** Nothing can change our value and worth, except our own perception of it. Stop defining yourself by the things you've done or did not do. Stop defining yourself by the choices you've made or did not make, or by the things you've lost or opportunities you've wasted. **You are worth nothing less Today than what your life began with.** Just because you choose to change your mind and your perception of yourself does not make it the truth. The truth is in who you are at your core: a valuable worthy human being. With all the capability and abilities, value and worth that you were born with. Begin your life again today with the real truth of who you are.

Please pass this message on whenever you can ...it profoundly changed my life.

Gail V.

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 Monday at 725 E. Ave J at 6:30pm.

Phone lines – 3rd Saturday at Lancaster United Methodist Church at 5.00pm.

PI – 3rd Saturday at Lancaster United Methodist Church room 14 at 6:00pm

Newsletter – 2nd Friday at Church of Christ at 6:30pm.

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

Tumbleweed_Newsletter@Yahoo.com
S.A.V.A.N.A. Website www.sava-na.org

Tumbleweed Staff

Marshall S.....Chair/Editor
.....Vice-Chair
Christy L.....Secretary/Treasurer
Billy G.....Columnist
Rod M.....Columnist

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.