



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

November 5, 2005

Triple Diagnosed At Fort Stinkin' Desert

Hi, I'm Charles and I'm an addict. Hi, I'm Charles and I have multiple sclerosis. Hi, I'm Charles and I suffer from anxiety and depression disorder. Did I mention the brain tumor? Hi I'm Charles and you're not! Aren't you glad?

I'm almost 2 years clean after being out there for 38 years. Unfortunately the literature of NA doesn't address the issue of chronic physical illness. In the pamphlet "In Times Of Illness" there is the expectation of eventual recovery from illness, injury, and surgical procedure. I have found this very frustrating, however with a little "between the lines" reading, there are many answers to this problem in NA literature.

Medication for acute pain and muscle spasms are part of my daily life and always will be. Trying to "tuff out" chronic pain is unmanageable, and could result in further complications and even suicide. I know, I've seen it.

I go to as many meetings as possible. I have a good sponsor. I work the steps I stay away from those people, places, and things. I have an actual god. I have a service commitment. My doctors know that I'm an addict. I take my medication as prescribed. This sometimes takes a tremendous amount of discipline prayer, and self-honesty. I am always a moment away from relapse.

For example, if I take four pills nested of one, all the pain will stop, for a while. Even that noise in my brain will stop. For a while... I know this because I'm an addict and I've been doing just that very thing for most of my life. But now I'm a recovering addict and with honesty, willingness, and open-mindedness, I can exercise the spiritual principle of discipline and take my medication as prescribed.

To hear more, I often share about this issue at my home group in Rosamond.

See ya. Love Charles

Spiritual Principle

Reciprocity – The quality or state of being reciprocal: to give back in kind, mutual dependence, action

Opposites (Character Defects) – Selfish, Self-Centered, Isolation, Needy

Birthdays

Brenna.....10-01-97	Rod M....10-10-89
Christy L.....10-20-02	Dave M....11-03-98
Robin P.....10-14-02	Allison A...11-05-97

Basic Text Excerpt

What a change from the way that we used to be! We know the N.A. Program works. The program convinced us that we needed to change ourselves, instead of trying to change the people and situations around us. We discovered new opportunities. We found a sense of self-worth. We learned self-respect. This is a program for learning. By working the steps, we come to accept a Higher Power's will. Acceptance leads to recovery. We lose our fear of the unknown. We are set free.

Basic Text p.16

Upcoming Events

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

Hitting my knees

I want to share an experience of mine that I thought might help someone else, because it's really helped me with the ego-and-pride issue, and that's been a stumbling block for me.

My sponsor is big on hitting your knees, but for my first thirty days clean, I fought that hard. I would pray in every position but that one. I had to stop and ask myself, "What is the problem? It seems like such a small thing; why can't I do it?"

Well, the first time I tried it, I hit my knee so hard on the bed railing that I literally couldn't hit my knees! Don't you know, I used that as an excuse for another week not to do it?

Eventually, God helped me realize that the reason I wouldn't hit my knees was my ego and pride. That simple act meant bowing down to a higher power and relinquishing control to someone else: God. And believe me, that's a lot easier than giving it to any one person, because my ego tells me that if I can't have it, you aren't getting.

For me, it works because I get up with the same head full of the same thoughts every day, and hitting my knees starts the day with a little less ego and pride and a little more humility, of which I am definitely in need. I know that three months ago it was a lot worse, so there is progress—but never as much as I like to think, and certainly never as much as I want. But just the fact that I've seen progress at all is a huge accomplishment for me, and I've learned in this program that I can live with that, just for today.

I'll never be completely free of my ego and pride or any of my other character defects, because if I were I would be perfect, which means I would be cured—and I'll never be cured. But my disease is in remission. I will wake up one day and instead of me feeling "less than". And that's faith to me: the assurance of things hoped for but not seen.

Deborah D
Pennsylvania, USA

(reprinted from the October 2005 issue of the NA Way Magazine)

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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