



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

December 4, 2005

Who Am I?

I sit and ponder that question often.
 Over a decade clean,
 and I still have many answers...
 all of them true.
 I am me.
 Who I have become,
 who I was,
 who I will be...
 It is all the same.

I am a shameful youth,
 who practices self-forgiveness daily.
 I am a runaway,
 who has lived in a house of love for over a decade.
 I am a thief,
 who gives back what has freely been given to me.
 I am a liar,
 who practices vigorous honesty daily.
 I am a bad influence,
 who teaches people how to love themselves.
 I am a drop-out,
 who has several degrees on my wall.
 I am a hater,
 who loves with all my heart.
 I am an outcast,
 who belongs everywhere I go.
 I am a bad mother,
 who is a wonderful example.
 I am a disrespectful daughter,
 who cares for her beautiful mother.
 I am an ex-con,
 who works for the government.
 I am an ex-inmate,
 who returns to share my story.
 I am a woman who tried to take my own life,
 who lives with a grace so bright, others ask me about it.
 I am an unemployable woman,
 who has gained national recognition for my work.
 I am a bad story,
 with an amazing ending.
 I am a shadow,
 who enriches the world with my light.
 I am a drug addict,
 in recovery.
 I am me.

Loretta

Spiritual Principle

Prudence or Prudent - Quality of being prudent. Sound judgement, cautious or discreet in conduct, managing carefully.

Opposite (Character Defects) - Irrational, undisciplined, unmanageable, inconsiderate, thoughtless, wasteful.

Birthdays

Terry P.....10-18-04	Lena H.....10-18-04
Tommy D..11-03-03	Brian.....11-09-04
Pat M.....11-25-03	Rick.....11-20-03
Peter.....11-07-92	Justin.....11-20-04
Eloi.....11-??-04	DJ.....11-06-90

Basic Text Excerpt

We came to Narcotics Anonymous as the result of the wreckage of our past. The last thing we expected was an awakening of the spirit. We just wanted to stop hurting.

The steps lead to an awakening of a spiritual nature. This awakening is evidenced by changes in our lives. These changes make us better able to live by spiritual principles and to carry our message of recovery and hope to the addict who still suffers. The message, however, is meaningless unless we LIVE it. As we live it, our lives and actions give it more meaning than our words and literature ever could.

Basic Text p.48

Free To Be Me

I've heard people share that NA has given them freedom from themselves, as well as freedom from active addiction. I prefer to say that NA has given me the freedom to be myself. Not one of us was born lying, cheating, stealing, and using. Those behaviors were learned. I believe that inside each of us in an inner core of true good spirit. While I was active in my addiction, I would never have believed that. Like most of you, I hated the person I had become through the course of my using. I could not, or would not, look in the mirror. That person in the mirror was not me. I felt like someone else was living my life while I watched from somewhere outside my own body. Everything about me was a sham. I was whoever you wanted me to be. I had no self-respect, no sense of self-worth, and definitely no love for myself. My life was crap, and I let people treat me like crap, because I thought I didn't deserve any better. I was convinced that my life was going downhill because I was not "good enough". I hated myself, and I wanted to die. Bad things only happen to bad people...right? Wrong. Life happens to everyone, regardless of whom we think we are. Through the fellowship of NA, I was re-introduced to my Higher Power, a Higher Power that loves me in spite of what I've done in the past. I realized that it's not necessary for me to be "good enough". I just have to be me. The Basic Text tells me that I have a disease, not a moral deficiency. I am not a bad person. I let my disease convince me to make some bad choices. Luckily, this is a program of progress, not a program of perfection, or I'd be in serious trouble. I am making progress today. I like myself more than I ever did in my active addiction, and I can actually look at myself in the mirror without backing down from my own image. Today I no longer try to be the person I think you want me to be. Instead, I strive every day to be the person that my Higher Power always meant for me to be. There is a good person inside of me. Thanks to the miracle of Narcotics Anonymous and my Higher Power, I'm peeling back the layers of my addiction to get to that inner core of true good spirit. I'm finally free to be me. Who I was in the past is no longer important except to remind me of where I've been. And, just for today, with the help of my Higher Power and through working the program of Narcotics Anonymous, I never have to go there again.

Christy L

(Reprinted from the July 03 issue of the Tumbleweed Newsletter)

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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