



# The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

July 11, 2010

## Quote of the Month

“Perseverance is not a long race; it is many short races one after another.”

*The Spiritual Life* by Walter Elliott

## A Tenth Step Prayer

I pray I may continue to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; to always remember I need Your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve You.

## Spiritual Principle

**Perseverance** – Continued patient effort, steadfast, firm adherence to some purpose, action or belief  
**Opposites (Character Defects)** – giving up, quitting, letting down, cowering

## Question of the Month

“What principles are associated with the 10th step?”

Awareness is the principle that I get from the 10<sup>th</sup> step. Taking a daily inventory allows me to become aware of my resentments before they start to weigh on my mind and it also allows me to acknowledge my wrongs before my head noise runs amuck through my mind.

Next month’s question is: “What principles are associated with the 11th step?” Give your reply to any newsletter committee trusted servant or send via email to the newsletter.

## Acceptance

I hope no one has to find acceptance the way I did, because it’s all right there in the third step. With acceptance, my life becomes easy. It just means that I’m not at war with the way things are. After all, why struggle with things I cannot change?

It seems that I am always struggling with something. I automatically react to frustrations, discomforts, and obstacles to what I want. I don’t even have to think about it. It happens automatically. If it’s in my way, I’m moving it. Only it usually doesn’t move the way I want, and I become more frustrated, angry or upset. And things become less and less the way I want.

When I turn my will and my life over to God, I am saying, “your will, not mine.” The struggle to have things my way is surrendered to my higher power, and I begin to learn to accept what I receive. In fact, what I receive isn’t really important. What becomes important is that I am for the first time in my life I am finally getting whatever my higher power has in store for me. There is no need to struggle to have what I want because I have begun to want what I have. And what it brings me is rest from addiction, from struggling and from suffering. I call it the gift of acceptance because I learn to accept the gift of God and to be grateful for what I have, rather than struggling to get what I want. This is real inner peace.

~ Brad H.

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## N.A. Birthdays

Phil.....06-25-95	Teque G....06-03-04	Laurie H...06-08-05	Diana H.....06-08-05
Adam M...06-17-08	Willie T.....06-06-99	Mark P.....06-08-05	Chuck B.....06-26-89
Bob L.....06-03-89	Gigi La-Mc..07-01-85	Lou N.....06-??-07	Anthony M..06-24-92
Lisa G.....06-02-07	Wayne H....06-24-06	Bridget B..06-14-08	Sammy E...06-04-08
Debbie S..06-14-04	Jackie B.....07-04-96		

## Upcoming Events

**Sponsor/Sponsee Dance** – Cancelled until further notice.

Contacts are Wayne Mc. 661-310-4747 or Jackie B. 661-229-3030

## Becoming Humble & Applying Step 10 Daily

Recently I was reminded how important step 10 truly is. I'm coming up on 10 years clean and recently found myself stuck in old thinking causing chaos in my life, mainly in my own mind. Thankfully my sponsor pulled my covers and helped me to identify that PRIDE was holding me back from talking about the problems I was facing and not dealing well with. I was feeling a lot of self-loathing for where my thoughts were going.

In my mind, I felt like I couldn't possibly be having these sick thoughts, I've got too much time. I tried to live in that denial. I couldn't stay in that denial I was becoming so wound up I felt like a guitar string about to pop. Having been projecting into the future and imagining these humongous mountains of disaster it wasn't hard to miss that I was going through something.

Having shared honestly and openly about my life when I took the steps with my sponsor, allowed my sponsor to see what was going on with me. It was truly an amazing experience to have someone who was able to help me, help myself and open up. The gorilla on my back shrank down to a little monkey as I openly shared what was going on and have begun taking actions to help me work through these issues.

Thankfully PRIDE has been replaced by HUMILITY and I remain open and honest as I walk through each day remembering this bit from Step 10 in It Works How & Why:

*The importance of keeping in touch with our thoughts, attitudes, feelings, and behavior cannot be overemphasized. Every day, life presents us with new challenges. Our recovery depends on our willingness to meet those challenges. Our experience tells us that some members relapse, even after long periods of clean time, because they become complacent in recovery.....*

*.....We can't allow these threats to compromise our recovery. We have to deal with situations such as these as soon as they arise.*

*.....remember that the 10<sup>th</sup> step isn't a one-sided endeavor, an exercise in noting what we have done wrong. We must resist the urge to become obsessive with this step, ruthlessly searching out every flaw in our character. The point of the 10<sup>th</sup> step is for us to be willing to pay attention to our thoughts, behaviors, and values, and then work on what we need to change.*

The challenges that brought about this revelation have not gone away, but because of this program and by applying the spiritual principles on a daily bases, and taking direction I'm able to move forward and work through the challenges in my life in a healthy and productive way.

One more thought in my words from It Works How & Why. By taking step 10 I'm becoming aware of my thoughts & behaviors so that I respond to life consciously, rather than reacting (unconscious) to life, which always causes pain in some way or to someone.

~ Kathleen G.

### Service Committees

**Area Meeting** – 1<sup>st</sup> Sunday at 2101 E. Palmdale Blvd. at 2:00pm

**Hospitals & Institutions** – 4<sup>th</sup> Thursday at 44447 10<sup>th</sup> St. West at 7:00pm

**Activities** – 3<sup>rd</sup> Wednesday at 2101 E. Palmdale Blvd. at 7pm

**Phone lines** – 3<sup>rd</sup> Sunday at 803 W. Ave. H-8 at 6.30pm

**Public Information** – 3<sup>rd</sup> Saturday at 38700 10<sup>th</sup> St. E. Apt #1 at 6:00pm

**Newsletter** – 4<sup>th</sup> Wednesday at 2101 East Palmdale Blvd. at 6:30pm.

**Website** – 3<sup>rd</sup> Sunday at 803 W. Ave. H-8 at 6.30pm

**Policy** – 4<sup>th</sup> Friday at 1326 W. Ave. H-14, Lancaster 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.

P.O. Box 902785

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24hr Helpline – (661)266-2200

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### Tumbleweed Staff

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