



The Tumbleweed Newsletter



Southern Antelope Valley Area Narcotics Anonymous Newsletter

November 1, 2009

Question of the Month

“What principles are associated with the 2st step?”
Hope – When I was working the 2nd step I didn’t have faith yet. But I was able to have hope. Hope that a higher power could restore me to sanity.

~ Fisherman John

Hope is one of my favorite principles. In the beginning of my recovery I felt lost. It was such a relief to hear a message of hope. Hope sanity to be restored. Hope for a renewal of life. Hope for the beginning of a clean & fulfilled future.

~ Anonymous

Next month’s question is: “What principles are associated with the 3rd step?” Give your reply to any newsletter committee trusted servant or send via email to the newsletter.

Quote of the Month

“Individuals behave not in accordance with reality, but rather in accordance with their perception of reality”

~ Denis Waitley

Attitude

The longer I live, the more I realize the IMPACT of attitude on life.

Attitude, to me, is more important than facts.

It’s more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do.

It is more important than appearance, giftedness or skill.

It will make or break a company, a church, a home.

The remarkable thing is we have a CHOICE everyday regarding the attitude we will embrace that day.

We cannot change our past.

We cannot change that fact that people will act a certain way.

We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is OUR attitude....

Have a great day!

Hugs to all....

~ Submitted by Fred L

A Second Step Prayer

Higher Power, I know in my heart that only You can restore me to sanity. I humbly ask that You remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind

Spiritual Principle

Hope – Desire accompanied by expectation, hunger for, anticipate, reassurance

Opposites (Character Defects) – Dread, Despair, Doubt, Disbelief, Hopelessness

N.A. Birthdays

Rod M.....10-10-89

Arvella C.....10-07-03

Becky V....10-08-04

Gilbert U.....10-29-04

Angel A.....10-01-06

Michelle S.....10-27-08

Upcoming Events

Annual Thanksgiving Day Marathon Meetings – Thursday, November 26th 8:00am – midnight

Where: Christ Church of the Valley, 2714 E. Ave R, Palmdale. Potluck all Day (food donations accepted)

Annual Holiday 30 Hour Marathon - *Starts:* December 24th, at 6:00pm *Ends:* December 25th at midnight.

Where: Christ Church of the Valley, 2714 E. Ave R, Palmdale, CA. 93550

Meetings start every other hour. Potluck All Day (food donations appreciated).

For info on the above events call Bobby M (661) 433-3256 or Michael R (661) 878-5254

I'm in Awe of Narcotics Anonymous



First of all, let me tell you the definition of the word awe “a mixed feeling of reverence, fear, and wonder”, so in other words Narcotics Anonymous has helped me take the weight off my chest and allowed me to breathe again. My life has become a beautiful and interesting journey. When I finally chose to be done with drugs, (even though I came in on a court card), I came into Narcotics Anonymous thinking I knew everything and I didn't need anyone to help me recover and we do recover, pg 8 in the “Basic Text of Narcotics anonymous”, but as I went to more and more meetings and actually listened to other N.A. members share their experience, strength, and hope I began to realize I don't know anything and what I did know was not acceptable anymore if I wanted a better way of life. So I invited N.A. into my world and it has been the best decision I have ever made. I no longer use drugs, I'm changing my behavior, and I'm learning the tools to cope with everyday stressors. In my addiction I lost everything. Slowly I'm gaining so much more than I ever dreamed of, my freedom, my children, my family, wonderful people in this program I can call friend, and most importantly myself. I have a great sponsor with whom I am actively working the steps of Narcotics Anonymous. My outlook on life is a whole new world. Thank you N.A. for being a power greater than myself. I love this program. I am in awe of Narcotics Anonymous.

~ Misty G

Email subscriptions for the Newsletter are available. Email your subscription request to tumbleweed_newsletter@yahoo.com
Articles also appreciated send to above address

Service Committees

Area Meeting – 1st Sunday at 2101 E. Palmdale Blvd. at 2:00pm
Hospitals & Institutions – 4th Thursday at 44447 10th St. West at 7:00pm
Activities – 3rd Wednesday at 2101 East Palmdale Blvd. at 7:00pm
Phone lines – 3rd Thursday at 803 W. Ave. H-8 at 6.30pm
Public Information – 3rd Saturday at 44302 Beech Ave. Apt #1 at 6:00pm
Newsletter – 4th Wednesday at 2101 East Palmdale Blvd. at 6:30pm.
Website – 3rd Thursday at 803 W. Ave. H-8 at 6.30pm
Policy – 4th Friday at 1326 W. Ave. H-14, Lancaster 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.
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