

HAPPY HOLIDAYS!!



S.A.V.A.N.A.



Tumbleweed Staff

Carol D.....Chair/Editor
Open.....Vice-Chair
Lori B.Secretary/Treasurer
Sarah A.....Columnist

The Tumbleweed Newsletter

December 2011





Word List

Literature, Let go and let god

Live and let live, Meetings

One day at a time, Serenity Prayer

Slogans, Sponsor

Together we can make it, Twelve steps

Detachment, Easy does it

Fellowship, Gratitude

How important is it, Just for today

Keep it simple





N.A. Birthdays



*Frank.....10/04/06**Rita*.....11/01/87**Nanette*.....11/19/06**Freddy*.....11/02/10
 *Shannon.....10/17/01**Sheri*.....11/28/94**Sean*.....11/05/07**Maggie*.....11/07/10
 *Michelle.....10/ 24/08**Big Dave*...11/03/98**Chris*.....11/10/07**Tim*.....11/19/10
 *Chuck.....10/23/10**Charles*.....11/14/98**Tom*.....11/20/07**Laura*.....11/12/10
 *Amber.....10/31/10**Dale*.....11/01/99**Sasha*.....11/17/09**Maria*.....11/22/10



Twelve Rewards of Recovery



1. Faith instead of despair
2. Courage instead of fear
3. Hope instead of desperation
4. Peace of mind instead of confusion
5. Real friendship instead of loneliness
6. Self respect instead of self contempt
7. Self confidence instead of helplessness
8. A clean conscience instead of a sense of guilt
9. The respect of others instead of their pity
10. A clean pattern of living instead of a hopeless existence
11. The love and understanding of our families instead of their doubts and fears
12. The freedom of a happy life instead of the bondage of an addicted obsession

Upcoming events

Mens Stagg Holiday Party @ The Lost N Found Dec.17th

Womans Stagg Holiday Party @The Lost N Found Dec.10th

Holiday Marathon Meetings @ The Lost N Found

Dec.24th 6PM-12AM and Dec.25th 8AM-12AM

New Years Eve Dance and Speaker @ The Lost N Found 7:30 pm





The Twelve Steps



1. *We admitted that we were powerless over our addiction, that our lives had become unmanageable.*
2. *We came to believe that a Power greater than ourselves could restore us to sanity.*
3. *We made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *We made a searching and fearless moral inventory of ourselves.*
5. *We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *We were entirely ready to have God remove all these defects of character.*
7. *We humbly asked Him to remove our shortcomings.*
8. *We made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *We made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *We continued to take personal inventory and when we were wrong promptly admitted it.*
11. *We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs*



Service Committees



Area Meeting – 1st Sunday at Lost n Found 339 E. Ave. K-8, #115 at 2:00pm

Hospitals & Institutions – 4th Thursday at 44447 10th St. West at 7:00pm

Activities – 3rd Wednesday at 2101 E. Palmdale Blvd. at 7pm

Phone lines 1st Sunday at Lost n Found 339 E. Ave. K-8, #115 at 1:00pm

Public Relations – 2nd Thursday at 1012 Caperton, Lancaster at 7:00pm

Newsletter – 3rd Saturday at 2330 E. Ave J-8 Sp# 184 at 2:00 PM

Website – PENDING

Policy – 3rd Thursday at 1326 W. Ave. H-14, Lancaster at 6:00pm

Convention – CLOSED

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

DRUGS

Drugs Ruin Undeniably Good Serenity



Have you hugged your sponsor today?

One of the most important things the program of narcotics anonymous ever gave me was a true friend---my Sponsor! She never lectured me, grouped on me or shamed me. As I watched how she carried herself, I learned...

- *A meeting a day keeps the dragon away*
- *Lead, Read, Share and never turn down a NA request*
- *Raise your hand and volunteer to be of service, be humble, wash a floor pick up a chair or wash cups*
- *Go after your recovery the way you went after your drugs*
- *Arrive early don't leave until the room is clean*
- *Get honest and tell on yourself, you are only as sick as your secrets, it's an inside job*
- *Walk through pain without using and you may never feel that pain again*
- *Pain is inevitable misery is optional*
- *What other people think is none of your business*
- *The program is not easy but it is simple*
- *Look at the similarities not the differences*

God Bless you for your unselfish Service

~ By Wendy G.



Quotes

Falling down is not defeat, defeat is when you refuse to get up

The truth is called hate by those who hate the truth



Gratitude

Grateful I am where I am at this point in my life and grateful that I'm not where I was at 29 months ago. GOD is doing for me what I couldn't do for myself before I got clean. Everyday I'm clean is a day I get closer to who I am Meant to be. Thank God and Thank NA for my life today. A special message to any newcomer reading this. Give yourself a chance. If you are new to NA, stick around and you will see that living a life CLEAN is possible without drugs. NA saved my life. It can save yours. If you give it a chance.

~Joel M



Recipe for staying clean

*1 dash of daily meetings
1lb. of sponsorship
A multitude of phone calls
A sprinkle of humility
1 dozen steps
1 dozen traditions
1 slice of caring
2tsps. Of sharing
A clove of willingness
Several quarts of honesty
Many cups of open mindedness
A whole bunch of fresh outlook
A healthy portion of hugs*

Fill your blender with surrender, add service, pour into a warm healthy atmosphere, let it rise with spirituality and then....give it away



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