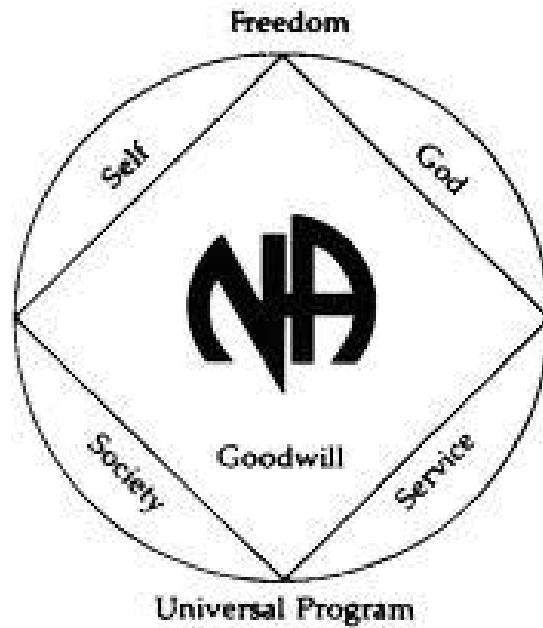


HAPPY VALENTINES

Tumbleweed Staff

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



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

The Tumbleweed Newsletter

February 2012



Happy Valentine's Day



Quotes

- " • "Self will imprisoned me far more than bars ever did."
- " • "What other people think of you is none of your business."
 - "An expectation is a premeditated resentment."
- " • "Have a nice day unless you've made other plans."

*SORRY THIS PAGE
HAS A CROSSWORD
IN THE HARD COPY
OF THE
NEWSLETTER
ONLY.....*

Birthdays

Dennis B. 01/06/87 *Mike C. 01/08/91* *Debra 01/15/04*
* Sarah A. 01/01/10* *Leah 01/03/10*
Cherie R. 01/13/10 *Frank F. 01/01/11* *Lisa S. 01/01/11*
Cherish 01/05/11 *Judy F. 01/11/11*

Upcoming events

PANCAKE BREAKFAST

2nd Sunday of every month @ The Lost N Found 9AM
suggested \$5 donation

N.A. BIRTHDAY

March 10th dinner @5PM Meeting @7:30 Dance @9PM
Lancaster City Park \$15 tickets

[El Capitan Campout](#)

- Annual Narcotics Anonymous (NA) event with Nar-Anon participation. County Line Area.
23rd Annual. September 16 - 18, 2010. [Simi Valley](#), [Ventura County](#), [California](#)

Monthly Recipes

KEEPING IT SIMPLE CHICKEN ENCHILADAS

1 large onion chopped 1 pkg. corn tortillas
1 can cream of chicken soup 5 chicken breast-cooked & diced
1 can cream of mushroom soup 1/2 lb. longhorn cheese, grated
1 c. chicken broth
4 small cans of green chile

Combine onions, soups, broth & chile. In a large casserole, layer
tortillas, diced chicken, soup mixtures and cheese, then repeat.

Bake at 350 degrees for 30 minutes or until bubbly.



nth of Love

"They said they would LOVE me until I could LOVE myself"

*LOVE strong affection for another arising out of kinship ,admiration, or common interests; an assurance of affection; warm attachment; enthusiasm, or devotion ; admiration ;unselfish ;loyal ; concern for the good of another; the fatherly concern of God for humankind ; brotherly concern for others ;a person's adoration of God ;holding one's opponent scoreless in tennis ;
UNLOVING.....indifferent ;unconcerned; disfavor; disgust; dislike; distaste; hatred; dislike; hostility; abhorrence; disgust; repugnance; repulsion; hate; hatred;*

*No drug ever made me higher
Than a meeting of addicts in recovery
No friends ever set me on fire
Like the friends who unconditionally loved me
In recovery I have learned to be grateful
To let go of the defect of fear
To share about what I did that was hateful
To share love that could bring a tear.
My life is rich with people I love
People who will love and never hurt me
For this I am grateful to a Higher Power above
Who I know will never desert me.
Anonymous*

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 Monday at Lost n Found 339 E. Ave. K-8, #115 at 7:30pm

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

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

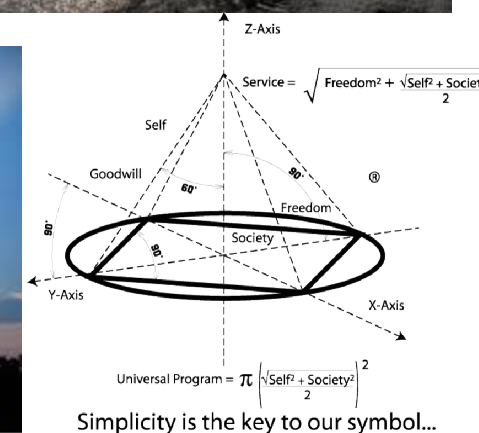
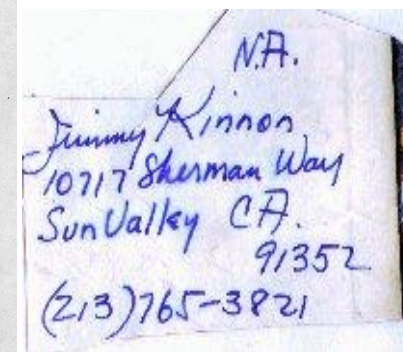
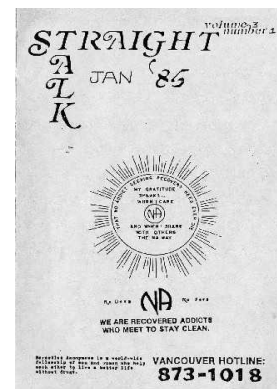
24hr Regional Helpline – (800)863-2962

tumbleweed_newsletter@yahoo.com

STEP TWO

The process of coming to believe is something that we seem to experience in similar ways. One thing most of us lacked was a working relationship with a Higher Power. We begin to develop this relationship by simply admitting to the possibility of a Power greater than ourselves. Most of us have no trouble admitting that addiction had become a destructive force in our lives. Our best efforts resulted in ever greater destruction and despair. At some point we realized we needed the help of some Power greater than our addiction. Our understanding of a Higher Power is up to us. No one is going to decide for us. We can call it the group, the program, or we can call it God. The only suggested guidelines are that this Power be loving, caring and greater than ourselves. We don't have to be religious to accept this idea. The point is that we open our minds to believe. We may have difficulty with this, but by keeping an open mind, sooner or later, we find the help we need.

- Narcotics Anonymous Basic Text, Chapter 4/Step 2



of a Sponsor

An NA member suddenly stopped going to meetings. After a few weeks, her Sponsor decided to visit her. It was a chilly evening and the Sponsor found the Sponsee at home alone, sitting before a blazing fire.

Guessing the reason for the Sponsors visit, the Sponsee welcomed her, led her to a big chair near the fireplace, and waited. Her Sponsor made herself comfortable but said nothing.

In the grave silence, she contemplated the play of the flames around the burning logs. After some minutes, the Sponsor took the fire tongs, carefully picked up a brightly burning ember, and placed it to one side of the hearth all alone. Then she sat back in her chair, still silent.

The Sponsee watched all this in quiet fascination, the one lone embers flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and dead as a doornail.

Not a word had been spoken since the initial greeting.

Just before the Sponsor was ready to leave, she picked the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and the warmth of the burning coals around it.

As the Sponsor reached the door to leave, the Sponsee said, Thank you so much for your visit and thanks especially for the fiery sermon. I'll see you at the meeting in the morning.

TRADITION TWO

For our Group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience; our leaders are but trusted servants, they do not govern." Basic Text page 60. Thank God! Many times we have seen newcomers who need their cards signed for drug court or probation ask, "Who's the leader", or assume that the chair of the meeting leads. Old-timers will sometimes chuckle remembering when they did the same. If N.A. had presidents instead of trusted servants it would surely fail and addicts would die. Nobody is the supreme leader, everyone is equal. We all have the disease of addiction and the desire to stay clean. We all paid the price of membership with our pain. "We must be constantly on guard that our decisions are truly an expression of God's will." Basic text page 61. Many times we – ourselves might have tried or even self-willed decisions based on pride, control and ego only to have it blow up in our faces. "We deal with what is at hand and try not to force solutions. We have learned that if a solution isn't practical, it isn't spiritual." Basic Text page 87. Our literature is so important in our decision making process. Know your literature. The information given to us before we came to N.A. came from misinformed people. When we use our literature we are no longer the blind leading the blind. "True spiritual principles are never in conflict; they complement each other. The spiritual conscious of a group will never contradict any of our traditions." Basic Text page 61