

HAPPY NEW YEAR

Tumbleweed Staff

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



The Tumbleweed Newsletter
January 2012



Hidden in the puzzle below is the Serenity Prayer:

G	A	L	J	H	E	S	E	U	S	H	D
S	O	D	G	T	E	I	R	E	N	T	E
W	T	G	R	T	M	C	C	A	O	I	S
U	N	S	A	N	Y	E	H	E	T	Y	T
Y	I	I	H	T	T	P	T	W	H	D	O
A	C	H	E	N	A	N	D	I	T	I	W
N	A	T	E	T	A	C	S	O	W	F	T
N	O	A	G	H	E	I	D	N	K	F	F
F	T	H	N	H	T	S	O	O	K	E	O
P	A	C	T	I	N	G	M	T	D	R	E
C	C	D	O	A	M	C	A	I	H	G	N
E	T	G	N	N	C	I	N	C	T	C	G
T	P	E	A	E	C	S	G	E	E	L	A
E	H	R	T	C	P	R	H	Q	N	F	A
C	O	U	O	A	T	T	Y	H	A	L	P

Start with the G in the upper left hand corner. Next find the O which is adjacent to the G. Wind your way through the puzzle to find the entire prayer.

"God, Grant me the serenity to accept the things I cannot change,

*The courage to change the things I can
and the wisdom to know the difference".*



Quotes

"There's no elevator, you have to take the steps"

"Want to hear God laugh? Tell Him your plans."

"When I turned myself over to God, I took my life out of the hands of an idiot."

"Spirituality is the ability to get our minds off ourselves"



N.A. Birthdays



*Bob.....12/16/86**Susan.....12/18/88*John.....12/10/91**Linda.....12/12/96*
 *Dennis.....12/13/98**Sunshine.....12/15/01**Ernie.....12/05/05*
 *Brian ...12/28/06**Tommy.....12/17/08**Landon.....12/16/10**Liz.....12/26/10*

Upcoming events

PANCAKE BREAKFAST

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

SAN FERNANDO VALLEY AREA NA CONVENTION 17

Burbank Airport Marriott Hotel
 JAN 20th, 21st, 22nd

LOST N FOUND BIRTHDAY

February 11

N.A. BIRTHDAY

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

JIMMY K

James P. Kinnon (5 April 1911 - 9 July 1985, commonly known as Jimmy Kinnon or "Jimmy K,") was the co-founder of Narcotics Anonymous. During his lifetime, he was usually referred to as "Jimmy K," due to N.A.'s principle of personal anonymity on the public level. He never referred to himself as the founder of N.A., although the record clearly shows that he played a founding role.

From the very start, unlike many other attempts to form self-help groups for drug addicts, Narcotics Anonymous was based on both the Twelve Steps and the Twelve Traditions devised by Alcoholics Anonymous (AA) and adapted to the specific needs of N.A. While there is no official biography of Jimmy Kinnon, a certain amount of pertinent information can be found on the web and in print. Kinnon was born on 5 April 1911 in Paisley, Scotland. On 8 August 1923, he arrived with his family on Ellis Island, New York. He worked as a roofer, struggling with his drug addiction until he achieved permanent and complete abstinence from all drugs in Alcoholics Anonymous on 2 February 1950. He and a few other drug addicts who had met in AA started holding a series of independent meetings for drug addicts, beginning 17 August 1953. The first documented recovery meeting of Narcotics Anonymous was held on 5 October 1953 in Southern California.

Today, members of Narcotics Anonymous hold more than 30,000 weekly meetings in over 100 countries worldwide. Kinnon is a key figure in the history of Narcotics Anonymous for several reasons. He wrote several portions of the Little White Booklet, which formed the basis for N.A.'s basic text, published in 1983 under the title Narcotics Anonymous. This book also contains his anonymous biography, titled We Do Recover. Kinnon also designed the NA logo and served as the volunteer office manager of N.A.'s World Service Office from the time it began to 1983. Kinnon died on 9 July 1985 in Los Angeles, having spent the last 35 years of his life as a "clean" and recovering member of Narcotics Anonymous.

Welcoming in the New Year

By Lori B.

Well here we are again, another New Year. It seems that resolutions are always abundant as we begin a New Year but let's remember we are recovering addicts and it is best for us to "keep it simple." Personally, I have made many New Year resolutions but have NEVER followed through on one of them. Now as I enter into 2012 I have come to the realization that I need not make such resolutions and set myself up for failure.

As a recovering addict I realize that change is a part of everyday living and in the process of recovery I am changing. Thanks to NA and a Higher Power I am able today to strive to be a better person by practicing Spiritual principles, recognizing my character defects and taking the steps to change myself "one day at a time." With NA I have found a way to follow through.

If you are just coming home to Narcotics Anonymous or have been around awhile one thing we know for sure is that NA is a simple program and should be kept that way. This month's newsletter is our reflection of the simplicity we should all practice in the New Year. A taste of NA history, the basics of Step 1 and the Spiritual principles of honesty, open-mindedness and willingness.

As we enter 2012, those of us on the Newsletter Committee look forward to being of service to the SAVANA area and addicts everywhere.

Happy New Year 2012!!!



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

Taking The Steps

I took one step, began to moan, I can't do this one on my own.

I took two steps, began to pray. Restore me God, please now, today.

I took three steps, gave up my will. Maybe God loves me still.

I took a fourth, I looked inside. Nothing more would I hide.

And on the fifth, I said aloud.

I've done some wrong, and I'm not proud.

I took six steps, and got prepared. To lose the defects, I was scared.

Now I'm at seven, take them away. My God, for this I do pray.

And on eight, the list was long. Amends to make for all the wrong.

I took nine steps, put down my pride. Amends made, I will not hide.

Ten steps I take, each day I pray. I make amends along the way.

And on eleven I pray to know. Each day His will, which way to go.

I took twelve steps, I'm like a bird. To others now, I spread the word...

(Author anonymous)

TRADITION 1

Our common welfare should come first; personal recovery depends on NA unity. Here are some questions to personally assess your working knowledge of the first tradition:

- 1. In my group am I a healing, mending, and integrating person or do I create disunity or dissention? What about gossip and taking other members inventories?*
- 2. Am I a peacemaker or do I, with pious preludes such as "just for the sake of discussion", plunge into an argument?*
- 3. Am I gentle with those who rub me the wrong way or am I abrasive?*
- 4. Do I make competitive NA remarks such as comparing one group with another or contrasting NA in one place with NA in another?*
- 5. Do I put down some NA activities as if I were superior for not participating in this or that aspect of NA?*
- 6. Am I informed about NA as a whole? Do I support NA in every way I can as a whole, or just in the parts I understand and approve of?*
- 7. Am I as considerate of NA members as I want them to be of me?*
- 8. Do I spout platitudes about love, while indulging in and secretly justifying behaviors that bristle with hostility?*
- 9. Do I go to enough meetings, or read enough NA literature to really keep in touch?*
- 10. Do I share all of me with NA, the bad and the good? Do I accept, as well as give, help in the fellowship?*
- 11. Have I paid enough attention to the Twelve Steps and Twelve Traditions? Pamphlets? Basic Text?*

STEP 1

Step one says that I am powerless over my addiction, comma, that my life has become unmanageable.

So, where in this statement does it say that I am powerless over people, places and things in my life? What I have been taught through working the remaining 11 steps is that I will be given power to deal with everyday situations no matter what comes my way.

For years drugs had control over me. I lost the power of choice. They told me what to do and when to do it. Once I came into Narcotics Anonymous, and worked Step One, that power was gone. The powerlessness Step One is referring to is powerless over drugs. To take it a bit further, once I recovered from a seemingly hopeless state of mind and body, I am only powerless over the drugs if I choose to ingest them. I am free today.

. Say you're in the grocery store and the checkout clerk is apparently in a bad mood. You have two choices, accept the anger and feed it (decide the person is actually angry at you) or say something nice and watch how they treat the next customer. That is power to change someone's mood. In our daily lives we are confronted with many decisions and it is up to us to take the power given to us to take action on those decisions.

Every day when I wake up and do the 11th step, I ask what God's will is for me and to give me the power to carry that out. In lay mans terms, I am asking for power for whatever comes my way for the day.

Sure, you can see it your way, that you are powerless over everything and everyone and crawl into a hole because you can't do anything with anyone, or you can stand up knowing you have the power to change it.

~UNKNOWN

Monthly recipes from the Caring and Sharing Arizo-NA cookbook

COURAGE TO CHANGE CHICKEN

(chicken & Rice Casserole)

1 pkg. Shredded Cheese

2 lbs. Sliced Boneless Chicken

1 c. Rice, un cooked

2 cans Cream of Mushroom Soup

1/2 T. each Salt/Pepper

1 T. Onion Powder

1 T. Red Creshed Peppers

1T. GFarlic powder

1 1/2 c. Milk

*Put two cans of soup in a bowl and mix with milk. For lactose intolerant, feel free to use water or non dairy product. Put all of the ingredients, except cheese in a casserole dish and place in the oven on 375 Degrees . Bake for 1 1/2 - 2 hours, or until chicken is cooked. Juices of chicken should run clear when pierced with a fork. Remove casserole from oven, sprinkle as much cheese as you like on top, then **enjoy!***