



The Tumbleweed Newsletter

Step Four:

“We made a searching and fearless moral inventory of ourselves”

Fourth Concept for NA Service:

*“Effective leadership is highly valued in Narcotics Anonymous.
Leadership qualities should be carefully considered when selecting
trusted servants.”*

Spiritual Principles: Faith, Hope, Commitment

For the Newcomer

Step 4 may not be for the faint of heart. It is the courage used to face our true selves that leads to the realization that we are not that bad. We are just like everyone else and we belong to this group of people who have come before us. We are brave and do not have to face this alone. The willingness and effort put into Step 4 is the very thing that will show us that others can love us as we are, no strings attached. Step 4 leads to breaking the chains we have used to imprison ourselves and leads to self-forgiveness and self-love instead of loathing.

An Honest Look

Step 4 is taking an honest look at yourself and putting it down on paper, the exact nature of our wrongs in order to deal with them. A moral inventory is important because if we can't be honest about where we have been, how can we ever know where we are going or how to get there? —Jamie M.

A Note from the Tumbleweed Newsletter Staff

Every SAVANA member has a voice and can strengthen the unity & aim of the organization, no matter the stage of recovery. We encourage you to engage at various levels— from helping with activities or the newsletter, to more involved roles at the Group or Area levels of Service. Sharing in the community & working together toward a common goal is a key aspect of recovery. If you have any concerns about the way SAVANA is operating, these are avenues to bring those to light. We highly suggest getting involved and taking action as a means to effective change.

Helpful Information

- ◆ 24hr Helpline
661-266-2200
- ◆ 24hr Regional Hotline
800-863-2962
- ◆ **www.SAVA-NA.org**
- ◆ NA Meeting Search
App android/ iPhone

Monthly Service Committees

- ◆ Area- 1st Sunday, 2pm
44231 Division St. Lancaster
- ◆ Activities- 2nd Friday, 6pm
502 W. Ave. K, Lancaster
- ◆ H&I- 4th Thursday, 7pm
44447 10th St. W., Lancaster
(Tarzana Treatment Center,
front parking lot)
- ◆ Newsletter- last Friday, 6pm
502 W. Ave. K, Lancaster

Upcoming Area Events

- ◆ Spread Cook-Off, 4/13,
12:30pm, 502 W. Ave. K,
Lancaster
- ◆ BINGO, 4/20, 1pm, 502 W.
Ave. K, Lancaster
- ◆ S.A.V.A.N.A turns 34!
4/27, 4-10 pm, Holiday Inn
38630 5th St. W. Palmdale

Faith: unquestioning belief
—Webster's New World Dictionary

Happy Birthday March

Richard A.....03/05/2005
Rena S.....03/10/2005
Christine P.. 03/14/2006
Jennifer W.. 03/05/2009
Ileana D.....03/18/2009
Jerry S.....03/04/2010
Karli.....03/23/2010
Rose F.....03/21/2014
Chris H.....03/30/2014
Cal W.....03/02/2017
Wellington. 03/08/2022
Benny C.....03/23/2022
Justin M.....03/23/2022

For Next Month: What Spiritual Principle do you as- sociate with Step Five?

Submit your response
to a member of the
Newsletter Staff

email:

**NEWSLETTERSAVANA
@GMAIL.COM**

Or reach out directly to
one of our committee
members

Your email implies your con-
sent to publish your content

Opportunities for Service

Do you need to get out of "self" and into service? Here are just some of the meetings in the area that need GSRs/ Alternate GSRs:

Back to Basics, Friday Night Speaker Meeting, It All Fits in the Cooker, JFT 9am, Last House on the Block, New Road Step Study, Palmdale Recovery Group, Quest for Serenity, Recovery by Choice, Saturday Morning Women's Retreat, Seriously Seeking Recovery, Sunday Serenity, Sunday Spiritual, T.R.I.B.E., Tuesday Noon.

Please review the Meeting Directory for more info about any of these groups.

*Commitment: the state or quality of being dedi-
cated to a cause, activity, etc.*

—Webster's New World Dictionary

From the Literature

"Recovery as experienced through our Twelve Steps is our goal, not mere physical abstinence. To improve ourselves takes effort, and since there is no way in the world to graft a new idea on a closed mind, an opening must be made somehow. Since we can do this only for ourselves, we need to recognize two of our seemingly inherent enemies, apathy and procrastination. Our resistance to change seems built in, and only a nuclear blast of some kind will bring about any alteration or initiate another course of action. A relapse, if we survive it, may provide the charge for the demolition process. A relapse and sometimes subsequent death of someone close to us can do the job of awakening us to the necessity for vigorous personal action."

—Excerpt, IP # 6, Recovery & Relapse

*Hope: to cherish a desire with anticipation: to want
something to happen or be true.*

—Webster's New World Dictionary

Newsletter Staff

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Phil S.— Vice Chair
Sandy A.— Secretary
Nancy H. — Editor

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