

The Tumbleweed Newsletter

Ask an Addict

For next month's edition of the Tumbleweed Newsletter, we are asking YOU: What is your favorite NA Event that you ever went to? Tell us about it! Scan the QR Code & send us an email.

All Definitions from Merriam-Webster.com

Finding Balance Through Service

Being of service is a big part of my life today. When I got out of jail, I believed that staying clean meant staying busy—and service seemed like the answer. In my first year out, I held around ten trusted servant commitments. It gave me structure and accountability. I learned how to be reliable, how to show up on time, and how to follow through—things I never did in active addiction. But over time, I started to notice something. Service was becoming my new obsession. It was like I had traded my addiction to drugs for an addiction to commitments. I wasn't taking care of other parts of my recovery or life. It felt like all I did was show up for commitments, and while that kept me clean for a while, I was out of balance. When I started doing step work, things began to shift. I started using the tools in the steps to reflect on my behavior and ask myself what my motives were. I learned that being of service is a spiritual principle—but like anything else, it can get distorted when I lose perspective. Through the steps, I learned how to set boundaries. I learned that it's okay to rotate out of service so someone else can step up and experience the unity and connection that comes from giving back. Today, I try to live in balance. I still serve, but I also make time for meetings, step work, fellowship, and my personal life. Service saved my life, but it's not the whole program. Narcotics Anonymous gave me tools—not just to stay clean, but to live a meaningful and balanced life. And that's what I try to carry forward, one day at a time. —Sandy A.



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 Saturday,
4pm, 1317 E. Palmdale Blvd.,
Palmdale
- ♦ H&I– 4th Thursday, 7pm
44447 10th St. W., Lancaster
(Tarzana Treatment Center, front parking lot)
- ♦ Public Relations– 4th Saturday,
12pm, 502 W. Ave. K,
Lancaster
- ♦ Newsletter– last Friday, 6pm
502 W. Ave. K, Lancaster

Upcoming Area Events

- ♦ Service and Learning Day
June 7th, 2-6p, 502 W.
Ave. K, Lancaster
- ♦ Independence Day Picnic
July 4th, TBD



May Birthdays!

Sue S.05/07/82
Ron05/10/94
Michael T.05/05/96
Karen M.05/15/97
Maribel P.05/10/99
Darla H.05/01/07
Tim L.05/19/08
Steve O.05/27/10
Jennie T.05/05/14
Julie05/15/15
Nicole W.05/27/17
Cherish V.05/15/20
Fernando05/03/23
Chante D.05/17/23
Lois D.05/20/24
Talbot W.05/27/24
Brian M.05/30/24

Email us! Scan *HERE*:



Service: 2c. *Contribution to the welfare of others*
Opposite, Hindrance: interfering with the progress of others

Responsibility: 1b. *Moral, legal, or mental accountability*

Opposite, Irresponsible: Lacking accountability

Faith: 2b1. *A firm belief in something for which there is no proof.* 2b2. *Complete trust*

Opposite, Doubt: 3a. Fear

—Merriam-Webster.com

Opportunities for Service—

Most meetings need trusted servants! Get involved at any level, support SAVA-NA in carrying the message to the addict who still suffers!

Purpose Through Service

Being of service helped me become accountable. It taught me the responsibility I needed to hold a job and start showing up as a functioning member of society. These were things I never knew how to do before recovery. Service gave me a sense of purpose when I didn't know who I was yet. One of my favorite commitments is opening the doors before a meeting. It may seem small, but for me, it's powerful. When I open the doors, I'm creating a space for the next addict to come in—just like someone did for me. That simple act reminds me that I'm part of something bigger than myself. But here's what I've also learned: it's important not to get addicted to service. It's easy to stay busy doing things for others and forget to do the deeper work on ourselves. Service is only one part of recovery. If we don't take the time to heal, grow, and do our step work, we can burn out—or worse, miss out on the full gift of recovery. My suggestion to anyone new is this: be of service, absolutely. It will help you stay clean, build character, and connect with the fellowship. But make sure you take care of yourself first. Do your step work. Get to know yourself. Then go help the next addict with a full heart and a clear mind. —April SE

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