



Southern Antelope Valley Area Narcotics Anonymous Newsletter July 3,2011 Spiritual Principal of Quote of the month "Unless you try to do something the Month beyond what you have already When I am practicing **HOPE....** I am mastered, you will never grow." practicing trust; **desire** with the ~Ralph Waldo Emerson expectation of obtainment; cherishing a **desire** with anticipation Five simple rules of When I am not practicing **HOPE** I am practicing.... disbelief in a higher Happiness power; lack of desire; doubt; question; fear 1. Free your heart from hatred 2. Free your mind from worries HOPE 3. Live simply 4. Give more Hearing Other People Experience 5. Expect less

# Narcotics Anonymous, My Wisdom of Choice

I am on a journey that is all about me, I am an individual with unconditional love and feeling that is consciously self- aware of my new spiritual principals and concepts that I have learned through the sponsorship and rooms of narcotics anonymous.

My awakening is so true and has brought me the freedom to never have to use again, and the freedom of choice to love myself first to love you unconditionally. This path I have taken in the arms of Narcotics Anonymous taught me how to use my heart and mind together and try to show an example of Unity.

Those with a sharp tongue and who want to police members of NA, shall not be recognized as to who they have become, no matter how many years clean, but rather have them recognized as a member who needs recovery and still not pass a judgment while knowing this and that we all continue to love this person along with others unconditionally.

To have unconditional love is to welcome all to the rooms with oneness, closeness, and togetherness, to pray for only good without harm of any people. I try not to find our differences which would only keep us apart, but find what we all have in common. What we have in common brings us all together, we can dream again when we could not dream before, I have a dream! Do you? Ask yourself, "What Is My Dream?"

~CindyAnn Chairperson SAVA-NA

# N.A. Birthdays

\*Loretta C.06-28-86\* \* Jody H. 06-14-87\* \*Bob 06-03-89\* \*Phil 06-25-95\* \*Lisa H. 06-02-07\* \*Zack M. 06-18-07\* \*April A.06-27-07\* \*Misty G. 06-03-08\* \*Ashley H. 06-18-09\* \*Christine E. 06-07-10\*

LIVE FREE,LIVE CLEAN, A BETTER LIFE IS 12 STEPS AWAY

#### Recovery on the Web

Online Meeting Site www.earthgroupna.org

www.fishingforrecovery.com

#### www.na.org/wcna

S.A.V.A.N.A. Website www.sava-na.org

Get the newsletter sent to your E mail, send your request to tumbleweed\_newsletter@yahoo.com

## Service Committees

Area Meeting - 1<sup>st</sup> Sunday at 2101 E. Palmdale Blvd. at 2:00pm Hospitals & Institutions - 4<sup>th</sup> Thursday at 44447 10<sup>th</sup> St. West at 7:00pm Activities - 3<sup>rd</sup> Wednesday at 2101 E. Palmdale Blvd. at 7pm Phone lines - 3<sup>rd</sup> Sunday at 339 E. Ave. K-8, #115 at the Lost N Found at 4:00pm 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 - 3<sup>rd</sup> Sunday at 339 E. Ave. K-8, #115 at the Lost N Found at 4:00pm Policy - 4<sup>th</sup> Friday at 1326 W. Ave. H-14, Lancaster at 6:00pm Convention - CLOSED

#### Tumbleweed Staff

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

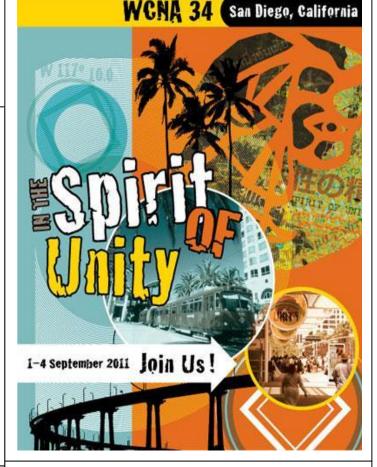
# Upcoming Events

SAVANA 4th of JULY PICNIC McAdams Park Palmdale 10AM to 4PM

Regional Convention Narcotics Anonymous 32

#### "Hope Over Fear"

Fri, Sat, Sun, November 25, 26 and 27, 2011, The Southern California preregistration is now available. Continue to check for online registration which is coming soon.



### 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