



The Tumbleweed



Southern Antelope Valley Area Narcotics Anonymous
Newsletter
July 3, 2011

Spiritual Principal of the Month

*When I am practicing **HOPE**....I am practicing trust; **desire** with the expectation of obtainment; cherishing a **desire** with anticipation*

*When I am not practicing **HOPE** I am practicing.... disbelief in a higher power; lack of **desire**; doubt; question; fear*

HOPE

Hearing Other People Experience

Quote of the month

*"Unless you try to do something beyond what you have already mastered, you will never grow."
~Ralph Waldo Emerson*

Five simple rules of Happiness

1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
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 - 1st Sunday at 2101 E.
Palmdale Blvd. at 2:00pm
Hospitals & Institutions - 4th Thursday at
44447 10th St. West at 7:00pm
Activities - 3rd Wednesday at 2101 E.
Palmdale Blvd. at 7pm
Phone lines - 3rd 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 - 3rd Sunday at 339 E. Ave. K-8,
#115 at the Lost N Found at 4:00pm
Policy - 4th 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 pre-
registration is now available. Continue to
check for online registration which is
coming soon.

WCNA 34 San Diego, California

IN THE Spirit OF Unity

1-4 September 2011 Join Us!

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
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