

Never Alone *sfv*

San Fernando Valley Area Newsletter

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Mar-Apr 2005

Alone By: Gloria K.

My worst moments in life were loneliness. I nearly died from it as a drug addict. As a clean addict, it still tears at my soul. One of the first thoughts I had clean was why aren't there 24 hour places where drug addicts could go to be together — 24 hours, 7 days a week club-houses all over, where no addict EVER had to be truly alone. Before I found NA, I remember the sleepless, insane nights, dreading Saturday or Sunday morning, when I would need to re-boot my drug-induced coma just not to feel the pain of being alone. When I finally gave up drugs after my first week in NA, the wreckage of my present was everywhere. I had moved into a small apartment about a year earlier and for the most part had not unpacked. Everything was still in boxes, except for the barest necessities. I still (after a total of about 21 years clean) have nightmares about being alone — NIGHTMARES! I also have nightmares about that same apartment where I didn't unpack being full of caged parrots that are starving and without water because I couldn't face the loneliness of that apartment to come back to feed them or give them water. When finally I could return to feed them, my mailbox would be over-stuffed with mail, which I had no key to open and I was always afraid to go into the apartment because I thought all of the parrots would be dead in their cells. Like me, dead in my cell of loneliness. One dream I had in recovery was being in a mental institution the size of the Spruce Goose hangar. I was the only patient and they had to put artificial cell bars around me so that I could feel contained, the only identity I could have. There were nurses

Quote of the Month:
The longest journey
you will ever take is
from your head to your
heart.

there, so I wasn't alone, and it felt good. I feel like crying as I write this; this is not one of the places in my sick mind that I like to visit. It's bad enough when it visits me, which is all too often. I still need NA 24/7, but it's not there. Only marathons on holidays, conventions, recovery living arrangements when you're lucky and a few club houses. There should be apartments of NAers, total communities, like the post-recovery ones attached to recovery homes. I never felt so secure as when

I was in a recovery house, because I was not alone. Near the end, when I started to recover, the insanity got to me of still being isolated even in a facility of people trying to recover; it still was clickish and I wasn't in the in-crowd (story of my life).

When we find in our meeting rooms when we walk in, the feeling of not being alone, we need to have available in MANY places and options where we can live like that. It's just too painful to be alone.

You wouldn't want to know my other nightmares of trying to find the right apartment, that never is right because there is no one who will share it with me.

The one good dream I had, which was within the first year of clean time, was the I had cocaine on my car and it blew away in the wind and I had such a feeling of relief to not be a prisoner of cocaine. Now if only I didn't have to be a prisoner of my own mind. It's not about one meeting a day; it's about not being alone in the middle of the night. It's about not waking up alone. It's about NEVER having to be alone again.

The Meeting Corner

This section is dedicated to meetings requesting support, the date, time and location of each meeting will be posted. Each month there will be a meeting that is in the spotlight and will be talked about in a little more detail.

S **Through the Iron Gates,** **North Hollywood**

COME ONE; COME ALL ! !
The "Through the Iron Gates" meeting is in dire need of support. Held on Sunday's 7-8:30pm in the Valley Shelter located at 7843 Lankershim (cross street Arminta). This is an open speaker/participation meeting with plenty of newcomers ready to meet more people in recovery. You will have to park on the streets surrounding the facility, so come early to make sure you don't miss out on a minute of this meeting ! ! !

Meetings Requesting Support

Monday

6pm *We Do Recover*
6006 Laurel Canyon
(at Oxnard Spirit Studio 12)

7pm *Chase Your Recovery*
Chase/Van Nuys

Wednesday

730pm *Knollwood Meeting*
12121 Balboa Blvd.

Sunday

7pm *Youth & Recovery*
18546 Roscoe Blvd.
*Clean time support
and a new location*



BIRTHDAYS



Michael	1 year	Tony	4 years
Greg	1 year	Art	5 years
Amanda	1 year	Bob	6 years
Justin	1 year	Mitch	10 years
Edwin	1 year	Armin	11 years

The Support System

By: Gary H.

*We came to this fellowship
called Narcotics
Anonymous,*

*While listening to others—we
find something
synonymous,*

*Sharing our own lives of the
diseases pollution,*

*Here in this spiritually based
program—is every
solution,*

*Just for today we hear—being
said in each room,*

*Taking a commitment—causes
the diseases timely
doom,*

*After meetings—we take down
those important
numbers,*

*In case the disease wakes from
our mental slumber,*

*By being new—we work the
steps with our sponsor,*

*Helping to arrest within us—
the unseen monster,*

*The diseases invisible bonds—
they begin to slip,*

*Feeling comfort in our skin—
loosens its power grip,*

*Many of us live life and find
no matter what we cope,*

*The God of our understanding
has given us the gift of
hope.*

THE END!!!

UPCOMING ACTIVITIES

DANCES

Eastern Inland Empire Presents the 13th Annual Day of the Dinosaurs

Saturday March 19th, 2005
Ingalls Park/Norco Fairgrounds
At the end of 6th Street

7 Speakers with 15+ years clean
time ~ Speaker tapes ~ Food ~
Memorabilia ~ Fun ~ Dance with
2 BANDS

\$7/single ~ \$12/couple
12 noon until 12 midnight

For more information call:

Gary V. (951) 280-9929 or
Dick D. (951) 736-3639

San Fernando Valley Invites You To Dress to Impress III

Saturday April 9th, 2005
First United Methodist Church
18120 Saticoy Street
corner of Saticoy & Lindley

Speaker Meeting 8 pm--9pm
Dance 9:15pm--12:30am

\$7.00 Donation

For more information call:

Patrick C. (818) 720-4054 or
Rita R. (818) 266-1181 or
Tom (818) 571-8303

CONVENTIONS

World Convention of Narcotics Anonymous (WCNA 31)

"ONE FELLOWSHIP MANY FRIENDS"

September 1 - 4, 2005

Hawaii Convention Center and
the Hilton Hawaiian Village
Resort

Register online: <http://www.na.org>

For more information:
Call 818-773-9999 ext. 200

Brunches/Luncheons

Orange County Area Presents the 8th Annual Dare to Care Sponsor/Sponsee Brunch

Saturday April 9th, 2005
Anaheim Plaza Hotel
1700 S. Harbor Boulevard
Anaheim, CA 92802

9am—2pm
Brunch Served 10am—12pm
\$22.00 Donation. Presale Only! !
To purchase tickets call:
Melissa B. (714) 675-5765
Alan C. (714) 612-8218
For Information call:
Gina B. (714) 381-9133

Westside Area's Women's Luncheon

Sunday April 24th, 2005
Marina del Rey Hotel
13534 Bali Way

11am—3pm
\$30.00 Donation
To purchase tickets call:
Julie (310) 500-0698 or
Kristy (310) 903-9269

Northern Counties Area Sponsor/Sponsee Luncheon and Speaker Meeting

Saturday April 30th, 2005
Casa Moreno
118 N. Citrus Avenue

11am—3pm
Lunch is \$20.00 or bring your
Sponsor and pay \$38.00 for two
Pre-Register by April 24th
No on-site registration
For more information call:
Janice K (626) 222-2471 or
Jim S. (626) 974-8981

How do I submit some- thing to the Newsletter?

Easy, write your submission,
whether a story, experience, poem,
comic, or anything recovery related

Then e-mail-it to:

neveralone2@nasfv.com

Or mail it to:

SFVNA
Never Alone Newsletter
P.O. BOX 4143
PANORAMA CITY, CA 91412