

Never Alone *sfv*

San Fernando Valley Area Newsletter

Volume 10 Number 3

May-June 2005

Answer to the question, "What freedom have you experienced as a result of working the twelve steps?"

By: Joi G. (South Atlanta Area, Georgia)

Let's see Freedom... in the beginning I didn't think that was an attainable event. I didn't understand this "Happy, Joyous, and Free" crap that you all were trying to feed me. Yeah right!!

However today I've learned that I am free from the self imposed prison in which I lived for many years. This prison consisted of walls of self-hate, guilt, shame, resentment and the prison guard was Isolation. See, I put myself in this prison, but through understanding and applying the 12 steps, 12 traditions, and 12 concepts to the best of my ability each day, I am paroled and the disease is now arrested.

The freedom I'm experiencing today has grown and has deepened because I've also learned about this thing called surrender with my Higher Power in order to keep the disease arrested, I free myself.

The other thing I know about freedom is that it ain't free. I had to do some work to get here. By work I mean removing those walls stone by stone by going to meetings and sharing before the meeting, during the meeting and after the meeting. Getting phone numbers AND USING THEM

even when I didn't know what to say to the person on the other line. God worked for me as long as I put in the footwork. He guided me to people who were patient enough to just take the conversation and run with it when I couldn't say anything or be hones about how I was feeling when I did call. And that guard of isolation was fired too when I started doing service work dealing with other people at every meeting, when I had to make coffee or set up tables/chairs. See I wanted to do

these things by myself. I felt comfortable doing them alone, but people kept pitching in, doing service work themselves, and told me this is a "WE" program. Then when this new guard called Ego Pride came

into the picture as my service level increased, I was imprisoned again, had to get back to basics with the steps, journaling, etc. and was again released to experience a new level of freedom.

Just for Today... as long as I stay free in my mind, connected with the God of my understanding, and practice some H/O/W, freedom from prison is what I'll keep experiencing.

Quote of the Month:
Freedom from active addiction brings hope for a new life

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.

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Youth & Recovery Reseda

Do you feel inspired by youth seeking recovery? If you do this is the perfect meeting for you. This is a great meeting but is in dire need of support from members with clean time. Plenty of newcomers needing to hear a great message. Held on Sunday from 7:00pm to 8:30pm. Located at 18549 Roscoe Blvd, the northwest corner of Roscoe and Reseda. This is an open participation meeting, with a speaker meeting held the last Sunday of every month. Don't worry about parking, there is plenty. **Remember**, you're only as old as you feel.

Meetings Requesting Support

Monday

- 6pm *We Do Recover*
6006 Laurel Canyon
(at Oxnard Spirit Studio 12)
- 7pm *Chase Your Recovery*
Chase/Van Nuys
- 8pm *Unity in Recovery*
18646 Oxnard St
(Tarzana Treatment Ctr.)

Wednesday

- 730pm *Knollwood Meeting*
12121 Balboa Blvd.
- 8pm *Pacoima Speaker Meeting*
11243 Glenoaks
(Pacoima Community Ctr.)
- 8pm *Fresh Start*
6142 Hazelhurst Place

Thursday

- 7pm *Recovery in the Park*
10058 Reseda Blvd
(Northridge Park)

Friday

- 7pm *All in an Hour*
5730 Cahuenga Blvd.

Saturday

- 10pm *Lighten' up the Rock*
7747 Foothill Blvd



BIRTHDAYS



Kanoa	1 year	Jerry	9 years
Chris	1 year	Ted	12 years
Johnny	1 year	Caryn	12 years
Don	1 year	Nicole H	12 years
Jerry	1 year	Steven	13 years
Ally	1 year	Andy	16 years
Raymond	4 years	Don	23 years
Diane	7 years	John	25 years
Kim	9 years	Chuck	35 years

Thanks 4 Being Here

By: Robin
(Columbus, Indiana)

As I sit here in despair
I wondered how I didn't care
Thinking of the recent past
Knowing that this too shall pass
Then I seen how sick I was
What truly my addiction was
My mind is filled with endless thoughts
Keeping me from reaching out
As I crawl through what is left
I do know now its in the past
Getting through it is the key
Maybe soon I will see
What truly has been given to me
Another chance at this life
Gotta keep my head held upright
Moving on is where I'm at
Thank you all for giving me
Hope and love just what I need...
Thanks 4 being here!

My First Look...
I walked in very timidly
Unsure of what was next for me
I listened very quietly
You shared a touching memory
It hit me hard just listening
A tear drop fell just knowing
My life like yours full of addiction and
disease
You opened up your arms to me
I shrugged, you hugged me tightly
I seen that night what I wanted for me
To be free from the addiction of disease
That the life I want for me
A choice is all its up to me
So you see...
I will keep comin' back
To stay from this addiction
And keep working on me...
Thanks 4 being here,
Robin R.

N.A. I LOVE THEE

By: Bill B.
(San Fernando Valley Area)

N.A. is the place to be,
Wouldn't you agree,
N.A. is a want and a need,
After you try this you will see,
N.A. isn't as hard as it seems to
be,
N.A. is solid like a tree,
Someone in N.A. has plated
the seed,
N.A. helps me believe in me,
N.A. has set my spirit free,
N.A. how I love thee.

UPCOMING ACTIVITIES

Picnics

Desert Empire Area "THE SPRING FLING"

Saturday May 21, 2005
400 Avenue G
Barstow, CA 92311
Fogelsong Park

10am Open
1pm Burgers & Hotdogs
3pm Speaker Meeting
Dusk Close
For more info call:
Andy A(760) 447-3101 or
Kurt H (760) 447-4130

San Gabriel Valley Area "Memorial Day Picnic"

Sunday May 29, 2005
2575 East Paloma
Pasadena, CA

10 am Speaker Meeting
12 pm Food & Music
4 pm Clean Up
For More info call:
(626) 298-3802 or
(626) 398-1820

San Fernando Valley Area "Monday In The Park"

Monday, May 30, 2005
Balboa Park
Corner of Balboa & Burbank

Begins @ 10 am
Ends @ 4 pm
Food Served 11am to 2 pm
For More info call:
Patrick (818) 720-4054 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

Campouts

County Line Area "Adult Overnight Campout"*

June 18 - 19, 2005
Sycamore Cove

10 am Sat - 10 am Sun
Tickets \$20 per person
(Pre Sale Only)
50 Tickets Available
Parking Included

Food & Beverages NOT Included
Tent Camping ONLY
No RV's — No Pets

*Over 18 - No Children
Any "Young Adult" member of NA under
18 must bring written proof of permission
of attendance and release of legal liability
by parent or legal guardian for insurance
reasons, per California State Parks
guidelines.

For Ticket Sales Info:
Aleen F (805) 5820947

Comedy Show

Orange County Area "Laffin 4 Life"

Saturday May 21, 2005
1320 Sanderson
Anaheim, CA

Starts 8:30pm - 10:30pm
\$10.00 Presale
\$15.00 At the Door

For More Info:
Dawn (714) 504-3292 or
(714) 841-3232 or
Shane (714) 290-3559

Recovery House Info call Dawn

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