

Forgiveness

By: Tommy H
San Fernando Valley, CA

To forgive others is really just a way to release the self destruction that we do when we hold resentments inside.

It's been said "Resentments are like taking poison and hoping someone else will die!"

When doing a 9th step please don't forget to put yourself first on the list, because we need to forgive ourselves so we can let go.

When we think that we're making others suffer because we don't forgive them we are the fool, because if they have forgiven themselves and moved on then the only one who is suffering is us because we think about it and we carry it everywhere we go.

Please remember when we do a 9th step it doesn't matter if they forgive us right now.

We clean up our side of the street. That is self forgiveness.

We do our part. We try.

When I forgive myself and learn to let it go then I'm at peace.

Learn to follow your heart.

9th Step Prayer

By: Anonymous

Higher Power, I pray for the right attitude to make my amends.

Being ever mindful not to harm others in the process.

I ask for Your

guidance in making indirect amends by staying abstinent, helping others and growing in my spiritual progress.

UPCOMING ACTIVITIES

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

QUESTION OF THE MONTH ???

Each month there will be a new "Question of the Month". The purpose of this is to help addicts on their road to recovery and get insight from other addicts on issues that someone may be having at the time.

Each question will be based around the next newsletters theme.

This month's question is:

Is there something specific you say or do when you make the decision to turn something over to your higher power?

When you submit your answer to this question, please make sure to write "QUESTION OF THE MONTH" on the envelope or on the response so we know what it goes with.

Picnic

Greater Los Angeles Area "Summer Madness"

July 23, 2005
Ladera Park
6027 Ladera Park Avenue
Los Angeles, CA 90056

Meeting, Music, Food for a small donation, Water Fun

For info call:
Leta H 323-733-7698 or
Ron A 310-903-3536

Meeting & Dance

So. Cal. Regional Activities "Celebrating 52 years of Serenity"

Saturday July 23, 2005
Glendale Civic Auditorium
1401 N. Verdugo Road
Glendale, CA 91208

Speaker Meeting 7pm - 9pm
Dance 9:30pm - 1am
Donation \$10 per person
Parking in lot 31 \$6

For info call:
Albert C 909-260-7767 or
Barry R 213-839-2979

Beach Bash

Orange County & No. Counties "The Beach Bash"

Sunday, August 7, 2005
Bolisa Chica State Beach
Tower 25-26

Plate of food w/drink \$6 pre-sale
For info call:
Dawn 714-841-3232 or
714-504-3292 or
Janice 626-222-2471

How do I submit something to the Newsletter?

Easy, write your submission, whether a story, experience, poem, comic, 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