

Never Alone *sfv*

San Fernando Valley Area Newsletter

Volume 10 Number 6

Nov-Dec 2005

Addiction
Submitted by: Anonymous
Via email

Letting go of Resistance
Submitted by: Anonymous
Via email

The
Meeting Corner

I have taken over you,
Growing slowly through the years.
I gave you visions of ecstasy
While I fed upon your fears;
I made you feel inadequate,
I crept into your soul;
I was growing, ever stronger
As your heart was growing cold.
I let you see only hopelessness,
The hurting pain and strife.
I pushed until your will
collapsed
So I could own your
very life

Now, I am feeling some
resistance,
I can feel your spirit
grow.

I sense somewhere in
the distance

You are searching for your soul.

My life is slowly ebbing,
Into darkness I must go;
But as I lie here sleeping
I will never cease to grow.

For I am always in you,
I will never truly end.

So you must keep a constant vigil
Or I will own you once again.

I will lie here always

Creating voices in your mind.

So you must keep a constant vigil
For I am always keeping mine.

**Quote of the
Month:**
*Having a resentment
is like drinking
poison and
expecting
someone else to die!*

Do not be in such a hurry to move
on. Relax. Breathe deeply. Be.
Be in harmony today. Be open.
There is beauty around and in us
today.
There is purpose and meaning in
today.

There is importance in today—not
so much in what happens to us, but
in how we respond.

Let today happen. We
learn our lessons, we
work things out, we
change in a simple fash-
ion: by living our life
fully today.

Do not worry about to-
morrow's feelings, problems, or
gifts.

Do not worry about whether we can
trust ourselves, life, or our Higher
Power tomorrow.

Everything we need today shall be
given to us. That is a promise –
from God, from the Universe.

Feel today's feelings. Solve today's
problems. Enjoy today's gifts. Trust
yourself, life, and your Higher
Power today.

Acquire the art of living fully today.

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**The Payday Meeting
North Hollywood**
For many people, Friday is pay-
day. For many addicts, payday
means the start of a run. You've
got money and all weekend for the
celebration. That's the life of the
"functioning" addict. However,
that doesn't work for us anymore,
so on Friday mornings, before you
pick up your paycheck, clock in for
an hour of NA and stop that think-
ing before it takes hold. Payday is
an open participation meeting from
8am to 9am Friday mornings at
Spirit of Studio 12, 6006 Laurel
Canyon Blvd. in the shopping center
on the northeast corner of Laurel
Canyon and Oxnard in North Hol-
lywood by the unaffiliated 7-
Eleven. Parking is either on the
street or at the unaffiliated mattress
store on Laurel Cyn. Whether
you're on the way to get a check
or not, schedule some recovery to
start your weekend. That way
you've already paid yourself.

Meetings Requesting Support

Sunday

7pm *Sunday Night in the Park
Tujunga
On the corner of Wyngate &
Foothill Blvd (behind Fire Stn)*

Wednesday

730pm *Knollwood Meeting
12121 Balboa Blvd.
North Hills*

Thursday

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

630pm *Finally Free Through Recovery
8737 Van Nuys Blvd
(main entrance near Parthenia)*

Friday

8am *The Pay Day Meeting
Studio 12
Plenty of Open Seats!!!*

Saturday

8pm *Voice of Recovery
16432 Septo St.
North Hills, 91343*



BIRTHDAYS



Tony	1 year	Rosie	3 yrs
Kevin	1 year	Avedis	3 yrs
Dena	2 yrs	Stacy T	4 yrs
Jennifer	3 yrs	Sally	11 yrs
Gina	3 yrs	Ric	18 yrs
		Mike	20 yrs

Addiction is a Family Disease and Recovery
can be a Family Solution
Submitted by: Lea R
San Gabriel Valley Area

I am sharing this with my NA family and if anyone is struggling with family relationships or relationships in general I hope that this message helps you.

I asked my mother and daughter to go to a Nar-anon meeting, at first they resisted and I told them that I am working on myself with my meetings and my program but that I could not continue to live here if they could not see that there were other issues we needed to take a look at.

They insisted that we go together and so we went together on Tuesday, 09/13/05, we read out of the literature and my daughter shared and understands the purpose of the meeting. She has grown up in the rooms for 12 years and she caught on to the idea of her personal need for healing and sharing her feelings.

My mother still thinks I am the problem, and that is okay, but the good news is she plans to continue to go with my daughter. Ca we all say co-dependency (lol).

Since that one meeting, communication has been better, no yelling, etc....I am not sure if it is because I know now that they are willing to support me in the recovery process or that I have hope that they will find their own solutions. All I can say is that the atmosphere and the communication between my daughter and mother and me has improved from attending one meeting.

We are taught in recovery that we are the problem and we can only change us.

I have seen many people give up ever having healthy relationships with their immediate family. I believe that recovery is possible in all areas of our lives.

I saw so many supported addicts and their family's at the NA World Convention in Hawaii, with their non-addicted family members and heard stories of how people were together with their extended family, it gave me hope and the courage to ask my family to join me in the recovery process.

I am blessed! ! ! !

Peace and Serenity....Lea R

UPCOMING ACTIVITIES

MARATHONS

There are many marathons for Thanksgiving here are a couple

Never Alone Never Again
SFV Area Thanksgiving Marathon
Wed Nov 23 11pm to
Thurs Nov 24 10 pm
18120 Saticoy Street
Saticoy/Lindley

SGV Area Thanksgiving Marathon
Thurs Nov 24 12 noon - 12 midnight
300 South Los Robles
Los Robles/Del Mar in Pasadena

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.

This month's question is:

Is there an experience, within your first 90 days, when you look back on it still gives you strength today?

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.

CONVENTIONS

Southern California Regional Convention of Narcotics Anonymous XXVI
"A BETTER PERSPECTIVE"

November 25 - 27, 2005

DoubleTree Hotel
222 N. Vineyard Ave.
Ontario, CA 91764

Pre-register by Nov. 4, 2005 \$20
On-Site Registration \$25
Send in your pre-registration to
SCRCNA 26
P.O. Box 1075
West Covina, CA 91793

San Fernando Valley Area Convention of Narcotics Anonymous XI
"A CELEBRATION OF FREEDOM"

January 20 - 22, 2006

Burbank Airport Hilton
2500 Hollywood Way
Burbank, CA 91504

Pre-register by Jan 5, 2006 \$15
On-Site Registration \$20

Send in your pre-registration to
SFVACNA XI
P.O. Box 1806
Burbank, CA 91501

NEW YEARS EVE

Southern California Regional Activities Presents
"New Years Eve Celebration"

Veterans Memorial Building
4117 Overland Ave.
Culver City, CA 90230
7pm - 9pm speaker meeting
9pm - 1am dance \$10 donation
Ring in 2006 in the spirit of NA Fellowship!!!

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