

Never Alone sfv

San Fernando Valley Area Newsletter

Volume 11 Number 1

Jan-Feb 2006

The Disease
Submitted by: Anonymous
Via email

The
Meeting Corner

I have a disease called addiction.
Yes I am powerless but how do I accept this condition?

I go to meetings and try to listen and sometimes throughout the day my mind glamorizes and the thought of using glistens.

I say the serenity prayer out of fear and try to believe a few new friends really care.

Many times I feel hopeless and doomed.

I try to get out of it but just get consumed.

Up and down a rollercoaster I go.

I wish it would stop but when I do not know.

This disease is so powerful and angry.

All it wants is control of me.

There has to be a way to deal and am told in order to do that I must feel.

I'm feeling many things...Anger, tired, lonely and fearful

That sometimes I become quite tearful.

For many years I have used.

I can now see the progression

and how I abused.

I have been numb for so long God, how I want to feel I belong.

What a false sense of security this disease has given.

I want to feel that life is worth living.

Suicide and using are not an option.

Quote of the Month:

You have to stand for something; or else you'll fall for anything!

Finding a new way to live will take much caution.

I should be grateful for the disease has been arrested

but every single day I feel I am being tested.

I'm not sure of my real personality

but am told in order to make it I need spirituality.

How do I get all that I need when all the disease wants is to feed?

I know the answers and not in a bottle or in dope.

All I need is to learn how to cope

then maybe I'll have a little hope.

**Reality Check
Van Nuys**

S **P** **O** **T** **I** **G** **H** **T**
Attention young/young at heart people in recovery; don't let your REALITY CHECK bounce. Come to Birmingham High School on Thursday at 8pm. Enter the parking lot off Victory Boulevard, cross street Balboa. Held in the Cafeteria, this meeting welcomes members of all ages. It has a rotating format and lots of people ready to hear the message. This is an "Open, Young Persons" meeting that is requesting support from young and not so young members alike. Hope to see you there.

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



Brandy	1 year	Diane R	4 years
Bob	1 year	Carol	7 years
Charles	1 year	Bill	15 years
Michael J	2 years	Alan	16 years
Cisco	2 years	Susan	17 years
Kevin	3 years	Nancy	23 years
McKay	4 years		

Topic For Recovery.....Forgiveness
submitted by: Tommy H.
San Fernando Valley Area

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.

If you want to carry the resentment then you suffer at your own hand.

Learn to follow your heart.

This Is What It Takes
Submitted by: Anonymous
Via email

To the suffering addict that I love,
you are being watched by an angel
above.

Look & follow the guiding light,
As God will help you in this fight.
I know how scared you are right
now,

Just ask God to show you how.
He will be with you all the way,
so get down on your knees and
pray.

If you want to be happy and live,
it's all of your heart you have to
give.

We both know what you have to
do,

now my friend it's up to you.
Every time you shed a tear,
just remember that I am here.
I will always be your friend,
I pray this doesn't take you to the
end.

I love you my sister, my brother,
we all have what it takes to
recover.

UPCOMING ACTIVITIES

REGIONAL

Southern California Regional Assembly Workshop (SCRAW)

February 4, 2006 -- 9am - 5pm

Community Services Center
7800 Katella Avenue
Stanton, CA 90680

A service Workshop for GSRs, RCMs
and anyone interested in learning
about the upcoming motions on the
Conference Agenda Report (CAR)

Registration donation \$5 suggested

CAR - (Conference Agenda Report)
available at the door for \$5

For Information call: 1-800-TODAYNA

Southern California Regional Cruise Committee Presents "MIRACLES AT SEA"

October 1, 2006 to October 8, 2006

Puerto Vallarta, Mazatlan, Cabo San
Lucas

Inside cabin \$725, Outside cabin \$875,
Oceanview stateroom \$995
Deposit of \$200 PER PERSON

Payment by check or credit card
checks payable to

BTC

1530 Foothill Blvd.
La Canada, CA 91011
Reservations: 818-790-0302

Contact persons:

Cheryl B. 323-255-2080 or
Albert C. 562-806-2263

QUESTION OF THE MONTH ???

How did you spend your first clean holiday?

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 the submission goes with.

CONVENTIONS

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

EVERYTHING ELSE

Spring Gathering XV "CASINO NIGHT FUNDRAISER"

February 18, 2006
6:30pm to Midnight

El Bekal Shrine Assoc.
1320 S. Sanderson Ave.
Anaheim, CA 92806
Pre-sale \$8 ticket buys \$50 in chips
Door \$10 ticket buys \$50 in chips

For info, tickets or to volunteer call:
Jim M. 626-675-7412 or
Micki G. 562-896-5310

Santa Clarita Area Presents "THE 7TH ANNUAL PANCAKE BREAKFAST"

March 18, 2006 -- 8am to 3pm

First Presbyterian Church
24317 Newhall Ave.
Newhall, CA
Pre-sale \$3 for kids and \$6 for adults
for info call
Craig 661-904-8337
Recovery House Info call
David M. 661-313-5194

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