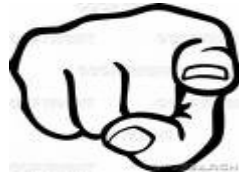




SAN FERNANDO VALLEY AREA
CONVENTION 13
January 18, 19, 20, 2008
Burbank, California



SFV H&I Wants You !

If you have a desire to be of service by carrying the message of hope and freedom from active addiction in Narcotics Anonymous® through H&I panels, contact us by Email:

nasfvhandi@nasfv.com

Or better yet, please attend one of our meetings and join our subcommittee. The H&I Subcommittee meets in North Hollywood on the first Monday of each month, at 8:15 PM at Valley Plaza Park Recreation Center in the Arts and Crafts Room, next to the Rec. Center Office, 12240 Archwood Street



The San Fernando Valley Public Information Subcommittee meets at 7pm on the last Tuesday of every month. Location: 6614 Tyrone Ave, Van Nuys, in the garage (Do not

enter the house, please) To see about scheduling a Public Information presentation to your organization, send your email request to the PI Subcommittee Chair, Rich B:

nasfvpi@nasfv.com

How do I submit something to the newsletter?

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

Then e-mail it to:

nasfvneveralone@nasfv.com

Or mail it to:

SFVNA c/o Never Alone Newsletter
P.O. Box 4143
Panorama City, CA 91412

For your convenience, now we have a submission form on www.nasfv.com

Never Alone



San Fernando Valley Newsletter

December 2007

At the end of the day
When I lay my head on my pillow
All I have is my higher power
And how I have treated those around me
It's important for me to remember
That every day I must work the first three steps
Remember that I am powerless over people, places and things
Have hope that my higher power can help me
And, most importantly
Let it help me
What that means to me is that I cannot act out in fear
Fear brings with it selfish, self-centered actions
Those actions hurt both those around me and myself
I do not want to hurt
I want to be a person who practices principles
Honesty, forgiveness, patience, tolerance, acceptance, gratitude, kindness,
understanding and love
For in that practice there is serenity
For those around me and for myself

Submitted anonymously via e-mail

Such Stuff As Dreams Are Made Of... By: Bill C

I had a dream the other night. I awoke and fumbled for pen and paper to put the images and thoughts that had imprinted themselves so graphically on my consciousness. It was a violently vivid dream and I felt a certain reality to the people, places, things and times that permeated my illusion. I was older, not happier; peaceful, not contented. As I read the dream the next day, I was reminded of the realness of it. I couldn't shake the feeling of having lived and experienced all of the history that was the dream.

And, it occurs to me that my life could be a dream, that my reality is all of my making; that I experience my created thoughts, words and deeds, as I need to without conscious forethought of consequence. I believe that I will be and therefore I am going to be. This really isn't popular thought. I am pretty sure that most people would not hesitate to tell me that a dream is just a dream and real life is the kick in the ass it always has been and always will be.

I wonder.

When I was in the throes of my disease, I relied on familiar surroundings of my car, the convenience of the nearest payphone, the cleanliness of the needle. I did not rely on the temperature of the day to soothe my anxiety, the untouchable love of my friends and family to ease my pain, the color coordination of my clothes to eliminate the scrutiny of the connection. My reality was the expectation of relief from the pain of not having a cloud of heroin encompassing me, my surroundings, and my world. That was my understanding of where I was: Godless, peace less, mindless, emotionless... the list of *LESS* was without end.

Then, I surrendered. I did come to believe in a higher power, I made a different kind of decision. In Narcotics Anonymous, I found peace of mind that illuminated a different reality. And I thought that this too was a dream. And, I got a sponsor that referred me to a spiritual program that told me that my life was a dream trying desperately to return to God and escape the entrapment of my ego. My dream this day is to believe that I am peaceful, that I am loved, that I love myself, that I am on a spiritual journey of self-enlightenment to receive the ultimate enfolding arms of my God. And, I truly believe that this is the dream that I am dreaming.

The SFV Activities Committee Presents

NEVER ALONE



NEVER AGAIN

DEC 24-25 &
DEC 31-JAN 1
"BRING GOODIES IF U CAN"
2 SETS OF
MARATHON MEETINGS

Meetings Every Hour On The Hour.

Mon.- 10 PM thru Tues.- 10 PM (last meeting 9pm)

FOR DEC. HOLIDAY & NEW YEARS

18120 Saticoy
Street, Reseda
First United
Methodist on the
corner of Saticoy
& Lindley

near to the 101 & 405



[click for map](#)



for more info call the helpline at: 818 997 3822

www.nasfv.com