



The san Fernando Valley Area

Never Alone News Letter

October to December 2018

GRATEFUL

BY [MADISYN TAYLOR](#)

There is always something to be grateful for, even when life is hard and times are tough.

Every day is a blessing, and in each moment there are many things that we can be grateful for. The world opens up to us when we live in a space of gratitude. In essence, gratitude has a snowball effect. When we are appreciative and express that gratitude, the universe glows a bit brighter and showers us with even more blessings.

There is always something to be grateful for, even when life seems hard. When times are tough, whether we are having a bad day or stuck in what may feel like an endless rut, it can be difficult to take the time to feel grateful. Yet, that is when gratitude can be most important. If we can look at our lives, during periods of challenge, and find something to be grateful for, then we can transform our realities in an instant. There are blessings to be found everywhere. When we are focusing on what is negative, our abundance can be easy to miss. Instead, choosing to find what already exists in our lives that we can appreciate can change what we see in our world. We start to notice one blessing, and then another.

When we constantly choose to be grateful, we notice that every breath is a miracle and each smile becomes a gift. We begin to understand that difficulties are also invaluable lessons. The sun is always shining for us when we are grateful, even if it is hidden behind clouds on a rainy day. A simple sandwich becomes a feast, and a trinket is transformed into a treasure. Living in a

state of gratitude allows us to spread our abundance because that is the energy that we emanate from our beings. Because the world reflects back to us what we embody, the additional blessings that inevitably flow our way give us even more to be grateful for. The universe wants to shower us with blessings. The more we appreciate life, the more life appreciates and bestows us with more goodness.

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NASV Service Calendar & NA Events for SoCal Region

October through December 2018

October 2018

- 10/1/18- H&I Subcommittee 7:30pm
- 10/5/18- SoCal Regional Campout 3:00pm
- 10/5/18- Convention Subcommittee 7:00pm
- 10/6/18- SCANA Annual Chili Cook Off 7:00am
- 10/6/18- Website Subcommittee 12:00pm
- 10/10/18- Public Information Subcommittee 7:00pm
- 10/13/18- Wild Recovery Meeting 8:45am
- 10/13/18- OC Birthday Bash
- 10/14/18- Phone lines Subcommittee 11:00am
- 10/13/18- Our Journey Continues Spaghetti Dinner 5:30pm
- 10/14/18- SFV Area Service Committee 2:00pm
- 10/21/18- SFV Activities 5:00pm
- 10/26/18-10/28/18- WSLD XXXII
- 10/27/18- Savana 3rd Annual the Breakfast Club 9:00am
- 10/27/18- Bay Cities Area Spooktacular Fundraiser 6:00pm
- 10/27/18- Greater Hollywood “BACK FROM THE DEAD” Halloween meeting & dance 6:30pm

November 2018

- 11/1/18- Newsletter Subcommittee Meeting 6:30pm
- 11/2/18- Convention Subcommittee 7:00pm
- 11/3/18- Website Subcommittee 12:00pm
- 11/3/18- SCRWAYC Bon Fire 4pm
- 11/3/18- SCANA Annual Comedy Show 7:00pm
- 11/5/18- H & I Subcommittee 7:30pm
- 11/10/18- Wild Recovery Meeting 8:45am
- 11/11/18- Phones Subcommittee 11:00am
- 11/14/18- Public Information Subcommittee 7:00pm
- 11/16/18-11/18/18- SCRNA 39 “Together we Can”
- 11/18/18- SFV Activities Subcommittee 5:00pm
- 11/22/23 - Thanksgiving MARATHON Meetings & Dinner (TBD- check website and flyer closer to holiday)

December 2018

- 12/1/18- Website Subcommittee 12:00pm
- 12/3/18- H & I Subcommittee 7:30pm
- 12/6/18- Newsletter Subcommittee 6:30pm
- 12/7/18- Convention Subcommittee 7:00pm
- 12/8/18- Wild Recovery Meeting 8:45am
- 12/9/18- Phone lines Subcommittee 11:00am
- 12/9/18- SFV Area Service Committee 2:00pm
- 12/12/18- Public Information Subcommittee 7:00pm
- 12/16/18- SFV Activities Subcommittee 5:00pm
- 12/24/18-12/26/18- Christmas Marathon Meetings & Dinner (TBD- check website and flyer closer to holiday)

THE NEVER ALONE NEWS LETTER IS PUBLISHED BY THE NEWS LETTER SUBCOMMITTEE OF SAN FERNANDO VALLEY AREA OF NARCOTICS ANONYMOUS (CHAIR/LAYOUT DESIGN : Dale L.: VICE CHAIR: Pam T. EDITOR Korelle C., Distribution Liaison Sara N. WE WELCOME COMMENTS AND SUBMISSIONS AT SFVNEVERALONE@NASV.COM

48 "Musts" in Narcotics Anonymous as found in the Basic Text

by Guy P.

1. "Everything that occurs in the course of N.A. service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." - pg. XVI
2. "We MUST always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." pg. XVI
3. "We MUST face our problems and our feelings." - pg. 15
4. "We are people with the disease of addiction who MUST abstain from all drugs in order to recover." -pg. 18
5. "A second admission MUST be made before our foundation is complete." pg. 21 Explanation: It is not enough to admit that we are powerless over drugs, we MUST also admit that our lives had become unmanageable.
6. "We MUST be done with the past and not cling to it." - pg. 28'
7. "Assets MUST also be considered, if we are to get an accurate and complete picture of ourselves." - pg. 28
8. "Although He already knows, the admission MUST come from our own lips to be truly effective. Step five is not simply a reading of step four." - pg. 31
9. & 10. "We MUST carefully choose the person who is to hear our fifth step.' We MUST make sure that they know what we are doing and why we are doing it." - pg. 31
11. "We MUST be exact." - pg. 32
12. " We MUST realize that we are not perfect." - pg. 3 5
13. "Our experience tells us that we MUST become willing this step will have any effect." - pg. 36 (step eight)
14. "We MUST separate what was done to us from what we did to others." - pg. 37
15. "As with each step we MUST, be thorough." - pg. 38
16. "We MUST remember the pain that they have known." - pg. 40
17. " It is said that for meditation to be of value, the results MUST show in our daily lives." - pg. 46
18. "We MUST give freely and gratefully that which has been freely and gratefully given to us." - pg. 47
19. "Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple abstinence." - pg. 53
20. "We MUST give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not." - pg. 53
21. & 22. "When we are prepared, we MUST try out our newly found way of life. We learn the program won't work when we try to adapt it to our life. We MUST learn to adapt our life to the program." - pg. 55
23. "Unity is a MUST in Narcotics Anonymous." - pg. 60
24. "We MUST live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish." - pg. 60
25. "We MUST be constantly on guard that our decisions are truly an expression of God's will." - pg. 61
26. "An atmosphere of recovery in our groups is one of the most valued assets, and we MUST guard it carefully, lest we lose it to politics and personalities."- pg. 61
27. "We MUST remember that officers have been Placed in trust that we are trusted servants, and that at no time do any of us govern." - pg. 61
28. "Our Sixth Tradition tells us some of the things we MUST do to preserve and protect our primary purpose." - pg. 66
29. "We MUST first understand what N.A. is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so." - pg. 70
30. "In order to achieve our spiritual aim, Narcotics Anonymous MUST be known and respected." - pg. 71
31. "To improve ourselves takes effort and since there is no way in the world to graft a new idea on a closed mind, an opening MUST be made somehow." - pg. 75
32. "We MUST relearn many things that we have forgotten and develop a new approach to life if we are to survive." - pg. 77
33. "We realize we MUST do something." - pg. 78 (read the prior sentences)
34. "When we feel the old urges come over us, we think there MUST be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand." - pg. 79
35. "We come here powerless and the power that we seek comes to us through other people in Narcotics Anonymous, but we MUST reach out for it." - pg. 79
36. "Recovery found in Narcotics Anonymous MUST come from within, and no one stays clean for anyone but themselves." - pg. 80
37. "if we have relapsed it is important to keep in mind that we MUST get back to meetings as soon as possible." - pg. 80
38. "We MUST totally surrender ourselves to the program." - pg. 81
39. "We MUST use what we learn or we will lose it in a relapse." - pg. 81
40. "We MUST, use what we learn or we will lose it, no matter how long we have been clean." - pg. 82
41. "Eventually we are shown that we MUST get honest or we will use again." - pg. 82
42. "We MUST smash the illusion that we can do it alone." - pg. 82
43. "Staying clean MUST always come first." - pg. 82
44. "Some things we MUST accept, others we can change." - pg. 92
45. "We MUST be willing to do whatever is necessary to recover." - pg. 93
46. "We never know when the time will come when we MUST put forth all the effort and strength we have just to stay clean." - pg. 93
47. "No matter how painful life's tragedies can be for us, one thing is clear we MUST not use no matter what!" - pg. 98
48. "In order to receive we MUST be willing to give." - pg. 102

Giving without Expectations” – It’s all about attitude

By: Korelle C.

Being other-centered is the ultimate goal when you are a recovering addict at least in my opinion since self-centeredness is at the core of our disease. When you have people pleasing as a defect as I do, something like other-centeredness can get a little twisted. I am a giving person who loves to help others and give of myself. I have learned through the years however from the work I have done in NA that it’s okay to say No and to have healthy boundaries. It’s okay to have priorities and remember to put those who are most important above all others. I am of service in many ways and this is how I give back to NA for everything it has done for me but try to keep a healthy balance between work life/recovery life/family life/spiritual life. I have a meeting level commitment at my home group as secretary, and an area level sub-committee commitment to the NA Nerveralone newsletter. This is how I give back to NA as a fellowship. At a more personal level I sponsor 3 amazing women and give back what was so freely given to me by my sponsor back to them. My sponsor has shown me unconditional love for over 5 years now. She gives freely of her time, experience, strength and hope and I try to do the same. I also make sure to reach out to every new face and every newcomer that walks through the door of my home group. In my personal life outside of NA I give to my family, loved ones and those I hold dear never asking for anything in return other than mutual respect, love, and trust. Out in the world I try to also be kind to strangers even if just to open a door for someone as they walk through or hold the elevator for them. Basically I try to get out of self as much as possible versus being self-centered and self-absorbed and pay attention to what goes on around me.

Living spiritually fit is my daily ultimate goal, along with giving to others even if a smile is all I can give in a moment despite what might be going on in my head. I am far from perfect and have much to learn but I think we can give and share in many ways that can ultimately have a positive impact in the world that cost nothing but our time or effort. Being negative, miserable and unwilling is a choice that people can

make. I try to be an attraction to NA. Our attitude infects those around us. I believe in choosing a good attitude even on my hardest days and that by doing so you give back to the world in a positive way. Even when life is throwing fast

balls with a curve I would say 98% of the time I wake up with a smile on my face despite life’s challenges and remain grateful to be alive. I tell my kids all the time... “You get back what you give into this world, so give good”. I am teaching them about goodwill, good karma, and good choices in their attitudes and that life is the ultimate gift we get to live every day. I am teaching them that there is always something to be grateful for. I am teaching them that mistakes are how we learn to be better going forward. I am teaching them that through our higher

power all things are possible because our higher power gives unconditional love daily and wants what is best for us. I think we should treat others the same, don’t you? Can you imagine what a beautiful world we could all live in if people could just want what is best for others, give good, and be good never asking for anything in return?

I have a saying... “When I feel like I have nothing else to give, I give more love!”

My friend Emilio R. has a saying “Today I am just grateful that God put me on his wake up list”

It reminds me that Life is a gift, never to be taken for granted and we get to choose how we greet the day. “Give just for the sake of giving and giving love costs nothing, but what we get in return is priceless!”

I think back to where I was over 5 years ago when I was deep in my addiction where all I cared about was scoring my next bag, my next drink and all about finding the party. That used to be what was most important to me. Today, thanks to the 12 steps and spiritual principles I live by my life has come full circle. What a blessing recovery is. What a beautiful life we get to create being clean if we just work this

program as intended.

“God without man is still God, Man without God is nothing”

“Be the change that you wish to see in the world” – Mahatma Gandhi

SFVACNA XXIII Hotel Reservations

Greetings!

We are excited to say that SFVACNA 23 is coming up quickly! We will be gathering for the 23 rd. year on the weekend of 19-21 January 2018. We are looking forward to seeing you all for a fun filled recovery weekend.

Please remember to book your hotel rooms EARLY!

These early bookings not only help the committee, but also insure that you will have a room at the discounted convention rate. As you may recall, our room block fills up fast as we get closer to the event. Once the block is filled, we do not have the ability to provide rooms at the discounted convention rate.

PLEASE BOOK YOUR ROOMS NOW!

On the NASFV.COM website choose “Convention” from the drop down menu, and the site will have a link to click on to register for a room.



Alphabet of Recovery: submitted by Tom K.

A thorough 4th Step will ruin your ability to hold resentments .
Boredom is the feeling that everything is a waste of time; serenity,
that nothing is.

Counting friends is not as important as making friends that count.
Don't count the days, make the days count.

Experience is a wonderful thing, it enables you to recognize a
mistake when you make it again.

Forbidden fruits is responsible for many a bad jam.

Go to meetings when you want to and go to meetings when you
don't want to.

Humility is not thinking less of yourself but thinking of yourself
less.

If you want to hide something from an addict, hide it in the Basic
Text.

Jumping to conclusions can be a bad exercise.

Keep your clean time first to make it last.

Living our pre-N.A. active daily lifestyle was akin to switching
seats on the Titanic.

My spiritual awakening occurred when there was a flash of light
with a cop behind it.

Nothing is so bad, a drug won't make it worse.

On relapse: I never did anything in moderation...except maybe the
steps.

People that don't go to meetings, don't hear about what happens to
people that don't go to meetings.

Quitting drugging is not hard, I have done it hundreds of times.

Resentment is a poison I take to hurt you.

Seven days without a meeting makes one weak.

The Basic Text is your road map, the meetings are your filling
stations.

Unless I accept my virtues, I will be overwhelmed with my faults.

Vagueness and procrastination are ever a comfort to the frail in
spirit

We have a disease that tells us we don't have a disease.

Xpectations are resentments under con-
struction (well, you try to find something
that starts with 'X'!)

Yesterday is history, tomorrow is a mys-
tery, today is a gift, that is why it is called
the present.

Zero is the number people often feel, more
so than one.

Staying the Course

By Diane K.

We hear the stories, we hear the shares. We
go from here, to there.

The first day was embracing, not embar-
rassing. Boy did I need a hug!

Second day, third day, forth day, Five.

I've done my sixth day, and my Seventh in
a row.

I'm realizing it's the fellowship I've been
missing, doing it alone, it's just isolating.

Camaraderie and kindness is what I've
needed most. To find the strength to make
amends, easy does it, stay the course!

I have a great life, what's wrong with me,
sucking down the numb. I'm understand-
ing "One Day At A Time", and that I don't
have to stay numb.

Not to be so hard on myself is a step I
have to take, admitting "I'm an addict" is
the beginning to my amends.

Easy does it, stay the course, work the pro-
gram, not the dope. One day at a time, boy
do I need your hugs.

Addiction is an equal opportunity destroyer.

A closed mouth gathers no feet.

**Being an addict does not give me the excuse to
act addictly.**

Fear is a darkroom for developing negatives.

**Daniel didn't go back to the lion's den to get his
hat.**

Having a sharp tongue can cut your own throat.

Failure is the path of least persistence.

I'm not much but that's all I think about.

Loss for words

By Diane K.

I'm never at a loss for words, but this time I just don't know what
to say. I want to be heard, but careful with my words.

I know I've disappointed you, again, and again. You mean the
world to me, and I've got to make amends.

This time I'm not doing my recovery alone, I have a foundation in
the 12 steps of NA along with help from new found friends.

It's hard not to beat myself up, perfection is a b****! So, I'm gon-
na work the N. A. program, one step at a time, one day at a time.

I've met some awesome people, who have given me solid ad-
vice. I was told that It's not your job to understand me and my
addiction, all you want is for me to stay clean.

By doing that day by day that's how I make amends.

I'm not saying it's always gonna be easy, recovery is a process of
day to day progress. I have to be mindful not to think I have all
the answers. I have to reach out to My Higher Power, a better al-
ternative than reaching for my drug addiction.

I envision this path is achievable and I am now more accounta-
ble. My fellow N.A. peeps believe in me,

and I don't want to lose my clean time, so
I'm challenging myself, and want to make
them proud of me.

So for now, I'll be at a loss for words.

"Awakening the hero within"

By Travis W.

If you faint in the day of adversity, your
strength is small.

The storms, rocky roads, and hail Mary's that
buckle the knees and drop you to the floor are
all going to come.

Life is a series of problems, battles and oppo-
sitions.

These seasons happen for us not to us.

We can scurry for the corner, or head up,
chest out and handle it.

A decision can be made that this scenario will
make you better as opposed to bitter more
often than not.

The very thing that is attempting to defeat
you only helps to awaken the warrior within

Your tormentors become your best teachers.

The more you wrestle with demons the louder
your angels sing.

The villain keeps us active and brings out the
hero within.

Anniversaries

October 2018

Barry Mc 10/6/14- 4 years

Robert K. 10/06/95- 23 years

Joan W. 10/21/02- 16 years

Lydia B. 10/30/15 - 2 years

Marty B. 10/30/15 -2 years

Laurie M. 10/31/06 -12 years

Rachel K. 10/9/16 - 2 years

Sue A. 10/12/17 - 1 year

Tracy Q. 10/17/08-10 years

November 2018

Joey C. 11/11/16- 2years

Johnny D. 11/22/12- 6 years

Julia M 11/21/15- 3 years

Patti C. 11/4/16 - 2 years

Ruthie T. 11/12/16 - 2 years

Scott S. 11/14/15- 3 years

Shiloh 11/12/07- 11 years

Tammy W. 11/11/16 -2years

December 2018

Celeta A. 12/13/10- 8 years

Linda J. 12/7/14 -4 years

Sarah J. 12/14/03 -15 years

Death of a Sponsee

Anonymous

You rang me on the horn one day, your nerves shot, jabber frantic, You squawked about cruel Hollywood, of scenes that fade to black, Of molting cuckoos destitute, bad eggs hatched sycophantic; I smiled because I'd kicked my pills: "Let us help you quit the smack." But your chutzpah pleased a surfer dude. You schlepped his ball and chain. The Lost Boys mooned your falling star like raunchy birds of prey, You trembled in a tunnel dark, fearing light at end a train; "Fear not," I said, "That sunbeam merely points the way." You dug NA but mocked their prayers, then clowned it up bohemian. They climbed twelve steps, you skipped the stairs, a grandstand your foundation. You tripped and fell and snapped a bone, a slip I thought most Freudian. The pain immense (the yardstick yours) you re-embraced sedation. Now death you choose, the wave has crashed, the surfer winks then nods, Your sucker punch has knocked me out. Fresh entrails for the gods.

Facing the Challenge

By Tom K.

First got clean back in '92, felt out of place, probably like you. Dropped off at noon, broken, at the church on Fairfax and Fountain Drinking coffee, smoking, glaring, joking, bikers, punks, spiked hair and junkies. Some laughing, some nodding and talking, welcoming without being overbearing. (The front steps were really the church). Inside, sat down in the middle row, cause the bad asses were in the back and the cheerful ones took up the front and I guess I'm neither of those. The readings for a month or two must've been in Latin Then they changed them to English so I could understand them. I heard people sharing but couldn't remember, the voices in my head were so much louder. But one day I heard what you were saying, my head and heart opened, it's hard to explain. I felt at home for the first time ever, without the drugs and my pals who all used I thought there'd be no place for me here till I met all of you who managed to be schooled by old-timers with six months or even a few years. Your laughter and caring and lunches and sponsorship. Then getting to make coffee and trusting me to be treasurer, secretary and even a GSR, you took me in and showed me how to take others in and God in and then myself in. And we share gratitude, steps, secret jokes, trials, victories and how to be human and live just for today. With perseverance, staying clean, relapses, making it back if lucky like me, hopefully we'll all stay. Thanks to my Higher Power, my sponsor and the folks at Pass Ave. Thanks for always being there, and for the wonderful life that I have!

Eighty-four days

By Habib, Qazvin, Iran

Editor's note: *Following the formation of the H&I subcommittee in Iran, Payam Behboodi (the Iranian NA community's recovery journal) has been receiving letters from prisons across the country on a regular basis. The following letter has a different story. It is from someone who got to know NA while imprisoned, despite drugs being widely available in their jails at low prices. My name is Habib and I am an addict. Greetings to all the ad-*

dicts at the Central Prison of Qazvin, and to all NA groups around the world.

I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I stopped using drugs. I have become very close to God, I feel good, and I am at peace with myself and the world. I have accepted the will of God.

I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally, and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for eighty-four days beside you. I wish success for all addicts ... members and non-members. God bless.

An Easier Softer Way!

by Dale L.

I see so many people in the program struggling to make ends meet, fighting the temptation to use and hanging on to their moral values like they are totally unaware there is an easier softer way.

California offers another program for those of us who are willing to say this simple *Third Step Prayer*: "*California, take away my will and my life, hide me from recovery and tell me how to live.*"

Yes, California/CDCR (**California Department of Corruptions and Resignation**) now provides this amazing program that offers free to anyone willing to turn away from moral values, a home with more rooms and yard space than they could afford if they lived a dozen lifetimes. Included in this program free: room, bed, bedding, toilet, sink and shelf space, clothing, laundry, food, dayroom with TV, yard, church, school, sex, transportation, total instruction and guidance.

There are penalties for failing to turn away from moral values and attempting to become self-reliant, but by no means does it mean California will give up on you or kick you out of the program. For those foolish enough to make money instead of totally taking advantage of what the state offers, California takes 55% as penalty for abandoning your commitment to corruption. Those who abandon their commitment end up standing in long lines waiting to purchase unneeded items and preyed upon by those who are dedicated to their commitment. Those who continue to abandon their commitment often find themselves back on the street again, their choice, having to deal with the daily grind of survival that was so freely offered and provided by CDCR. Some of these people even end up having sex with a partner and having to fear diseases or abandonment.

Abandonment is not something anyone dedicated to corruption must fear from CDCR. No California's CDCR will never turn its back on you or abandon you. They even have a lifetime commitment offer with full benefits, a room and a loving celly if you choose.

In closing for those of you finding the NA way too challenging, don't forget there is another way to live that doesn't require steps, meetings, reading a damn book or a sponsor nagging you every day. When you are ready, California will come pick you up, free of charge, and deliver you to your new home that is larger than you could ever imagine.

The Never Alone Newsletter

By Dale L

To me "Never Alone" is the 5th Tradition in both print and Action. We of the Newsletter Committee have a commitment to deliver not just any message, but your message to more people than most of you are aware of. The Newsletter goes out to every prison in the state and to the prisons out of state which California contracts to, via Sister Mary Sean of PREP. It also goes to the World Service Office to share your stories with the rest of the world. Yes Korelle C., Pam T., Sara N. and I are very excited to get be a part of this, the committee that makes it happen.

Recently, the question: Should we continue to print the newsletter was presented to me as a money matter. "Is it worth it or could Area money be better spent more wisely?" As Chairperson for the newsletter I must stand on the 2nd tradition, I do not govern. This means I do not make decisions which concern your money. I presented the question as given to me at the Area meeting and I have left it in the hands of group conscience. Do we continue or do we not?

We have a \$1,200 a year budget and are spending less than half, Between \$125 and \$150 a quarter. I didn't put my 2¢ in at the time because my 2 cents is a very small portion of the \$1200 budget. My opinion is that our messages never get old, if at your group people are not reading the newsletter, return it, pass it on to H&I or any recovery center. Hell, mail it to an inmate or give to "Freedom Behind the Walls." I guarantee you these committees will pass them on and they will not be wasted.

I was asked after the meeting, "We just appointed you Chair, why do you want to quit?" I do not want to quit, I presented a question as it was presented to me without diluting it with personal opinion. We the Newsletter Committee have gained Pam T. and Sara N. it is our hope that as a team we will make the newsletter into something NA will be proud of and we'll be able to expand its production. The newsletter only coming out every three months means people stop looking for it. If we can get the submissions, publish monthly and reduce the size to a more readable edition, the popularity will increase and more will read it. Sponsees should be encouraged to read the newsletter, not only for the message, but to get to know more about the people they come in contact with at meetings. We want them to be looking for the authors of our articles and hoping to get to know them.

As chairperson, I am not the brains of the operation, I am the person who has acquired a team of very excellent people and I trust in them. Korelle C., Pam T. and Sara N. have my admiration and respect. I believe with this team we not only can become but will become the newsletter that everyone is talking about.

Humor

A fly was buzzing around a barn looking for something to eat when came it upon a fresh cow pie. He ate and ate until he was stuffed, but when goy ready to take off, his little wings wouldn't lift him off the ground. Looking around he saw a pitchfork, he climbed to the top and jumped. There was a splat and cow shit went everywhere. The moral of the story is: Never fly off the handle when your are full of shit!



Freedom Behind the Walls Sub Committee

The FBTW subcommittee is in desperate need of men to be of service by sponsoring addicts incarcerated in state prison. There are currently 8 women and 7 men waiting. This commitment only takes about an hour of your time per month. Everyone can afford to give back an hour of their time especially to carry the message to the addict still suffering giving back what was so freely given to you. MEN! Please step up and take at least one. Volunteers must be willing to work the twelve steps of N.A. with them through the mail, have a minimum of 2 years clean, and have a working knowledge of the twelve steps. It is completely anonymous and all mail is sent to a post office box.

FBTW meets on the first Thursday of the month at 7 pm. For the address of the meeting or for more information please contact the chair, Scotty S. (818) 942-5576



H&I NEEDS YOU.....

Do you have 1 year clean?

Do you want to give back?

Do you enjoy being of service?

Please join us the 1st Monday of the month at 7:30 pm

6451 St. Clair Ave North Hollywood, 91606

Chair: Amanda H. 818-481-8961

Vice Chair: Julie F. 818-930-9545

