

Upcoming Events

Saturday October 14, 2006

Southern California Regional Spring Gathering XVI Presents Sponsor Horror Picture Show Seating is limited, and tickets are \$10.00 at Friends Church
12211 Magnolia St. Garden Grove, CA 92841

Saturday October 21, 2006 Bay Cities Area Presents the 4th Annual Punk Show from 11:00 am til 10:00 pm. at the Ken Miller rec center 3330 Civic Center Dr. Torrance, Ca. 90503. Tickets 12 in advance and 15 at the door.

Saturday October 28, 2006 Eastern Inland Empire 3rd Annual Sponsor/Sponsee Banquet from 9:00 am til 1:00 pm. at the Hilton Hotel 285 Hospitality Lane, San Bernardino, CA. \$30.00 donation each plate. Pre-registration deadline is Oct. 16, 2006. There is no onsite registration for this event!

Saturday October 28, 2006 Inland Empire West Presents Halloween Dance and Meeting. Meeting starts at 8pm and the dance begins at 10pm. American Recovery Center 2180 W. Valley Blvd. Pomona, CA. Dance donation is \$5.00 and this event is subject to facility rules.

Saturday October 28, 2006 The Northern Counties Area Presents the 2nd annual unity in recovery at United Methodist Church 437 W. San Bernardino Road, Covina, CA. 91723. This is an all day event with a potluck.

November 22 - 24 The Westend Area November Marathons at 9650 Superior St. Northridge, CA. 91325 in the YAK room at the end of the parking lot. Beginning Nov. 22 at 9 pm and ending on Nov. 24 at 10 am with Thanksgiving dinner starting at 6 pm on the 24th in the Fellowship Hall f/b main speaker meeting.

Thursday November 23 (Thanksgiving night) its the Pre-convention Speaker Jam III. Seven hot speakers, music, fun, and recovery! 6 pm - 12 am at the Doubletree Hotel 222 N. Vineyard, Ontario, CA.

November 24 - 26 Southern California Regional Convention 27 at the Doubletree Hotel. 222 N. Vineyard, Ontario, CA. Submit registration prior to Nov. 1 and be entered to win a free room and convention package! Three night special package!



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



SFV PI Subcommittee Wants You!

Meets every 1st Sunday, 11:30am in Sherman Oaks. For location information or to see about scheduling a Public Information presentation to

your organization, send your email request to the PI Subcommittee Chair, Ed J.:

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:

Never Alone



San Fernando Valley Newsletter

This life is yours. Take the power to choose what you want to do, and do it well. Take the power to love what you want in life, and love it honestly. Take the power to walk in the forest, and be a part of nature. Take the power to control your own life, no one else can do it for you. Take the power to make yourself happy

The path to wisdom and success is not for kings alone, it is open to you and me. You may not succeed at first, but the failure of your efforts may be the needed preparation for your final triumph. If there are a hundred steps in your path to success and you have not reached it in ninety-nine of them, do not conclude that the journey is a failure. Press on and up, the prizes are generally at the end of an effort, not at its beginning, and not to go on is to miss them. Be valiant, have faith in yourself. Success belongs to those who dare to win it.

You are equal to all others, some may have greater talents and power where you are lacking, but you are greater in areas where they cannot go. Do not stop your own growth and progression by trying to emulate, or follow anyone. Step out with courage, develop all that you meant to be, look for new experiences, meet new people.

Learn to add all new dimensions to your present and future. You are one of a kind, equal to every other person. Accept that fact, live it, use it, stand tall in belief of who you are.

Reach for the highest accomplishment, touch it, grasp it, know it is within your ability. Live to win in life, and you will.

You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do, except the limitations in your own mind as to what you cannot do. Don't think you cannot. Think you can.

Don't ever give up your dreams, and never leave them behind. Find them, make them yours, and all through your life, cherish them, and never let them go.

It is a funny thing about life, if you refuse to accept anything but the best, you may often get it.

Submitted via snail mail

Some Acronyms in Narcotics Anonymous

Yet : Your Eligible To

The Meeting corner

8:00 PM Wednesday

GOT RECOVERY?

New meeting, needs support from people with clean time. 1 hour speaker participation meeting in Glendale

GLENDALE C/SP/P/NS
1735HALE ST (WESTERN AVE & SAN FERNANDO RD)

Question of the month

How Do I

Live in the

DEAR HEROIN.

I THINK BACK TO LISTENING TO BILLIE HOLIDAY WHEN I WAS 13 YEARS OLD, FANTASIZING ABOUT YOU FOR SO MANY YEARS BEFORE WE FINALLY HOOKED UP. I WAS IN LOVE WITH YOU LONG BEFORE YOU EVER LOVED ME BACK. I'M AFRAID I WILL ALWAYS LOVE THE THOUGHT OF YOU, AND THE ILLUSION OF SAFENESS YOU CREATED. BUT OVER THE YEARS, THE ILLUSION WAS SLOWLY RIPPED FROM MY EYES, AND I LAY ON THE FLOOR CRYING AND SCREAMING AS YOU LEFT ME "KICKING". HOW APPROPRIATE THAT TERM IS ("KICKING") SO, AS I SIT HERE TRYING TO SAY GOODBYE TO YOU, I AM AMAZED THAT I STILL LONG FOR YOUR TOUCH. I DREAM OF YOU AND ONLY REMEMBER THE GOOD MOMENTS. BUT MOMENTS... THAT'S ALL THEY WERE... FLEETING MOMENTS OF BLISS THROUGHOUT YEARS OF HELL. THE NIGHTMARE PAIN WHEN WE WERE RIPPED APART IS ALL BLURRED. ALL THE ICE COLD HOLDING CELLS & WISHING WELLS ALONG THE WAY ALL FADE TO THE BACKGROUND. FADE TO BLACK. DARKER THAN MIDNIGHT. WITH THOSE FEW BRIGHT MOMENTS IN BETWEEN GLOWING LIKE NEON LIGHTS IN MY MEMORY. SWEET MEMORIES TRYING TO SEDUCE ME BACK INTO YOUR ARMS. BUT THIS TIME I AM COMMITTED TO LEAVING YOU ALONE. I WILL CUT OFF MY OWN ARM BEFORE I REACH FOR YOU AGAIN.

I'VE DECIDED THAT MY SON DESERVES A MOTHER THAT'S CONSCIOUS. MY MOM DESERVES A LIVING, BREATHING DAUGHTER... AND MOST IMPORTANTLY I DESERVE TO LAUGH AGAIN WITHOUT YOUR ~~CHOKERHOLD~~ CHOKERHOLD ON ME. I HONESTLY DON'T KNOW HOW I EVER CONFUSED A CAGE WITH A CASTLE, BUT I'M OUT OF YOUR DUNGEON NOW AND I'M NEVER LOOKING BACK.

GOODBYE MY LOVE,
Julio

SEARCHED FOR A WAY TO SAY I AM F-A-Z-O-A-K-D-E-H-M-E-S

JUDGING OURSELVES

By Larry M.

In my early recovery, a constant source of unhappiness was the knowledge that I had wasted so many years using drugs and had not lived the life I was *meant* to live. I was convinced that I had sidestepped my rightful destiny by having been afflicted with the disease of addiction.

"Everything I was supposed to do and be has been made impossible by my being an addict," I told my sponsor. He pointed out that I had some very definite ideas about what I was supposed to do and be. He suggested that by taking a 3rd Step, I could surrender to letting God put me where I should be, and then to just ask him for the strength to do whatever He wants me to do.

Surrendering to God's will means embracing the life that's in front of you, not mourning the life you fantasized about having," he said. But I was not ready to understand him. I chose to view my life as a tragic mistake. Then I remembered Mr. K.

Mr. K. (whose anonymity will be respected, though he was not an addict), was a kindly and soft-spoken elderly actor who had achieved legendary fame as the star of countless horror films in which he played every manner of hulking monstrosity, mad-scientist, and sub-human creature. His voice and image were a part of our American movie mythology, known to filmgoers of all ages. Since the early 1930's he was generally regarded to be cinema's "King of the Monsters".

In 1962, I was fortunate to be playing a small role in a TV drama in which he was the guest star. In coasing him to talk about the events of his career, I discovered that while he was not an unhappy man, he felt that his career was somehow trivial when compared to the careers of some of his contemporaries who were not classified as 'horror actors'. He reasoned that his initial success as a *monster* had locked him into an endless (though lucrative) cycle of playing brutes and beasts.

He obviously did not put the same value on the quality of his work that others did. He could only view himself from a limited perspective, and be a bit disappointed that he did not have the professional life he had once envisioned. Yet even today, thirty years after his death, Mr. K's films are as highly regarded as ever by fans and critics throughout the world, who cherish his macabre performances with reverence and awe.

Mr. K. was a humble man. Unlike the agenda of my addict mind, which seeks to punish and devalue me with harsh evaluations of my inadequacies, Mr. K's gentle self-effacement was probably rooted more in humility than in a lack of self-esteem. But the lesson in it for me, made clear at a time in my recovery when I needed most to understand it, was that no one is truly in a position to evaluate the worthiness or significance of their own lives. We will always cloud the issue with ego, vanity, unrealistic expectations, or cockeyed notions of what constitutes success. While focusing on what should have been, we will always fail to see the value of what is. The program teaches me that my purpose is to stay clean and carry the message to the addict who still suffers. If I keep that goal as a measure of my success in recovery, letting God reveal to me as I go along what the rest of my experiences will or won't be, I can avoid the desperate and murky waters of self-doubt and self-recrimination. As my sponsor had indicated, it's a matter of trusting Go to put me in the right place to do the right thing by His evaluation, not mine. When I finally took a 3rd Step, the nagging doubts and fears were replaced with a new confidence, and I could cease to be a critic of my worth, choosing instead to

Things your sponsor might say

"It's hard to heal what you don't reveal."
 "Don't Use No Matter What."
 "When you're right with yourself, everything else falls into place."
 "It's Easier to stay clean then get clean"
 "Keep Coming Back"

