

More will be Revealed....

Shevana Area of Narcotics Anonymous Newsletter

Volume 1

February 2010

Newsletter Contest!!

The Newsletter needs your help!
We have temporarily named our
Shevana Area newsletter. We
need your ideas for a name that can stick
and stay!! Please submit your ideas and be a
part of service! Submit your ideas to:

ShevanaNewsletter@Shevana.org

Thank you in advance for all your
wonderful, thoughtful & fun names!

Upcoming Celebrations!!

- * 2/18 Linda A. 18 yrs @War is Over Group
- * 2/26 Mark T. yrs @ Grass is Greener
- * 2/22 Bill M. 24 yrs@ 29ers Group



Upcoming Events!

CPRNA Convention
April 16-18, 2010, Ocean City, MD
Hosted by the Montgomery Area
Get all the information you need at
cprcna.org Register Today!!!
Early registration due by Feb 17th

Sponsor-Sponsee Brunch:
2/27 at Market St. United
Methodist Church *Food at 1
*Speaker at 1:30
Suggested Donation \$6 each
or any two people for \$10

The Newsletter each month will feature a step and tradition. We will include a relative experience from two of our members. One to share on the step and the other to share on the tradition. The opinions and views expressed in the submissions are not necessarily those of Narcotics Anonymous. If you would like to share your experience please email inquiries to the Shevana link above. Thank you and please enjoy!

Step 2

“We came to believe that a power greater than ourselves could restore us to sanity”

Tradition 2

“For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Step 2 Experience:

As I read aloud my first step to my sponsor, I couldn't help but feel a large amount of guilt and shame. I answered the questions with gut wrenching honesty and spilled onto the paper some of my darkest secrets that I had hoped nobody would find out about. Although I felt a huge chip had been lifted off my shoulder after we went through all of it; I still felt that hole that's been in my soul for most of my life. I truly believe the steps are in order for a reason, because for me the next step brought hope. My entire life I have searched for that "something" that would fill that hole, and for a long time I thought that the drugs did just that. In reality they only covered it and below the hole still remained. Today, after working a second step that hole has begun to be filled with hope.

"We came to believe that a power greater than ourselves could restore us to sanity." One thing that I have learned in recovery is that most things are a process. Being restored to sanity is a life long process. Some days are better than others. Some examples of sanity for me are choosing to go to a meeting instead of sitting alone at home; or calling my sponsor when I am in pain as opposed to dealing with it on my own. For me I believe that coming to believe in anything you must first start with an open mind. When I first got to the rooms of Narcotics Anonymous I didn't believe in anything anymore. I grew up in a Catholic home and was forced to go to church my entire life. When I was caught in the grips of my disease I distanced myself as far away from my God as possible. Everything in my life was going wrong and I blamed it all on God. I felt as though I had been betrayed and God hated me. As I stayed around in the rooms for just a short amount of time, all I had to do was look around me, and I began to believe again. Waking up in the morning and thinking to myself that I do not have to use today, and actually believing that, really is amazing. Before I got here that was never an option.

So at the beginning all I had was a little hope, then that turned into faith. As things in my life started to get better then eventually my process of coming to believe started. I have realized that my understanding of my higher power is different today than it was when I got here. Over time my faith and belief grows through sticking around and witnessing more and more miracles, and also surviving the trials and tribulations that life is full of. Making it out the other end without picking up. Through working the steps and taking suggestions from those who have walked before me, I have been able to put my trust in the process; and endure all the beautiful and wonderful things life has to offer me. When I was in active addiction I couldn't trust anybody of anything, today things are different. I can believe what I see, and what I see are miracles happening around me everyday.

Tradition 2 Experience:

Thank you NL folks for asking me to write a bit on this Tradition. It is always an honor to be asked to be of service in some way and also it helps me. In the same way a speaker may turn to the NA literature as preparation for sharing, I thought it similarly prudent to read in the Basic Text and the It Works on this tradition before writing.

I first had to smile at how different the tone in the two writings on this Tradition. The Basic Text does not pull any punches. Take even the opening paragraph where it talks about the Second Tradition being an example of how NA seeks to 'protect us from ourselves'. The It Works book has a more in depth review of the Steps and Traditions and so indulges itself by philosophizing and also perhaps uses some psychology on us. It is almost as if it is saying "Of course we know you want to do the right thing, (don't you??) -- you have done step work and have developed an individual, personal conscience so in service this is then applied toward the concept of a 'group conscience.'" How could we argue with that? It does seem to be true that we are less self-centered and more inclined to see how what we say and do can make a difference and so do we want that difference to be a positive or a negative one?

NA (as other 12-step programs) has the most unique perspective on leadership. "Our leaders are but trusted servants..." The literature talks a lot about the trust and responsibility that accompanies accepting roles of leadership in NA and continually reminds us that those are not roles of dictatorship but are really more for accountability and organizational purposes. And that a leader is not in a different class of membership as anyone else, titles are merely service designations.

My most powerful memory of the Second Tradition in action was several years back when both Denver and Boulder, Colorado were vying to host the Western States Unity Convention which moved around between ten or so states back in the 80s and maybe early 90s. Both cities wanted badly to be the host. The decision meeting took place at a Denny's in a town midway. The meeting was getting heated with Group Service Reps and other service leaders from both places speaking passionately about why the convention should be held in their town. Suddenly someone suggested we take a moment of silence and say the Serenity Prayer. We did and calm was restored. We took a new vote which was unanimous. The "winning" location is irrelevant to the story -- we all felt like winners because saw and felt the power and magic when we put our egos and self-centeredness aside and allow a Loving God to shine through.

Thank you for letting me share.

Subcommittee Meetings

Newsletter-2/20-Edgehill mtg room from 3:15-4:15
Special Events-2/13-TBA
Outreach-TBA
Public Information-3-6-Exp Str & Hope Group @ 5:30
H&I-First Monday of Each month-303 S Loudoun St @ 7p.m.

**We can do together what We cannot do alone!!
Please show your support! Service builds a strong
foundation for recovery!**

Struggling Meetings

Sunday-Mid Day NA Group (Edgehill Recovery Retreat) 2p.m.
Monday-29er's Group (4102 Tabler Station Rd. Inwood,WV) 7p.m.
Tuesday-Welcome Home in Recovery Group (1275 Tasker Rd. Stephen's City) 7p.m.
Wednesday- The Lie is Dead Group (Edgehill) 7p.m.
Thursday- Another Chance Group (Salvation Army 300 Fort Collier Rd.) 7p.m. / War is Over
Group (17 Liberty St. Berryville) 7p.m.
Friday-Save Uranus Group (14 West 1st St. Front Royal) 7p.m.
Saturday- Mid Day NA Group 12p.m. /NA @Millcreek group (10492 Orkney Grade Mt. Jackson)
8p.m.

Our Struggling Meetings Need your Support!!

New NA Meeting!!

Come out and Help the Meeting Grow!!

Grass is Greener Group of NA

**556 Ash St., Strasburg VA (basement of The Strasburg Assembly of
God-enter through main entrance and please use the Steps)**

Fridays at 7p.m.

