

More will be Revealed....

Shevana Area of Narcotics Anonymous Newsletter

Volume 1

March 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 Events!

Central Atlantic Regional Speakerjam
Saturday, March 13th
Hosted by the Piedmont Area
To be held at the Wesley Foundation
1908 Lewis Mountain Road
Charlottesville, VA 22903
10 am to 6 pm
8 Topics & 16 Speakers

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!!!

“Take my will and my life, guide me in my
recovery, Show me how to live”

Upcoming Celebrations!!

- * 3/12 Dave C. 2 Years @ Save Uranus
- * 3/13 Josh B. 1 Year @ MidDay
- * 3/15 Meredith M. 1 Year @ New Freedom
- * 3/21 Alex A. 2 Years @ Noanda
- * 3/23 John A. 11 Years @ Eyes to The Sky
- * 4/7 Jason R. 1 Year @ Last Connection

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 3

“We made a decision to turn our will and our lives over to the care of God, as We understood him.”

Tradition 3

“The only requirement for membership is a desire to stop using.”

Step 3 Experience:

First let me say that I am truly blessed that the chains of addiction have been loosed from my soul for today. This would not be remotely possible if not for my being able to apply this step in my life on a daily basis.

By working a thorough step 2, I have shown the willingness to move on to try this step. I have indeed come to believe that a Higher Power can restore me to sanity. Without this willingness, and belief, there is no real use to continue to step 3, as there will be no foundation for the decision to rest on.

One main point to understand about this step, is that it is indeed a “decision” that we are willing to make. By being willing to make this decision, it allow us to turn our will and our lives over. Exactly what I am turning my will and life over to is also of crucial importance to understand. I’m turning these things over “to the care of God as we understand Him.”

I must understand that this doesn’t mean that I can’t think or make decisions any more. It merely means that with prayer and input from my sponsor, I can make these decisions and let God take care of the outcome. Trusting in my Higher Power to “take care” of my life situations.

I am beginning to grow in recovery, having started to imply spiritual principles in my life on a daily basis. Much the same way as a mother “cares” for her new baby, I am making a decision to let God take “care” of my will and my life. A new baby needs much care from mother. When it gets hungry, mother takes “care” to feed the infant. When the infant cries, mother will take “care” to clean the baby up and give it fresh clean clothes. Mother has to give a bath and dry the new baby, and take “care” not to let the baby fall under the water. I am now going to turn my will and life over to the “care” of God, as I understand Him.

This is the trust and willingness that we must be able to give to our God. It is from my experience, that I have seen time and time again how our Higher Power will handle situations just perfectly, even when we don’t think it possible. If I could number everything in my life from 1 to 100, with 1 being the most important element of my life, and 100 being least important, how will I deal with being able to turn each over to God’s care? From my experience, it is much easier to turn #10-100 over to Him. When I get to the top 10, or most important parts of my life, I seem to resist.

Its almost as if I say, “Don’t worry God, I can handle this just fine by myself.”

Well, this is just my nature, to try to control everything important in my life. I must remember where my decision making got me to begin with! This is how I take my will and my life back, by trying to control things myself, the self centeredness that is the very core of my disease. Usually, it is not until I get the full dose of pain do I let go, with claw marks, of this element of my life, and give it to God to take "care" of. This is when I begin to see what I have done, and can learn and grow from the instance. Even after careful discussion with my sponsor, I am capable of holding on against their suggestion. This is usually rooted in fear that things will not work out the way I want them. I must let go of this fear, and exercise the faith that I have found.

I can see just how much better my life already has become thus far in this wonderful journey. This is from taking suggestions contrary to what I naturally want to do. My hope has grown into faith that this process works. It is through this faith that I am able to come to the point of surrender that is so essential for me to recover. By continuing to use these spiritual principles, which is leading and feeding my spiritual growth, I can remain in recovery, and stay out of mere abstinence.

I must continue my commitment to this step, founded in the first two steps, in order to recover and move forward.

I have found that by placing this step in my life regularly, my fear has greatly lessened. Also, my faith and willingness has increased. Even when things don't work out the way I think they should, I usually find that down the road, God worked them out perfectly, like only He can. I am blind to see what He has in store for me, but I am learning that through Him, all things work for the better together.

I will walk by faith, even when I cannot see.

Tradition 3 Experience:

Thank God for the 3rd tradition. My understanding of the tradition has evolved since I first got here. I can only share my experience. I attended meetings for 3 years while I was still using. I had the desire but had no clue how to stop. I just kept coming back high and hoping you wouldn't make me leave.

That experience has helped me to "try" not to judge the desire of others. It's important for me to welcome the newcomer and remember where I came from. It is not for me to judge someone else's desire.

My desire to stay clean has gotten stronger in direct proportion to my willingness to follow in the footsteps of those who came before me.

Subcommittee Meetings

Newsletter-3/21-Edgehill mtg room @ 3:15p.m.

Special Events-1st Sunday of each month-Edgehill mtg room @3:30p.m.

Outreach-2nd Sunday of each month-Edgehill mtg room @ 4p.m.

Public Information-4/10-Exp Str & Hope Group @ 5:30p.m.

H&I-1st Monday of Each month-303 S Loudoun St @ 7p.m.

Note:Outreach met first Sun for the month of March.

**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 our Meeting Grow!!
Grass is Greener Group of NA
Saint Paul's Lutheran Church
193 W. Washington St. Strasburg, VA 22657
Fridays @ 7p.m.**

