

# More will be Revealed....

Shevana Area of Narcotics Anonymous Newsletter

Volume 1

April 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 to: \_\_\_\_\_  
[ShevanaNewsletter@Shevana.org](mailto:ShevanaNewsletter@Shevana.org)

## Upcoming Celebrations!!

- \*4/14 Sarah H- 7 yrs @Last Connection
- \*4/18 Sean D- 1 yr @MidDay
- \*4/21 Joe D- 1 yr @Last Connection
- \*4/24 Rhett B- 6 yrs @MidDay
- \*4/25 Tina L- 5 yrs @Noanda
- \*4/25 Sarah R- 2 yrs @Pure, Uncut  
Recovery
- \*4/28 Mandi T -1 yr @Last Connection
- \*5/5 Julie P- 2 yrs @Last Connection
- \*5/12 Dan G- 1 yr @Last Connection



## Upcoming Events!

### CPRNA Convention

April 16-18, 2010, Ocean City, MD  
Hosted by the Montgomery Area  
Visit [cprna.org](http://cprna.org) for information

### H&I Learning Day

May 15<sup>th</sup> 2010

Noon-6pm

Market St United Methodist Church  
131 S Cameron Street

### **Lunch & Drinks provided**

Info booths, Speakers, Skits

### **Fellowship**

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 4

“We made a searching and fearless moral inventory of ourselves”

#### Tradition 4

“Each group should be autonomous in matters affecting other groups or NA as a whole”

## Step 4 Experience:

THE DAY I READ STEP 4 IN MY STEP WORKING GUIDE WAS THE DAY I FINALLY REALIZED WHAT I WAS GETTING INTO WHEN I JOINED N.A. . I WAS 47 BEFORE I WENT TO MY FIRST MEETING AND HAD BEEN IN OUR WONDERFUL PROGRAM FOR A YEAR AND A HALF BEFORE I PROMISED MY SPONSOR I WOULD FINALLY PUT MY PEN TO PAPER AND WRITE MY "SEARCHING AND FEARLESS MORAL INVENTORY" . IM NOT SURE HOW SEARCHING IT WAS BUT I DO KNOW IT WAS FULL OF FEAR. I HAD IT PRETTY EASY UNTIL THEN—GOT CLEAN, WENT TO MEETINGS, MADE FRIENDS AND ENJOYED ALL THE BENEFITS THAT THE PROGRAM HAD TO OFFER. NOW IT WAS UP TO ME TO BE A MAN AND FACE ALL THE FEARS AND DENIALS OF MY USING LIFE (28 YEARS) . AFTER MY ANXIETY ATTACK I STARTED TO WRITE ("JUST ANSWER THE QUESTIONS", I TOLD MYSELF.) THE PROBLEM WAS, IF I WAS GOING TO MAKE ANY KIND OF HONEST EFFORT TO ANSWER THE QUESTIONS THE WAY I KNEW I WAS SUPPOSED TO I HAD TO STOP BULLSHI\*\*ING MY WAY THROUGH AND REALLY BE HONEST. I MEAN REALLY BE HONEST. THE THOUGHT OF THAT PUT ME IN A COMA . BY THE TIME I WAS DONE ( ABOUT 2 WEEKS LATER) I REALIZED THAT IT WASN'T THE WORDS THAT I HAD TO WRITE THAT WERE SO PAINFUL BUT JUST THE FACT THAT I HAD FINALLY STOOD UP FOR MYSELF AND FACED MY WORST MOMENTS . I ACTUALLY FELT MORE PROUD OF MYSELF FOR WRITING MY DARN INVENTORY THAN I DID FOR GETTING CLEAN! MY SPONSOR TOLD ME THAT WAS BECAUSE I HAD LOW SELF ESTEEM . I COULD HAVE CARED LESS WHY I FELT LIKE A CHAMP ALL I KNEW WAS THAT I DID. AND ALL I KNOW IS THAT I DON'T HAVE TO UNDERSTAND WHY THIS PROGRAM WORKS FOR ME SO WELL , JUST THAT IT DOES. I JUST HAVE TO REMEMBER THAT I CANT JUST TAKE THE PARTS I LIKE OR THE PARTS THAT COME EASY. ITS NOT A MEETING PROGRAM OR A SPONSOR PROGRAM, OR A FELLOWSHIPPING PROGRAM, OR EVEN A SERVICE POSITION PROGRAM, IT'S A FRIGGEN STEP PROGRAM. THERE ARE 12 OF THEM, AND THEY ARE IN ORDER FOR A REASON AND IF I CAN JUST KEEP THAT IN MIND THEN MAYBE I CAN KEEP THE COURAGE THAT I FOUND IN STEP 4 TO WORK THE REST OF THEM.

## Tradition 4 Experience:

Tradition Four Each group should be autonomous except in matters affecting other groups or NA as a whole. The dictionary defines autonomous as “having the right or power of self-government...undertaken or carried on without outside control.” In Narcotics Anonymous each group is able to make decisions on their own, without outside control. My home group made an autonomous decision when forming that the meeting was to be a literature discussion meeting. This was important to the home group members because there are few literature discussion meetings in our area. We also have the freedom to change the meeting format as we feel necessary. At our last group conscious, we decided to change what we are reading out of the basic text. The freedom to act on our own allows us to better fulfill our united purpose of carrying the message to the next suffering addict.

Letter from the Editor;

The Newsletter greatly appreciates all submissions from our members. If you would like to be a part, and offer your experience, please submit inquiries to the Shevana NL link on the first page. As a fellowship, many of our members have found the Basic Text, and It Works How and Why, a great resource for information and clarification about what our Steps and Traditions are all about. We encourage all members to get copies of all N.A. approved literature, especially the Basic Text and It Works How and Why. We probably all have experience with information, and the way it can get distorted as it travels. N.A. literature provides a clear and consistent message that we all can appreciate, and hopefully pass on. Without the literature to help guide us on a proven way to recover, we may all find ourselves lost, once again.

The Basic Text is one of the most effective means we have of carrying the message. The message is Hope. The promise is Freedom. In the Basic Text you can find out some history of N.A. How we were formed, when and where. Our message of recovery is clearly defined in our Basic Text. It outlines the Steps and Traditions in a simple way. The Basic Text's newest version, the Sixth Edition, also offers new member stories. The reader can really gain an understanding of how diversified we are as a fellowship by the different stories within this edition. This Newsletter has even adapted its name from a chapter found within the basic Text.

The It Works, How and Why offers a more in depth discussion into our Steps and Traditions. The book is a collective contribution from all members, in some shape or form. It helps to guide the reader to a greater understanding of the Steps and Traditions. I have heard many sponsors say that they have their sponsees read out of this book, along with the Basic Text when working a step. The two books greatly compliment each other, offering different perspectives and presentations for each Step and Tradition. The more information any member has the opportunity to gain about the nature of recovery, certainly the better.

Step and Tradition 4 information can be found in the Basic Text and It Works How & Why. Get your copies Today!!

**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 (Grace Community Church.2333 Roosevelt Blvd, Winchester)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 1<sup>st</sup> 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.**