

More will be Revealed....

Shevana Area of Narcotics Anonymous Newsletter

Volume 1

May 2010

Upcoming Celebrations!!

- * 5/16 James B. 1 yr @ Pure, Uncut Recovery
- * 5/25 Wanda W. 4yrs @ Eyes to The Sky
- * 6/6 Mercedes M. 5 yrs @ Noanda

Please submit upcoming celebrations to ShevanaNewsletter@Shevana.org!! We really want to do our Best to include Everyone! Please Help us do that!!

Upcoming Events!!

H&I Learning Day

May 15th 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 ShevanaNewsletter@Shevana.org. Thank you and please enjoy!

Step 5

“We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Tradition 5

“Each group has but one primary purpose—to carry the message to the addict who still suffers.”

Step 5 Experience:

I had always kind of dreaded the 5th Step. I think very highly of my sponsor and part of me was afraid that when I did my 5th Step she would look down on me. Luckily, I had the first four steps in my life by the time I got to my 5th Step, so I was able to express my concerns with her. Another source of fear was admitting who I really was.

The 4th Step allowed me to take a realistic look at who I was. For the first time, I got real honest about things that I had hidden (even from myself) for a very long time. It was a lot for me to hold all alone. The pain of holding all those secrets became more painful than the fear of doing my 5th Step. My sponsor was very supportive and encouraging. She hugged me and even cried with me. She showed compassion for me that I wasn't showing for myself. When I read word for word what I had written, it was as if a literal weight was being lifted off my shoulders. What I found out was that some of my "wrongs" weren't really mine to begin with. I had been carrying around some things that weren't even mine to carry. And the wrongs that were mine were put out in the light so that I can (with the help of God and NA) use them to help me move forward in my recovery and hopefully help another addict.

"We gain a new understanding of the principle of humility as we work this step. We've most likely been under the impression that we were somehow bigger or more visible than other people. Through working the Fifth Step, we find that few of our actions deserve exaggerated attention. Through our self-disclosure, we feel connected with humanity, perhaps for the first time in our lives."

-taken from "it Works How and Why."

Tradition 5 Experience:

The 5th Tradition: I have always broken this tradition up in different areas. The group, our meetings, our sponsorship families and, of course, myself. How we carry ourselves outside of meetings is hopefully, a product of all these areas as we practice this principle of carrying the message of Narcotics Anonymous.

As the first sentence says; the group has but one primary purpose. The Basic Text tells me clearly that the message is a simple one: That no addict seeking recovery need ever die. I guess the first step for me is I need to belong to a group, a home group that, as my sponsor always has directed me to is get one, so I can be a part of and have input. Without belonging to a group, I really have no say--if I am in that group and the message seems "whacked out", a group conscience can correct that,,me the individual, can not. I have come to believe, over the years. that besides the newcomer being the most important person in the room,,,,,the person chairing the NA meeting is the most important...no question. When a meeting goes sideways, someone has to have the courage to bring it back. Bringing it back does not mean what I "think" the message should be but what OUR group says it is. It is sometimes an uncomfortable place to be in and it goes over much better when done with a tone of love, not condemnation but it has to be done. I have been in meetings where there have been real fights and people who have howled--not a good place to be in if I am chairing that meeting but it has to be done. If the message in a

meeting is either way off base or someone goes on and on for half the meeting,,do not we have to bring it back? Once I do it once, in a loving way, it becomes easier the next and when the next addict sees it done in love, they develop a way that is right for them. Have the life saving message of NA, not the mess! My experience is that Step and Traditions always work--given of course, folks have done them.

My sponsor has always directed me that if I work and live, to the best of my daily ability, the steps and traditions and then give back in NA service--the NA message will be there. It is so important to give back what I have been freely given--I can never give NA back what it has given me--but I must do my part. In my experience, there is a fine line between being in NA service and control--my sponsor and my sponsorship family can direct me but don't let me be in the same position for year after year--I then think I know what's best! Service has given me so much direction on how to act outside of that the "service tree". Especially in my job and how I treat others. There is so much to learn in Area Service and in our subcommittee meetings that will benefit me in the outside world. When I run afoul, my sponsor and family will bring me back. When I start thinking I know what the NA message should be and how it should work, I usually get reined back pretty quick, but the damage to the newcomer can be devastating. It is not until I work and try to live the Steps and Traditions that I can get a idea of what my primary purpose is--it is the same as in a group. Our group conscience will tell me what the message is--not me. If I haven't worked it--don't share it! My sponsors have never been shy with me--share your Narcotics Anonymous experience! Part of a 5th tradition experience for me is that meetings are not a dumping ground, a place where we bring anything into them...how unfair we were treated by the law, others--how we got such raw deals, etc. That distracts from the primary purpose. I do remember folks in a meeting using language that was not NA, sober, pigions etc and getting called down right in the meeting! Right or wrong? Or foul language--I know alot of people use it for effect but it really does not work. So many of our meetings are in churches--do we want to be thrown out of another facility? The chair has to bring it back,calm it down,and bring NA back into the meeting.

Throughout my recovery, I have hoped I have been a part of the Narcotics Anonymous message. I know sometimes I come across too strong and have said more than once, things I wished I hadn't said but I am clear: that no addict seeking recovery need ever die! I think I know that our simple but life saving message does just that--saves lives--it has for me and you. Take me out of the picture--make me anonymous--it goes so much better for all of us! When I am singled out or separated, I think I am somebody,--exclusion is a horrible place for any addict to be in,I hope I don't make you feel that way! I love Narcotics Anonymous--it has saved my life--kept me out or spending the rest of my life in jail--given my family back--given my self worth back--I only hope I have done and continue to do, something to adhere to the 5th Tradition: My primary purpose is to carry the NA message--everything else will be fine....I love you and Straight Ahead!!!

“Unity is one of our greatest strengths in carrying the message. Unity of purpose keeps our focus on carrying the message. As groups, we work together to ensure not only our own personal recovery but the recovery of every NA member. The evidence of many addicts staying clean and seeking our common good is very persuasive. We don’t recover alone.”
-taken from the “It Works How and Why.”

Subcommittee Meetings

Newsletter-3rd Sunday of each month-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.

**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 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!!