

More will be Revealed....

Shevana Area of Narcotics Anonymous Newsletter

Volume 1

June 2010

Upcoming Celebrations!!

- * Enoch 16 yrs @ New Chance Group
- *7/5 Barbara D 26 yrs @ Sisters in Spirit
- *7/11 Allie K 1 yr @ Noanda

Recent Celebrations!!

- *6/6 Mercedes M 5 yrs
- *6/12 Hugh M 40 yrs

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!!

PAINTBALL DAY!!!

June 19th @ Skyline Paintball
\$27.50 per person-3 hours of Play
Meet at Edgehill @ 9:15 a.m.

EAST COAST CONVENTION OF NA

Ft Myers, FL June 25-27
register online @ www.eccna.org
for more info go to eccna@live.com

SPEAKER JAM VII

July 10 from 10 a.m. to 8 p.m.
Lions Shelter at Jim Barnett Park

Speakers! Workshops!
CLEAN TIME COUNTDOWN!!!!

Drinks and snacks and Fellowship ALL DAY

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 6

“We were entirely ready to have God remove all these defects of character.”

Tradition 6

“An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.”

Step 6 Experience:

If you think the 4th step was hard, you haven't worked your 6th step.... HI, I am a recovering addict with a little over 5 years clean and I was asked to share my experience, strength and hope on step 6. What a powerful and uplifting experience this can be in your journey, if you allow yourself to see the positive side of it. Character defects? What are those? And after I have figured them out, what do I do with them? I had to sit down and be willing to look at who I am after the drugs have been gone, for a long time. Who am I when no one is looking? And when I was able to see me for me, imperfections and all, what was I do to with it all? What do I do with these thoughts that tell me that I am an addict and that is all I will ever be. Just like any step, we have to surrender and allow our higher power and sponsor walk us through this. This is NOT something you can do alone. I had to face my fears and ask for help. I had to talk about how all this stuff I was seeing about ME was making me feel. We have to be honest working this step, and we have to have honest humility, a word I knew nothing about until I worked this step. I told my sponsor, "I have this list now, I am aware of who I am and who I can be, what do I do with it all." I expected it all to disappear, the thoughts and feelings to just, *vanish*. That is not the point of this step. The challenge in working this step is to change your way of thinking. I have not yet conquered, I am my own worst enemy. One of my questions when I first started writing on this step is how do I change who I have been for so long... better yet, how do I become willing to change who I have been for so long. That is when trust and faith come into play. I had to trust in the process and have faith that everything is going to be okay in the end. I had to understand that these defects of character I carry with me are not benefiting me. If I didn't become willing to change, then the "disease" can and will take over, I will be starting back at step one. I have to be honest, I really struggled working this step. I worked on it for a long time and did not like the way it made me feel all the time. In the end it was well worth all the emotions that came with it. If you are getting ready to start this step I suggest sticking real close to your sponsor, to your higher power and remember that beauty is found within.

Tradition 6 Experience:

Our Sixth Tradition addresses endorsing other facilities or organizations that are not Narcotics Anonymous. When we endorse an outside organization we run the risk of deterring sick and suffering addicts from ever attending our fellowship... suppose they personally find the organization appalling or undesirable. Suppose somewhere down the line that organization runs into some kind of trouble... if we as NA members publicly support that organization we, in essence, are blurring our message, damaging our reputation and causing a huge diversion from our primary purpose.

When we lend the NA name to any other facility, i.e. letting them use NA in the title of their facility, we are ultimately endorsing them in the public eye, which ties their purpose to ours. We have to remember that there are many related facilities that help with addiction problems, but they are completely separate from NA and although

their purpose may be similar to NA... they are not Narcotics Anonymous and only NA is NA. We have to be particularly careful in this area because when we endorse them or contribute money (finance), then we are violating our sixth tradition. We are saying that Narcotics Anonymous is not enough and cannot work, sending the message that you must also go somewhere else. This may keep many addicts from committing to working the 12 steps and 12 traditions of Narcotics Anonymous. This can be deadly to some suffering addicts. We do not need to seek any other fellowship to treat our disease of addiction and continue to recover. Narcotics Anonymous is all we need and it is saving our lives and teaching us how to live... One thing is for sure, our disease is progressive... and as our recovery progresses... so does our dormant disease. We must work hard not to compromise our Sixth Tradition to maintain our integrity as a fellowship and as individuals.

“As we work Step Six, bridging the vast gulf that lies between fear and courage requires a great deal of willingness and trust on our part. Our fears of what we will be like without relying on the destructive behavior of our past must be overcome. We will need to trust our Higher Power to remove our defects of character. We must be willing to take a chance that what lies beyond the Sixth Step is going to be better than our current stock of fears, resentments, and spiritual anguish. When the pain of remaining the same becomes greater than the fear of change, we will surely let go.”

—taken from the “It Works How and Why”

“The application of principles is the basis of our freedom. When we adhere to the principles of recovery, we are free to carry the message and interact with others, knowing that we will not compromise our purpose. Some of the principles that help us observe Tradition Six include humility, integrity, faith, harmony, and anonymity.”

---taken from the “It Works How and Why”

Just for Today—

I will remember that my life is a miracle. Instead of resenting how busy I am, I will be thankful my life is so full.

-taken from “Just for Today”—June 13

“More will be Revealed is published with the guidance of The Twelve Traditions of Narcotics Anonymous.”

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-6/12-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!!

The opinions and views expressed in the submissions to this publication are not necessarily those of Narcotics Anonymous.