



SHEVANA AREA NEWS

Issue 11



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Please submit artwork and ideas to:
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TRADITION 8

The 8th Tradition of Narcotics Anonymous states that 'we should remain forever nonprofessional, but our service centers may employ special workers.'



The book 'It Works, How and Why' states that the heart of the NA way of recovery from addiction is one addict helping another.' There are no dues or fees, nor are there any professional credentials required to be a member of NA. We have but one simple goal: to carry the message of recovery to the addict who still suffers. We have the only credential we really need to do this, and that is our own personal experience with addiction. This gives us what perhaps reaches another addict better than anything else: empathy he or she can never find anywhere else.

In Narcotics Anonymous, we do require certain professionals to help us. We may seek the services of a lawyer or accountant, for instance. But we are not paying them to spread the message of recovery. We are paying them for the professional skills they provide for us. Some may be members of NA, but it is not a requirement.

In NA, we also have service centers. The workers here employ special skills such as phone answering, clerical work, or printing. These workers do work within the NA traditions and are directly responsible to the fellowship. We will need more and more of these as NA grows...and as we reach more addicts.

Vickie D.



So it Crossed my Mind: Why would I ...?



I am very grateful to our wonderful Newsletter Chair, Stephanie, for giving me this assignment. Perhaps she did so with that 'Whoa, Nelly what will I get back from Barbara', but she took a leap of faith. Here goes...

One of the main issues I have is when folks with a little time and/or sponsors continue to introduce themselves as 'Alcoholics' or 'Addict/Alcoholic' at an NA Meeting. And yes, I would feel the same way about an addict who gave a dual introduction or was an 'Addict' in an AA Meeting.

I know it's ultimately an inside thing and I continue to use it as my 'Serenity Barometer' for whether I just smile and feel my Powerlessness or if I feel I am going to implode due to my inability to Control The Universe! But I still have such strong views on this which, frankly, do not feel entirely selfish. What I will do here is change my approach. I tend to get Soap-Box-y and talk at people about this issue. I decided this time, I might ask questions. To further ensure I am not getting too full of myself, I will ask these questions to me – although I would entreat you to consider asking them to yourself as well.

When I came into the rooms it was all about me. I was not trying to be selfish on purpose, but self-

centerdness really was so much at my core I could not even see it. As I stayed clean, listened a bit in meetings and started working steps I began to see it was not all about me! Why would I want someone attending their first meeting to wonder if they were in the right place? Truth is I had a period where I felt rebellious. I apparently forgot the debt of gratitude NA as a whole owes to the AA Fellowship from whence our steps came and when I went to AA meetings I introduced myself as an 'Addict'. That is actually where I learned (because someone sternly pointed it out) that it was not all about me. I am not being 'untrue to myself' because I know what is in my own heart, I am being respectful of others and our fellow 12-step programs. Then there is that pesky addict/alcoholic identification. It is as if I said 'Fall is a vibrant stained glass; a colorful tapestry ... well WTF, which is it? If I am in a room full of glass crafters do I really need or want to say tapestry? More to this point, we have in our readings that most of us have heard many times and will hopefully hear for years to come that "Alcohol is a drug" and the danger in considering it as different than other drugs, but if I feel like I have to use two identifications aren't I doing exactly that?

Why would I want to reinforce the idea of two separate diseases? In my earlier years I did this too – and worse. It was a time when there was a sea of emerging 12-step groups and I felt I had every issue. I spent a brief time with an introduction that was long enough they wanted to thank me for sharing when I concluded. In hindsight, I think it was me trying to hold on to a last piece of Terminal Uniqueness.

AA and NA are not the same program at all and the difference is quite profound! In AA the focus is being powerless over a substance; whereas NA we are powerless over our addiction – a behavior. To consider them the same – unless I am new – is

either inattentiveness, laziness or rebellion on my part. I was very embarrassed when confronted about my introduction. I have heard recovery was a tougher environment back then e.g. 'Work the Steps or Die, MF-er' but I am not sure the message would have come through any other way. It stuck with me and stayed; and since when something stays something else leaves, I think what left that day was a little piece of selfishness. My name is Barbara and I am an Addict. That says it all.

Barbara D.

Step Eight

We made a list of all persons we had harmed and became willing to make amends to them all.

Wow. I would never have considered this without NA in my corner. This is a step of willingness. Knowing that I will have to make these amends in the next step is not a scary ordeal, as it surely would have been without applying the earlier steps in my life. I have faith now that with my higher power, I can make it through anything. For me, it's all about love and forgiveness. I know now that for me to forgive someone, it's not so much about me being alright with what they did, as about the liberation from my resentment toward them. Talk about freedom! By making this list, and becoming willing, there's that word again, willing, I can do this step. I can clear away all the guilt and fear that had been so prevalent in my mind. One of the hardest parts is remembering all those I've harmed. Many years of life without any formal amends affords quite a lengthy list. As with any step, being willingly thorough is ultimately the key for success. Anything less is cheating myself of the freedom that is freely available to me. This step offers me a big change in my lifestyle. My life doesn't have to be clinging to the guilt and shame that I've held onto for so long. By continuing to make prompt amends now, I don't have to worry about avoiding anyone I've wronged. I can be happy, joyous, and free. Once again, I'm grateful the chains of addiction have been loosed from my soul. In loving service, Rhett B.



'Oh, That's Right, Spiritual Solutions are Universal!'

"We understand that freedom from our defects comes from self-acceptance and willingness to allow a power greater than ourselves to remove them, but when it comes to a perceived physical imperfection often we address the problem by trying to live by strict rules we've invented and attempts to control or punish ourselves. We act as if these obsessions/compulsions are different from those we already surrendered. It can be difficult to know the difference between behaviors we can change and those we must surrender. We may hold ourselves to unreasonable standards and berate ourselves for failing to meet those unrealistic expectations. 'Being human' does not mean we live without boundaries or restrictions; it means seeking sanity by taking the actions we can and turning the results over to our Higher Power."

Excerpt: Living Clean - Our Physical Self: Letting Ourselves Go

I sought out this quote. I have been dealing with issues in the physical body realm and having article assignment was the perfect opportunity to look through the Living Clean (which I LOVE) to find something to share and that was current for me.

We are usually work initially based. We do not want to use journey, start to returns, we also see



catapulted into our step on fear and desperation. again. As we continue our feel better and hope other parts of our life

affected by our addiction. In reading the above excerpt I was glad to see I am not the only one to have a 'Wow, could have had a V-8' kind of moment. The difference is, I can still have that "V-8". When I read literature or talk to other addicts I get lovingly reminded that the idea of surrender; turning it over can be applied to anything at any time.

For me it was just easier to see/feel how this applies to my self-centeredness and insecurity but harder to see it as useful for my food/body issues. Like many of us, those issues run very deep for me; food was my original 'drug of choice'. When I read the words in the Living Clean – particularly the part about 'strict rules' - it reverberated through all of me. It freed me to be able to turn more fully to a Higher Power and also talk to others. Accumulating clean time can sometimes make it a harder to ask for help. But the freedom and relief in doing so is always there.

I am so grateful for steps to have a relationship with my Higher Power that is always available and always brings me comfort. I am grateful for people in recovery who can lovingly point me in a better direction when I am lost. I am glad for these reminders about embracing spiritual principles to the core of me. Because as good and reconnected as I feel in this moment, I know I will surely one day forget again.

BY: **Barbara D.**

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Celebration Acknowledgments, Subcommittees and Special Events



<u>Date</u>	<u>Celebration</u>	<u>Home Group</u>	<u>Location</u>
Sept. 12th	Danny M. - 4 Yrs	New Chance	Edgehill
Sept. 14th	Jackie O. - 1 Yr	Noanda	Market St. UMC
Sept. 16th	Melissa E. - 10 Yrs	Eyes to the Sky	John Mann Church
Sept. 22nd	Sarah R. - 1 Yr	Sisters in Spirit	Edgehill
Sept. 29th	Britany R. - 5 Yrs.	Sisters in Spirit	Edgehill
Sept. 29th	Wayne C. - 27 Yrs	Addicts Only	Hagerstown
Oct. 2nd	John E. - 1 Yr	Men's Meeting	Edgehill
Oct. 4th	Elizabeth N. - 10 Yrs	Exp., Str. & Hope	Winchester Med Center

*****We realize that some celebrations have already passed but still want to acknowledge the celebrant!!**

<u>Date/Time</u>	<u>Event/Activity</u>	<u>Host</u>	<u>Location</u>
1st Sun/Mo - 10:30 am	Subcommittee Meeting	Special Events	Edgehill
1st Mon/Mo - 7:00 pm	Subcommittee Meeting	Hosp. & Inst.	303 S.Loudon
1st Tues/Mo - 7:15 pm	Subcommittee Meeting	Outreach	Edgehill Marilyn Rm
1st Wed /Mo - 6:15 pm	Subcommittee Meeting	Policy	Edgehill Marilyn Rm
1st Thurs/Mo - 6:00 pm	Subcommittee Meeting	Newsletter	Throx Market
3rd Tues/Mo - 8:15 pm	Subcommittee Meeting	Literature	Throx Market
4th Sun/Mo - 3:00 pm	Subcommittee Meeting	Public Relations	Throx Market



Flyers for events at meetings or shevana.org



Sun. 10/12@10: 30	Paintball Day	SheVANA Special Events	Meet at Edgehill
Sun. 11/16@5: 30 pm	SheVANA Chili Cookoff	SheVANA Special Events	Market St. UMC
Thurs. 11/20-dinner@5: 30	9 th Annual Potluck	War is Over	Berryville



NOTE For All Submissions:

By submitting article(s), poem(s), and/or other written material pertaining to my personal experiences with or options about the NA fellowship or program, I understand that my material may be edited. I also give the Shevana Area Newsletter, Narcotics Anonymous Fellowship, their successors, assigns and those acting on their authority permission to publish anything submitted. I further understand that every effort will be made to assure my anonymity, unless authorized. I possess full legal capacity to exercise the authorization and hereby release Shevana Area Newsletter, the Narcotics Anonymous Fellowship, its service boards and committees, from any claim by myself, my successors and or my assigns.

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