



SHEVANA NEWSLETTER

June 2018

6TH STEP: We were entirely ready to have God remove all these defects of character.

Hi everyone! I hope the summer is filled with sunshine love and laughter for all of you! I was asked to write on my experience with the sixth step, and I've said this a lot in the last few months, but for me, the sixth step ended up being harder for me than my fourth and fifth steps, and I'll tell you why. After I got through the writing on my fourth step, then went over it with my sponsor in my fifth step, I realized...that's who I was...NOT who I am and am trying to be. I actually walked away from my fifth step feeling pretty good. THEN, I started writing on my sixth step. Let me tell you something...I quickly realized that this was hard, because I'm writing about, and seeing, who and what I am today!! I realized I can be apathetic, self-absorbed, I can be codependent and needy...I can be angry & judgmental. I can let my anxiety control me. I can be closedminded, compulsive, fearful, greedy, ...the list goes on and on!!! Upon writing and talking with my sponsor, I realized, though, that while these are my defects of character, and they will never go away, with prayer, the seventh step, and a conscious effort on my part, I do not have to act on them. I am learning to replace my fear with faith. My apathy with empathy. My anger with pleasure and love, and so on.

I'm so grateful for the program of Narcotics Anonymous. It's because of this program that I am able to be who I am today, and to continue to strive to be better. Love ya'll!

God grant me
the **S**erenity
to accept the things
I cannot change
Courage to
change the things I can
and the **W**isdom
to know the difference

[This Photo](#) by Unknown





SHEVANA NEWSLETTER

June 2018

Page 2

Announcements and Celebrations

- 6/16 Brittany L. 3 years @Fire, Faith and Fellowship
- 6/16 Hugh M. 48 years @Fire, Faith and Fellowship
- 6/17 Outreach Subcommittee @Greenway Spirit and Word Fellowship 5-6pm
- 6/18 Mercedes M. 13 years @Sisters in Spirit
- 6/19 TJ C. 1 year @Welcome Home in Recovery
- 6/24 Public Relations Subcommittee @Main Street Daily Grind 5-6pm
- 6/24 Eden H. 1 year @NOANDA
- 6/25 Allison L. 1 year @Sisters in Spirit
- 6/26 Newsletter Subcommittee @Greenway Spirit and Word Fellowship 5:30-6:30pm
- 7/1 Special Events Subcommittee @Brewbakers 11-12:30pm
- 7/1 Literature Subcommittee @Brewbakers 12-1pm
- 7/2 H&I Subcommittee @303 S. Loudoun Street 7-8:30pm
- 7/9 Area Service Subcommittee @Grace Community Church 6:30-8:30pm
- 7/14 XV Shevana Speaker Jam @Rotary Shelter, Jim Barnett Park 10am-8pm

BEGGING—PLEASE Submit anything that helps keep you clean. Pictures, poems, writings, memes, ideas, drawings, etc. We are running out of items to print. Please help and get involved. This is your newsletter! Don't make us come and get you-we know where to find you. Jackie F. 540*664*7833 or Cori P. 304*283*8090.

