



## SHEVANA NEWSLETTER

JULY 2018

Step 7 “We humbly asked God to remove our shortcomings.”

I believe this whole recovery process is about surrender. After making a list of my defects in step 6, it only makes sense to me, to ask God to remove everything. If I could have done it myself, I would have.

What step seven means to me is getting honest with God, realizing I can't do this myself, and really asking for Him to do what I can't do. It's hard to accept there are things I can't do, I want to think that I've got it all together and under control. I truly believe if I had not become humble I would still be using, well probably dead. It was a long fall down from the high pedestal I thought I lived on. Sure, I used drugs everyday but I had a job, all my bills were paid and I had tons of money because I also lived the glamorous life of a drug dealer. Man, I really thought I was something. I had what I wanted and what everyone else wanted and they would do all these things for me. I felt like I was in charge, on top of the game. It wasn't until I had an experience with my last DOC, that everything changed. My life started spiraling out of control quicker than I thought possible. I could no longer sell drugs because the one I was on made me so paranoid I could barely leave the safety of my bathroom. I had to rely on other people for everything and since I no longer had the stuff, I was no longer important unless I had money. I call it my fall from grace, but really, I was falling into grace, I just didn't know it yet. I lost everything even my sanity for a time. I had nothing for the first time, I couldn't even buy a lighter. That's when I finally cried out to God to help me, because I was really

just hoping to die. I lost more stuff including my daughter. I was finally ready, rehab, jail and a couple relapses later here I am. The point is, I really had to realize there is a God and it's not me. I had to accept He will help me all I have to do is ask. This makes Step 7 easy for me because I truly know He can and will set me free of anything I give to him. Sometimes I have to give Him things over and over, I don't mean to but I try to do everything myself and my life, mostly my thought life gets out of control.

Julie G



**IS THROUGH THE STEPS**



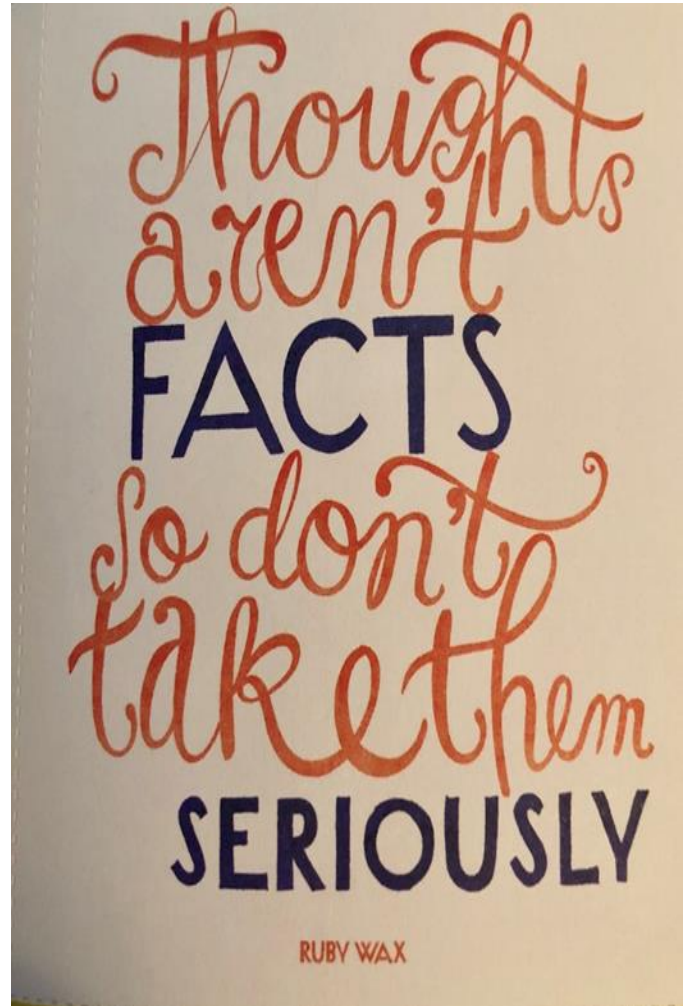
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## Announcements and Celebrations

- 7/11 Michelle M. 6 years @ jfRegardless Of
- 7/11 Ashley W. Last Connection
- 7/13 Spencer 7 years @ SaveUranus
- 7/14 Jamie A. 1 year @ Fire, Faith & Fellowship
- 7/14 SheVana Speaker Jam XV @ Jim Barnett Park Rotary Shelter
- 7/15 Outreach Subcommittee @ Greenway Spirit and Word Fellowship 5 – 6 pm
- 7/17 Kevin I. 2 years @Solution Seekers
- 7/17 Newsletter Subcommittee @ Greenway Spirit and Word Fellowship 5:30 – 6 pm
- 7/22 Public Relations Subcommittee @Main Street Daily Grind Front Royal 5 – 6 pm
- 8/5 Special Events Subcommittee @ Brewbakers 11 – 12:30pm
- 8/5 Literature Subcommittee @ Brewbakers 12 – 1pm
- 8/5 Maria G. 9 years @Finding a New Way to Live 7 – 8 pm
- 8/6 Hospitals & Institutions Subcommittee @ 303 S. Loudoun St 7 – 8:30 pm
- 8/10 Susie P (R). 2 years @ SaveUranus 7 – 8 pm
- 8/13 Area Service Committee @ Grace Community Church 6:30 – 8:30 pm



We are still looking for addicts to step up and write for the newsletter. Anyone interested in writing or helping with the newsletter please contact Jackie F. @ 540-664-7833 or Cori P @ 304-283-8090