



SHEVANA NEWSLETTER

January 2019

Step One – We admitted we were powerless over our addiction, that our lives had become unmanageable.

It doesn't matter what or how much we used. In Narcotics Anonymous, staying clean has to come first. We realize that we cannot use drugs and live. When we admit our powerlessness and our inability to manage our own lives, we open the door to recovery. No one could convince us that we were addicts. It is an admission that we have to make for ourselves. (Basic Text)

Continuing our service information series, I asked Special Events and Hospitals & Institutions to tell us a little about what their committees do.

Special Events is a subcommittee that plans, coordinates and puts on fun things to do in recovery that involve all members. We have picnics, bowling days, snow tubing, chili cookoffs, breakfasts, dinners, paint ball, white water rafting, womanless beauty pageants, costume contests, balls, speaker jams, dances...you name it the list goes on and on. If you can imagine it... we'll try to do it! The more addicts we can gather together to laugh, cry and have fun together the better. It takes a lot of planning, a lot of hard work setting up and breaking down, but in the end we all have a great time and we get to show another addict how to have fun in recovery. And we get to teach them how to do service at the same time.

If you're looking for a way to get involved...this is it! We need all the help and new ideas we can get. Special Events is fun for all!

H & I stands for Hospitals and Institutions. It is a subcommittee that gets together once a month to coordinate meetings going into facilities within our area. There are many positions on the subcommittee where a member looking to do worthwhile service can be an asset. Whether it be Chair, Vice Chair, Secretary or the person who Coordinates the Literature that gets ordered and goes into the facility, we need YOU! To explain some of the other positions briefly, each of our facilities has a panel coordinator. The panel coordinator is the point of contact who schedules H & I members to take in meetings and the liaison between the H & I Subcommittee and the facility. Each facility has different requirements for its volunteers and the H & I Subcommittee has guidelines for its members. Our area currently serves 4 facilities. We take meetings into the Northwest Regional Adult Detention Center, the Rappahannock Shenandoah Warren Regional Jail, the Juvenile Detention Center and the Behavioral Health Unit at the Winchester Medical Center. Generally, we try to take meetings into facilities in pairs, so we need lots of dedicated members to fulfill the growing need for meetings to get to addicts that cannot freely get to as meetings as we can. Whether you have a short amount of clean time or many years clean, the H & I Subcommittee has something for you.

It is now that time of year to elect new members of area service. Making a commitment to service is a great way to stay clean and give back to NA. Although it may be a little scary and you may not think you have the time to commit, you are never alone. There is always another addict to help when you are struggling. Remember how much time you spent "living to use and using to live". Now you can help share the message of recovery.



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Celebrations & Announcements

- 1/15 Anthony D. 8 yrs @ Welcome Home in Recovery 7-8 pm
- 1/15 Johnny F. 38 yrs @ Eyes to the Sky 7-8pm
- 1/16 Outreach Subcommittee is going to Recovery & Beyond 6:30-7:30pm
- 1/20 Outreach Subcommittee @ Greenway Spirit & Word 5-6pm
- 1/20 McKala J. 1 yr @ NOANDA 7-8pm
- 1/22 Newsletter Subcommittee @ Waffle House Stephens City 5:30-6:30pm
- 1/26 – 1/27 Autonomy Zonal Forum Glen Burnie MD
- 1/27 Snow tubing trip White Tail resort leave Edgehill @ 2:30pm
- 1/27 Public Relations Subcommittee @ Daily Grind Front Royal 5-6pm
- 1/29 Eyes to the Sky 20th Anniversary Celebration John Mann Church 6-7pm
- 2/2 Randy D 23 yrs @ Experience, Strength & Hope @ the conference center Winchester Medical Center 7-8:15pm
- 2/3 Special Events Subcommittee @ Brewbakers' Restaurant 11-12:30pm

2/4 Hospitals & Institutions Subcommittee @ 303 S. Loudoun St. Winchester 7-8:30pm

2/9 Annette D 23 yrs @ Experience, Strength & Hope 7-8:15pm

2/11 Area Service @ Grace Community Church 6:30-8:30pm

