



SHEVANA AREA NEWS

Thought of the Month

Chapter One - Living Clean, from Living Clean, the Journey Continues

"The close friendships we have with members who share our recovery can be a deeper connection than family. We share an intimacy that is really special, and when we carry that over the course of many years, it grows into an abiding affection and understanding of one another."

A fellow-traveler in NA and dear friend of mine wrote an article for this issue of our Newsletter. When she sent the article I was overcome with feeling. Not only by the depth or even the willingness she had to Bare Her Soul for us to write it, but it made me reconnect with the evolution of our friendship.

I am a transplant to this area although it has now been more than twenty years since I came. She was one of the first people I met but I wanted to meet her because she was a good friend of my husband's and so initially my curiosity may not have had a pure motive. I was drawn to her candor and heart. She had a robust and colorful view about life and it was clear she LOVED NA. She and I agreed about our Love-Hate-LOVE for service work and we were avid committee members and meeting attenders. I won't say there wasn't even a friendly 'competition' of sorts about sponsorship since we were viewed as NA Matriarchs of sorts and there can be only ONE Queen – LOL!

We have been through many ups and downs both in Life and Friendship but one of the many lessons I learn from her captures the True Essence of what is available in NA: even when we have had personal struggles or times of friendship disconnect we just know that should one of us need the other or need something the other can help with, we put all of that aside and are there for each other. I have not always done that for her as well as I would like but she remains steadfast. She may actually be a better friend than I deserve.

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*Please submit artwork and ideas to:
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Why I write this in an article is because that is what is available for us here. We are broken and unlovable when we arrive. Friends, families, etc. may have disowned us, but we build new families here in NA. We learn how to tend to those friendships like gardens. Sometimes our plants do not get their proper watering and they wither, but they seldom seem to die altogether and so we just need to resume tending to them with care. When I reconnect what a friend I have in Linda A, and remember that in my garden she is a Bird of Paradise, I am less likely to want to take that for granted.- BARBARA D.

Tradition 9- “NA, as such, ought never be organized but we may create service boards or committees directly responsible to those they serve.”

This is one of the traditions that helped me in my journey of recovery to stay clean. It has taught me to become humble, prudent and faithful through service, which also is another form of carrying the message. What this tradition states is that we are not organized but do require a degree of organization. As one addict helping another we volunteer our service to the fellowship on boards and committees such as Public Relations, Outreach, Area and Group Conscience. We learn to maintain unity meeting once a month to discuss solutions, social activities, celebrations, literature needs, website needs, support to new or other meetings, and/or how to better bring the message of recovery etc. If the Public Relations Committee did not get together to send a recovering addict to share their experience, strength and hope at the jail I would not have known about Winchester's Narcotics Anonymous Groups. Without a meeting list through the meetings I couldn't get around to hear the message of recovery. Outreach brings other recovering addicts together as a NA community and has taught me on how to have fun in recovery, such as bowling, paintballing etc. The Shevana Newsletter has helped me

understand other recovering addicts by reading their views and perspectives of their experiences in NA. Area hears all about the meetings in the area and continues to support in any needs to continue our primary purpose. In conclusion we are not called to govern but to execute the trust given to us by the groups we serve. From one addict to another we organize on the basis of need only in the simplest guidelines possible. In fact we rotate leadership so that no one personality ever dominates. My faithfulness to Tradition 9 has allowed me to continue my primary purpose again which is to carry the message of recovery through the service of writing this article. With love and service...Marlene C.



So..... It Crossed My Mind



Having a chronic illness and working a program at the same time can pose a bit of a challenge. The most important thing to know is that with willingness, it is possible. My illness began the same month that I got one year clean. At that time I had no clue how I would maintain my recovery while trying to focus on my health. In the basic text page eighty-eight, it reads, "There is no model of the recovering addict." I didn't realize that at the beginning. I thought that to be considered a recovering addict, you had to go to a certain amount of meetings, call your sponsor on a daily basis, and hold multiple service positions. My views transitioned immensely over the next few years. As I continued to grow in this program, I was still able to feel like I was contributing to my own recovery. There has been many times where my body has not allowed me to get to a meeting. Luckily, I have learned that there are so many different ways to participate. I delved into the literature, developed a deeper connection with those in my sponsorship family as well as my higher power, and put step work at the top of my priority list. Outreach has brought meetings to me when I have been too sick to leave the house. It has meant more than words can describe. Before coming to NA, I never had people care so much about my well-being. I also learned of online Narcotic's Anonymous meetings that have helped immensely in my times of need. Despite feeling like I would never fit a particular "model" of a recovering addict due to my illness, I was able to continually grow in recovery as long as I remained open-minded and willing.

Rochelle P.

addiction asthma c.o.p.d.
 diabetes
heart disease obesity high blood pressure



A Ninth Step Challenge I Met with Faith

Addict named Linda A.

Step Nine states: "We made direct amends to such people wherever possible, except when to do so would injure them or others." An addict named Linda A. and I wish to share my experience, strength and hope on my 9th step amend to James Madison University.

I was employed as an administrative secretary in the Psychology Dept. As my active addiction progressed, I found a way and means to further my addiction by embezzling money and property from JMU. I did not realize at the time that I would ever need to even think about possibly having to do an "Amend" to a place and/or people! While my addiction had me in the grips, whoever thinks about 'repairing the damage that was caused by us?' or for that matter, 'who thinks - or cares - what an "Amend" is while using?' There is an HP and I am grateful that it is not I.

Okay! Now I am a member of Narcotics Anonymous. I had a sponsor who showed me that in order for me to Change, Be Happy, to have some type of Peace in my Life that I would have to work the Steps of NA and feel and experience what my life would be like without Using and the many miracles that I would discover.

Let's get back to JMU. I have made this list of people, places and things that I owe amends to; one being to some of the professor's at JMU. I did not understand why I needed to do that. I had served my time in jail for stealing property from them; had made restitution; and had paid court costs and fines for embezzling monies from the different professors, but the Ninth Step teaches me about "bringing back . . . something that had been damaged." In my case, I took a relationship that was built on TRUST and had violated the trust of the entire department.

The solution was not easy to my ears when I first heard it from my sponsor. But as I started following her suggestions, I was grateful that I was doing it

and Not Expecting Anything in Return -- no letter or telephone call responses, no nothing -- it was for me to learn how to generate a spirit of forgiveness.

Therefore, I had to WRITE each of the nine professors at JMU and explain that I suffered from the disease of addiction when I embezzled payroll checks while working at JMU; that I was involved in the program of Narcotics Anonymous and my life had been changing as a result of working steps and applying them in my daily life. I wanted – and needed - to let them know that I was practicing humility and trying not to make those mistakes again whether it be with them or anyone else; and that as a result of the NA Program, I needed to 'CLEAN-UP my SIDE of the STREET.'

Those amends to the professors at JMU were a challenge but I was Grateful I had made them. As I said, I made them without expectation, so I was shocked that as a result of that, I heard from the department head and was amazed at what he stated in his letter. He said that he appreciated me taking the time to write and explain how my life had been while at JMU. That it took courage to admit everything that I did and the depth of my illness. He said that he had forgiven me for everything I did while struggling with active addiction. It seems he had been doing some behind-the-scenes checking on me and learned I had been changing. He said I was a good woman with good character; that he felt in his heart that that the past behavior will not be repeated. He even said if I was in his area I could look him up and he would take me to lunch!

At my friend's insistence I will add that today I am a very well-respected member of NA and the community at large. I hold a responsible position at my job as well as many positions in NA Service. Part of my ongoing life amend is that I handle those positions honestly. The program continues to show me that when I have Faith and do what is suggested to me by my predecessors, that my Journey gets better and it is okay to be in NA.

Celebration Acknowledgments, Subcommittees and Special Events



<u>Date</u>	<u>Celebration</u>	<u>Home Group</u>	<u>Location</u>
Oct. 19th	Kelly F - 2 Yrs	Noanda	Market St. UMC
Oct. 22nd	Phillip - 2 Yrs	Last Connection	Grace Community
Oct. 25th	Misty H - 4 Yrs	Fire, Faith & Fellowship	Rivendell Recovery Center
Oct. 30th	Rob W - 25 Yrs	Men's Meeting	Edgehill
Nov. 9th	Mike W - 3 Yrs	Noanda	Market St. UMC
Nov. 25th	Sarah M - 11 Yrs	Solution Seekers	Winchester Hospital (old)

***Some celebrations may have already passed, but we 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 - Meeting Rm
1st Mon/Mo - 7:00 pm	Subcommittee Meeting	Hosp. & Inst.	303 S.Loudon, Winchester
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, Winchester
3rd Tues/Mo - 8:15 pm	Subcommittee Meeting	Literature	Throx Market, Winchester
4th Sun/Mo - 3:00 pm	Subcommittee Meeting	Public Relations	Throx Market, Winchester

Flyers for events can be found at meetings or visit shevana.org

Sun.11/16 @5:30pm	Chili Cookoff	Special Events	Market St.UMC, Winchester
Thurs.11/20 @5:30pm	9 th Ann.Potluck	War is Over	St. Lukes, Berryville
Sat.12/1@5:30pm	Holiday/Potluck	Special Events	Market St. UMC, Winchester



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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