



## Tradition 12

Anonymity is the spiritual foundation of all of our traditions ever reminding us to place principle's before personalities.

Anonymity not only gives us the ability to share without being breached, we can also leave labels and expectations at the door. I can feel safe and unjudged, I extend the same respect and unconditional love to other addicts and my fellow human beings.

"My experience with anonymity is when I am feeling out of sorts and my head is feeling like I am not good enough or too good, I remember who I am "an addict" no better or worse and when I share not only will I not be judged, but I will

hear something from another addict with which I can relate."

Placing principles before personalities gives me the ability to leave petty likes and dislikes out of NA meetings which will create an atmosphere of recovery, by sharing our common goals and beliefs and not judging we become better people.

After relapsing and finally ready to do "something different" I asked another addict what I should do, of course he said to call someone he knew I had issues and ask them to take me to a meeting, I did for the first time ever follow a suggestion. I called this fellow female addict with whom I had a big blow out, she did not hesitate to help me because of "principles before personalities" I have since extended the same courtesy – I am so grateful for the 12th tradition...

As I learn & implement these principles into my daily life – I become a very grateful addict!

By: Amber P.

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### Inside

*Page 1: Tradition 12*

*Page 2: The Journey Continues*

*Page 3: Step 12*

*Page 4: Crossed my Mind*

*Page 5: Submissions*

*Page 6: Celebrations and Acknowledgements, Subcommittees, and Special Events*



*Please submit artwork and ideas to:  
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PO Box 2436  
Winchester, VA 22604*



# The Journey Continues.....



Living  
Clean:  
The  
Journey  
Contin-  
ues

Ain't Love Grand?  
by Anonymous

It is February, time of hearts, flowers, candy, cards and dare I say it, maybe intimacy with that one special person in my life. Ah love, ain't it grand? Except when it isn't.

Being a recovering addict, I am an expert at projection. Meet someone, have coffee, get married, moments of insanity occur, hire the divorce lawyer. In between all of this there might have been a relationship for about thirty minutes. How do I know what a healthy, caring relationship is all about? In my active addiction it was fleeting moments of whatever.

I've been clean a while now, established a relationship with my sponsor, working the steps, doing some service work, I am now ready, willing and able. So where is this person who will love me unconditionally and make my life complete? Can another person fill that void I

periodically experience in my life, turn my oneness into a pair? When I do feel that occasional emptiness, I am grateful today that I have a sponsor, the Steps, service work, and a supportive network to keep my head on straight.

I have taken a risk and opened my heart to another. I have allowed myself to feel "like" for a person of interest. There is no drama, maybe a quickening of my pulse as this person enters the room. A glance their way, knowing that no one else notices. No expectations, living in today, allowing myself to enjoy the moment. Whatever will happen, will happen anyway. If it is not meant to be, then I have experienced another episode in my life and stayed clean. If the relationship progresses, then I have the opportunity to call my sponsor more often.

In the Living Clean: The Journey Continues there is a suggestion that I write about 'what I want', 'what am I asking for' and what I am getting in a romantic relationship. Being honest about these three questions can go a long way to my remaining clean and

surviving any calamity in my love-life. From squeezing the toothpaste from the wrong end (which makes me crazy) to the death-blow "cheating with someone else in the rooms. I do not use under any and all circumstances. I utilize every tool I have ever heard in a meeting or from my sponsor to survive these feelings. I will cry, rant and rave, especially about the toothpaste but I will not use.

I am able to use the tools I've learned and practiced in recovery to change my behavior and experience intimacy in a relationship. When I check my motives and am honest about 'what I would like' I am not reverting to old behaviors. I am then able to enjoy the love, affection and respect of my partner in the here and now.

Here's hoping everyone has a Happy Valentine's Day.





## Step 12 – ‘...a Spiritual Awakening ...’

**Step Working Guide - “Notwithstanding the powerful, one-of-a-kind experiences some of us have had, we’ve all slowly and painstakingly built a relationship with a Power greater than ourselves.”**

Having had a spiritual awakening...

I needed to make the distinction between spiritual awakening and spiritual experience. Like most of us, I was an impulsive, immediate gratification kind of gal. I remember looking at the steps and wanting them and all of the program to be like this Grand Event. It would give me relief and gratification more immediately AND did not require effort from me, it would just happen.

What I learned at my sponsor’s patient and loving behest is that step work and recovery are not events. The word ‘awakening’ implies a process and something more gradual. I also love how the Step Working Guide uses this step to make the important distinction between Being Clean and Recovery with the latter only being available to us through the steps.

... we tried to carry this message to addicts ...

This is the most commonly discussed part of this step. I like that it says ‘we tried’. It seems like all the words used were perfectly selected. We truly want to express our gratitude by helping others but may be anxious about doing it “right”; so much so that we may keep ourselves from doing anything. These words tell me that the importance is where my heart is. That I care, want to give back and that I try.

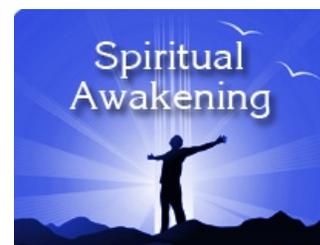
... and practice these principles in all our affairs.

prac·tice/noun

1. The actual application or use of an idea, belief, or method as opposed to theories about such application or use.
2. Repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it.

Such a loving and compassionate message in these words. Because we are insecure, we are perfectionists. We see not being able to immediately master something as a failure and source of shame. This says it is quite the opposite. It is expected that these principles are not natural to us. The idea that I must simply (but must) practice them is very freeing, but also calls for me to participate by actually making sure I do practice.

What I wanted was to Feel Better Now – an Event. Thankfully, my Higher Power as expressed from my sponsor guiding me through the 12 steps and our shared experience in meetings, I got - keep getting and will hope to continue to get - what I needed instead.



# It Crossed My Mind...to be recovered or to be in recovery?



Every time I come back to the rooms I always get questioned by my "normal" friends and family as to why I have to label myself as an addict in recovery instead of a recovered addict. To be recovered to some means to be cured, to others it is a matter of returning back to a state of health.

Merriam-Webster dictionary definition to recover is to become healthy after an illness or injury ; to return to normal health; to return to a normal state after a period of difficulty; to get (something, such as an ability or feeling) again. Then to others to be in recovery is to be in a process or journey of recovering. The Merriam-Webster dictionary definition for recovery is the act or process of becoming healthy after an illness or injury; the act or process of recovering; the act or process of returning to a normal state after a period of difficulty.

Now from personal experience when I have believed in being recovered I have set myself to believe that I could be cured to use or drink again as a normal person, dangerous all together to self. However, today which may sound contradicting I do believe that when at the end of the day comes that I have reached the state of being recovered because I did not pick up or use my drug or drink of choice. I stay vigilant aware that the next morning I am in that state of recovery again that I am in the process of becoming healthier. I might have put down the drug and alcohol but I will always be in the process of learning on how to cope with life so sincerely to answer those "normal folks," I will always be an addict in recovery till the day I die.

An addict that is learning one day at a time with the help of meetings, my HP, the steps, sharing with other like-minded individuals in the same journey, reading literature and doing service on how to become a productive contributor to society instead of a statistic of crime or death as an addict. In a spiritual sense I am motivated to remain humble to understand others struggling in addiction and helps me to be reminded that I could easily fall back into that vicious cycle. It is a journey that only those that truly look deeply inside to pull those rotten roots and that remain teachable can evolve to continue on this process of life as an addict in recovery. It takes total acceptance, perseverance and complete vigilance to know that I have a progressive disease that can be arrested which to me that is where the strength and hope comes one day at a time

By: Marlene C.

# Reader Submissions

**DATE: 3 -28-15**

**Time: 10:00 am -5:00 pm**

## **HOSPITALS AND INSTITUTIONS LEARNING DAY**

**Come discover the benefits that H&I can  
bring to your recovery.**

**Lunch will be served at noon,  
bring a dish if you wish.**

**Will be discussing updates on current  
regional H&I projects.**

**Speakers from all around sharing experience  
strength and hope.**

**Location: Hatcher Memorial Baptist Church  
2300 Dunbarton Rd.  
Richmond , VA 23228**

*Contact: Butch N. ( 804) 357-1684  
Brian S. (804) 389-3914*

### **“View of Life” By: Marlene C.**

**The biographical view of life in most of us...begins living in a fast chapter of  
introduction.**

**As this thing called “LIFE,” breaks into different phases, the pressure of living  
through a day brings our immaturities and insecurities.**

**To live in today’s society; we run and escape depending upon optimism and  
ambition from others.**

**Like riding on a rollercoaster, not identifying the moral inventory we face or  
knowing who we are.**

**Eventually reaching the chapter of misery, growing tired, and frustrated...  
Many times depressed and all alone, just depending slowly yet fast on  
chemicals.**

**For what... to keep us going, never looking back or considering things from  
every angle.**

**Yes, yesterday is already gone and tomorrow may never come.  
So for now we have to live for today, because this may be our last CHAPTER to  
view our LIFE as you may see it...you choose.**

# Celebration Acknowledgments, Subcommittees and Special Events

Date	Celebration	Home Group	Location
Fri. Jan. 16	Parker W. - 1 yr	New Chance Group	Edgehill Recovery
Sat., Jan 17	Doug B. - 2 yrs	Fire, Faith & Fellowship	Rivendell Recovery
Thurs., Jan. 22	Donna McD - 29 yrs	War is Over	Liberty Church - Berryville
Thurs., Jan. 22	Paul T - 4 yrs	War is Over	Liberty Church - Berryville
Sat., Jan. 24	Randy D. - 19 years	Exp., Str. & Hope	Heart/Vasc Center Winc. Med
Sat. Feb. 7	Annette D - 19 years	Exp., Str. & Hope	WMC - Cafeteria Conf
Sun. Feb. 15	Page S - 4 yrs.	NOANDA	Market Street UMC
Thurs. Feb. 26	Linda A - 23 years	War is Over	Liberty Church - Berryville



\*\*\*Some celebrations may have already passed, but we still want to acknowledge the celebrant!!

Date/Time	Event/Activity	Host	Location
1st Sun/Mo - 10:30 am	Subcommittee Meeting	Special Events	Edgehill - Mtg 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 Sat/Mo - 6:00 pm	Subcommittee Meeting	Newsletter	WMC Cafeteria
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](http://shevana.org)

Feb. 22nd, 11a-3p SheVANA Bowling Day SheVANA Special Events Northside Lanes, Winchester



March: Free NCAA Basketball Bracket Tournament bracket enrollment

April 6, 2015 - 9pm-12am NCAA Final Game

April 11th - Time TBD Tradition Working Guide Workshop, Trads 2-7 Central Atlantic Region  
Edgehill Recovery



*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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