

Shevana Newsletter

March 2017

So, I posted a moment of gratitude on my fb page, and I was asked to write something for our area newsletter for you folks to read. I oftentimes don't know what to say when people ask me to do such things. If you ask me to do a lead share at a meeting, I always say yes, because I was told to never say no, and I usually just start talking. If you give me a topic, I can always find something to say. My sponsor taught me to "compare in". That means find my similarities with what is being said instead of telling myself that I am different. For the record, my favorite topics are "gratitude" and "together we can".

See, because here's the thing. We are all different. No two people are the completely the same. That's a fact. Another fact is that all addicts, different as they may be, all share something. We share the pain, humiliation, degradation, and hurt that we've all felt, in active addiction. The thing that usually separates us is some weird sense of pride, along with our low self-worth, that won't allow us to see our truth. (Tell me addiction isn't a disease of the mind, body, and spirit, and I will argue with you and pull out scientific evidence that supports my stance). Either way, as a wonderful woman once shared, "the antidote to addiction is connection". (Insert tradition adherence here).

(I guess I should formally mention NA, here, somewhere). Somehow in my journey through life, I was blessed to make it to the rooms of NA. My story is long, and this newsletter doesn't have enough room for it. That said, although I came from a loving home, I believe I was born with a sense of "never enough". I, myself, was never enough, my parents didn't love me enough, there was never enough money, cars, men, nothing. There was never enough of anything to make me feel good enough. Eventually, I drank and drugged myself into living at animalistic levels. I died a few times. This is addiction. I am speechless when I think of how I lived, in active addiction. As desperation grew, hopelessness followed and I

made my way to treatment. Treatment pointed out that I needed to go to meetings, find a sponsor, join a home group, do service work, do step work, and help newcomers.

When I was close to death, for the last time, from using, I showed up here, at a NA meeting, for the last time. (Or so I thought). Here in our amazing area, I found my people. The people that looked, spoke, and seemed so very different from me, were exactly like me. I was so desperate that I did anything and everything to stay clean. I chased my recovery like I once chased my dope. I met people that showed up for me, people who listened, people who held me up when I thought I had nothing left, and I met people who are now dead and gone. I met the people that practiced the spiritual principles their step work showed them. No one TOLD me what to do. They shared their successes and failures and encouraged me to follow their successes.

Most days, I don't think about using at all. I have been blessed with so much. I have a comfy home, I can drive wherever I want to go, I can afford food I like to eat, my kids are snuggled in their rooms, and I am sitting next to the man of my dreams as I type this. Although I like stuff, the best gifts are the people in my life, and the moments I get to watch. I was told I had to create a life, in recovery, that I am unwilling to give up. I was told I would have to unbecome what my addiction created, so I could be who I was intended to be. My sponsor says to "buy the ticket and take the ride". What's the worst that can happen?

A grateful recovering addict

SheVANA Newsletter Subcommittee is looking for Artists; Writers; Poets; and people filled with imagination and creativity. Show your talents by reaching out to others and sharing your experience, strength and hope through the SheVANA Newsletter

. Third Step - **“We made a decision to turn our will and our lives over to the care of God as we understood him.”** By Wendy H

I am so grateful for the life I have today, because of Narcotics Anonymous! I was asked to write something on the third step. The third step, for me, is a daily process. Every morning I pray to my Higher Power to take my will & my life, guide me in my recovery and help me be a better person. Throughout the day, I often have to turn my will back over, because I am really good at taking it back! **But the thing I've learned is, that when I turn my will over, I am much more serene and happy. I'm not worrying about things that I don't need to worry about.** I do what I can do, and leave the rest up to HP. See, when I take my will back, my life can become chaos really quick. My mind goes a thousand miles an hour with the “what-if's” and I can get carried away. I know I have taken my will back when things become hectic and crazy in my head, and before long, in my life. **It's then that I have learned to stop, evaluate the situation, and pray to just give me peace. I've learned that if I give it to God, things will be ok!** This is one of many gifts I've received from working the twelve steps of Narcotics Anonymous. I am so grateful that I have this program, that all of you keep showing up for me.

Love you all! ~Wendy H



SheVANA is celebrating 20 years of Service in the Valley!

March 31, 2018, beginning at 5pm at Braddock Street United Methodist Church, 115 Wolfe St, Winchester Virginia.

WE will be serving a spaghetti dinner, WE will have speakers from the formation of our Area, WE will also have a dance. This will be a night to remember. NO COVER CHARGE

Bring a newcomer. We will also have a 50/50 raffle and an Auction of NA memorabilia. Please mark this date so you can make history with us.

If you would like to help with this event or more information please feel free to reach out to Annette D (571)212-6827 also you can find more information on our website shevana.org

There will be a 50/50 raffle. Each ticket is \$5 or you can purchase 5 tickets for \$20. Please contact Stephen P, Linda A, Annette D, Elisa D and Cori to purchase tickets.

Celebrations & Announcements

3/13 Meredith S – 9 yrs @ Solution Seekers

3/16 Dave C – 10 yrs @ Save Uranus

Kathy E – 29 yrs @ Save Uranus

3/17 Newsletter Subcommittee WMC

Cafeteria 5:30- 6:30

3/18 Outreach Subcommittee Greenway

Spirit & Word Fellowship 5-6

3/19 CAT Zoom Video Conference 7-9

3/24 C.A.R. Workshop – Gateway to

Freedom Area 11-4

3/25 Special Events Subcommittee

Rivendell 11-12:30

3/25 Literature Subcommittee Brewbakers

Restaurant 1-2

3/25 Public Relations Subcommittee

Daily Grind Front Royal 5-6

3/26 Adhoc for 20th Anniversary of

SheVANA Throx Market 7-8

3/31 CAT Zoom Video Conference 11-1

3/31 SheVANA Area 20 Year Anniversary

Party Braddock Street United

Methodist Church Winchester

5-9

* Pure, Uncut Recovery that meets on

Sundays at 8 will now meet at 6