



# **SHEVANA NEWSLETTER AUGUST 2018**

Hello Family, my name is Randy D. I am grateful to the fellowship, my sponsor, his sponsor, his sponsor and so on for helping me get my life on the right path to freedom from active addiction through the NA way of Life. My sponsor was very instrumental in me getting through the 12 steps and 12 traditions. Other influences came from my desire, my home group, my predecessors and Step meetings. I did not want to do the steps and suffered awhile until we connected with the pain of living dirty clean. 3 hard words were "I need help". Once I stopped fighting, the help was already there.

Step 8 came to me as a weird one. I did the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> not even worrying about 8, thinking that it should not be that big of a deal. When I read the 8<sup>th</sup> step with my sponsor is when I received the knot in my stomach. This step is preparing and step 9 is execute. Most of the steps are prepare and execute. What I was told was to clean up my side of the street in this step, just like I was told in the 4<sup>th</sup> step. I believed in this process enough to do what other recovering addicts were doing to stay clean. The words kept coming to me "it is your turn Randy to do what others are doing to stay clean, I have got to get through this". Yes, I hurt people. More than I wanted too a lot of times. My actions were horrible when I squarely look back at me. Sometime during this process, I had an overwhelming feeling that My Higher Power had really forgiven me of the wrongs I have done to others. Without that feeling early on, there probably would not have been an 8<sup>th</sup> step for me as I looked at my actions could never be reconciled. I, with peoples' help saw GOD do for people in this

fellowship the impossible, magnificent and miraculous thing that made me -know- that it could and was happening to me. My 4<sup>th</sup> step list was the beginning for me. I did encounter events and people that were hard for me to put on the list. So, I was given 3 options. 1 was people that I want to make amends too. 2 was people that I put on the list but was apprehensive about the circumstances and consequences. And 3 were people whom I did not want to, or should I say, I have not become willing to make amends to. Needless to say, they all went on the list.

Some spiritual principles I find in doing this Step are, Honesty, Humility, Integrity, Forgiveness, Self-Acceptance, Compassion, Willingness and the Courage to move on. Freedom from Active Addiction. How Free do we want to Be?

Thanks!

Randy D.

**Don't think about what  
can happen in a month.  
Don't think about what  
can happen in a year.  
Just focus on the 24  
hours in front of you  
and do what you can to  
get closer to where you  
want to be.**

*fb/sun gazing*

## I AM

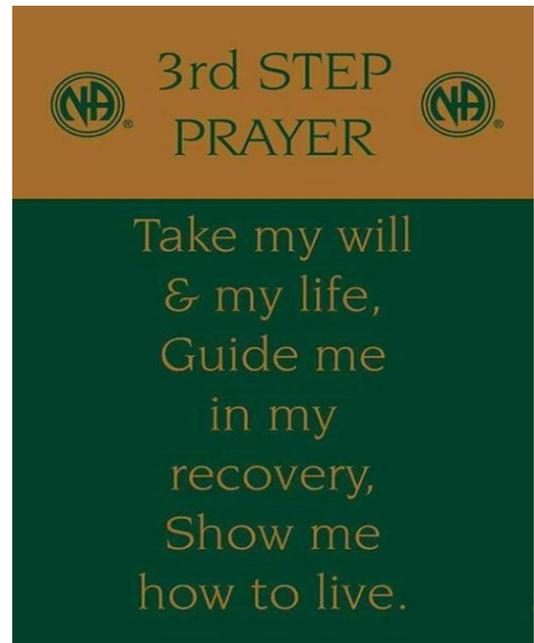
By Crystal E.

"Junkie", they call me,  
As I tie of  
With my homecoming sash,  
There sits my whole life,  
Defined by what can fit in a spoon,  
A reflection foggy, from my lines on the mirror,  
Dark circles replace  
Bright eyes  
Where life once lived,  
Is now empty.  
Homeless  
Sweat beads replace pawned jewelry,  
Pipe dreams replace sleepless nights,  
Telephones the lifeline  
To keep up with my lies,  
Pupils smaller than  
The credit I give myself,  
Bruised arms hang on  
To the last high  
Never as good as the first.  
Piece by piece I put  
Broken parts  
Scattered on everyone in my path  
Back together  
Starting with replacing that spoon  
With a knife  
Cutting ties with my past  
My eyes now open  
My heart is full  
Grateful to make it to this side  
Where we are human  
Flawed but willing  
Judged but determined  
I rise  
Every morning  
With hope  
I am my present  
I am my past  
I am worth it  
I am  
An addict  
And today  
I am free

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The third step prayer.



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## **CELEBRATIONS & ANNOUNCEMENTS**

8/17 Phil R. 24 yrs @ SaveUranus 7-8  
8/18 192<sup>nd</sup> Regional Service Conference  
Charlottesville, VA 11-4  
8/18 Kyle N. 1 yr @ Fire, Faith & Fellowship 9-10  
8/18 Richie W. 4 yrs @ Fire, Faith & Fellowship  
9-10  
8/19 Outreach Subcommittee @ Greenway Spirit  
and Word 5-6  
8/21 Newsletter Subcommittee @ Waffle House  
5:30-6:30  
8/24 Tiffani M. 6 yrs @ SaveUranus 7-8  
8/25 Christina H. 6 yrs @ Fire, Faith & Fellowship  
9-10  
8/25 Sam A. 1 yr @ Fire, Faith & Fellowship 9-10  
8/26 Public Relations Subcommittee @ Main Str.  
Daily Grind 5-6  
8/30 Literature Subcommittee @ Throx Market 6-7  
8/30-9/2 37<sup>th</sup> World Convention of Narcotics  
Anonymous in Orlando, FL  
9/2 Special Events Subcommittee @ Brewbakers  
11-12:30  
9/3 H&I Subcommittee @ 303 S. Loudon 7-8:30  
9/10 Area Service @ Grace Community Church  
6:30-8:30

Please submit pictures, poems, writings, memes, ideas, drawings, etc. We are running out of items to print. Please help and get involved. This is **your** newsletter! Jackie F. 540\*664\*7833 or Cori P. 304\*283\*8090.

