

## Editors Note:

It's Oct 21, 2020, 6:11pm. I'm sitting here at the computer hoping SOMEBODY will join the ZOOM Newsletter Subcommittee meeting I've scheduled for this evening. I know this particular subcommittee has struggled for at least as long as I've been in the Shevana Area, each Newsletter Chair over the years dutifully reaching out for support. Some have managed to wrest participation from others with the dedication of a saint. All have put much time and effort into producing a newsletter that is interesting and fun.

As someone who is simply filling in for the Newsletter Chair position until another can be elected, I have to admit I'm pretty inept in this department. I lack the creativity and publisher skills necessary to put forth much value to this important committee.

So, since it looks like I'm alone on this ZOOM meeting tonight, I'm playing with ideas, trying to learn software I've never used, toying with other options, surfing the web in an attempt to find interesting ideas to add. Hopefully, when this newsletter goes out, it'll elicit responses from those who know better than I what should have been said, what content should have been put in here, and directions on how anything and everything should be done. For once, I'll darn sure welcome it. One thing is for sure, thanks to the Program of Narcotics Anonymous, and everything that comes with it, I GET to do this. This isn't a "problem", it's an opportunity for growth. Yet another opportunity afforded me by my Higher Power. It doesn't matter if I'm good at it or not, it will force me out of my little hovel and the isolation I have become comfortable with, thrusting me into the position of reaching out. Right where I need to be.

Kathy C., Shevana ASC VC

## In this issue:

- Editors note
- Whatcha Want???
- Step of the Month
- Tradition of the Month
- Area News
- Comic Relief
- Word Search
- Dear Old-timer

## WHATCHA WANT???

Ok Folks.... This is where you get to tell US what you'd like to see in YOUR Newsletter! For now, until others join the Newsletter Committee, please please please make your ideas/opinions/thoughts /criticisms/ kudos /whatever known! I'm really easy to find, so there's no excuse! Here are a few ways to reach me: Phone: 304-359-3158 (text me here too!)

Email: [lumyhp@yahoo.com](mailto:lumyhp@yahoo.com)

Facebook: Kathy Catron (public or private message me, it's all good!)



## Step of the Month:

Do you have experience, questions or confusion with the steps? Let us know! Send anonymously or let us know if you want us to include your first name/last initial... You can send your feedback for any month you wish... it could be posted in the respective month that corresponds with the step you submit

We need submissions for December... 12<sup>th</sup> Step –  
*“Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all of our affairs”*

## TRADION of the MONTH

Same as "Step of the Month"... Do you have experience, questions or confusion with the Traditions? Let us know! Send anonymously or let us know if you want us to include your first name/last initial...You can send your feedback for any month you wish...it could be posted in the respective month that corresponds with the step Tradition you submit

We need submissions for December:

*"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities"*



## AREA NEWS

What's going on in your recovery? Do you have a special NA celebration/anniversary/party? Has your homegroup meeting format changed? Are you still Zoom or meeting in person? Would you like to have your Zoom meeting ID posted in the newsletter? Is something special going on in your home group? ETC.....

Here's a couple of going's on:

- ASC has open positions! Newsletter Chair, VRCC Alternate Director, Special Events Chair, Parliamentarian (policy). Now is a great time to jump on board!

Comic relief



# WORD SEARCH

U	W	I	Z	L	X	N	A	W	P	A	T	S	Q	G	V	L	O
N	M	Y	D	J	C	S	E	R	E	N	I	T	Y	K	E	Z	U
M	U	T	B	O	A	X	H	C	E	I	W	N	F	A	L	Q	B
A	X	L	D	S	Z	I	W	P	X	A	G	T	W	Q	P	M	T
N	B	C	U	T	K	E	O	V	S	E	S	P	O	N	S	O	R
A	E	R	R	E	C	O	V	E	R	Y	L	E	G	D	C	I	U
G	O	D	X	P	O	R	E	A	T	W	M	F	R	E	Y	I	S
A	S	E	I	S	V	E	Z	S	R	P	Z	Q	O	V	O	F	T
G	R	N	X	M	B	T	E	U	D	L	P	Y	C	L	I	S	W
E	A	I	R	Z	P	N	Q	G	H	T	I	A	F	N	S	C	K
A	X	A	D	M	O	V	S	L	I	H	T	C	B	T	K	R	E
B	Z	L	W	H	O	P	E	Y	M	E	E	T	I	N	G	S	O
I	U	C	T	O	X	B	M	Y	Z	J	S	O	Y	P	F	E	X
L	Z	I	W	W	C	T	N	K	S	J	Q	P	O	T	S	P	E
I	M	T	U	E	O	S	P	X	K	A	Q	B	A	N	Z	T	S
T	W	C	L	E	A	N	T	I	M	E	I	D	X	L	V	B	N
Y	M	R	E	O	T	H	M	A	L	T	X	G	L	K	E	P	D
V	E	N	O	I	T	A	Z	I	L	A	N	O	I	T	A	R	S

RECOVERY  
STEPS  
CLEANTIME  
SPONSOR  
AREA SERVICE  
FAITH HONESTY  
HOW  
SERENITY  
MEETINGS  
LOVE  
TRUST  
HOPE  
UNMANAGEABILITY  
RELAPSE  
RATIONALIZATION  
GOD  
DENIAL

## **DEAR OLDTIMER.....**

Like “Dear Sponsor”, only broader! Ask any question about any situation (keep it G rated) that a step and tradition living “Old Timer” may have encountered in their journey to find out how to get through those circumstances clean! Or maybe just a general “How do I” or “What do I do about this” question. Pretty much anything goes! Submit your question to have it posted in the next newsletter for answers in the following month!

### **Contact information for submissions, questions, comments:**

Kathy C., SheVANA ASC Vice Chair

304-359-3158, [luvmyhp@yahoo.com](mailto:luvmyhp@yahoo.com), Facebook and Messenger: Kathy Catron