



SHEVANA NEWSLETTER

APRIL 2019

Happy Spring everyone! Continuing with our area service information, you will be learning about the Chair and the Parliamentarian of SheVANA Area Service.

SheVANA Area Service Role of Chair

It's been an honor and privilege to be SheVANA Chair for the past year and elected for a second term. I was unsure of this, but I am so grateful I did. Service work is one of the pillars in the NA program. To be able to give back on this level is selfless service. I really enjoy area service because once a month I get to see some of the influences of our area and learn from them. I only keep order and make sure business is conducted in a loving and spiritual way. I do not control. As an addict, order was not something I was familiar with. This service commitment has taught and is teaching me so much. I have been involved in service from the time I got clean and will continue to be of service, *just for today*. I really encourage anyone to come take part in service work, even if it's on the home group level it's all about getting outside myself to see my surroundings and stay deep in the program of NA. So, the duties of the Chair position of SheVANA ASC is pretty simple to me. I just continue to show up and be of service and remain humble and teachable.

Stephen P.
ASC Chair

SheVANA Area Service Role of Parliamentarian

Along with some of the more usual and regular-sounding Area Service titles, we also have a position called Parliamentarian. Say what? “-Arian” -- suffix forming personal nouns (librarian; octogenarian; veterinarian); or nouns denoting a person who supports, advocates, or practices a doctrine, theory, or set of principles associated with the base word: authoritarian; establishmentarian; totalitarian; vegetarian and ... wait for it ... Parliamentarian! It comes from England in earlier times and refers to a person who helps to sort out guidelines for how a meeting should proceed when the Chair or others have a question.

Our area split from the Almost Heaven Area several years ago. At that time, we developed our own policy. This was our starting point for how our area would be structured. Guidelines for our area trusted servants. We still use a policy today, although, it has been through many changes along the way. We are a spiritual program but we still must conduct business. Our business meeting needs to have structure to be productive and we need to have order to avoid chaos.

Up until February 2015 SheVANA had a Policy Subcommittee. The Policy was under frequent review in those earlier years as we kept fine-tuning these guidelines to address confusing issues and to best fit the needs of our area. Any proposed changes to the policy would be written up and presented at area where they would be discussed. But before any change can be made to the guidelines the proposals must be voted on by the groups. The GSRs of the Home Groups are responsible for presenting motions made at area to the group for a vote. Motions that passed would amend the policy and a revised version would be printed. To date there have been about 100 changes proposed and many were voted in. I am a bit of a packrat and I counted that I have 20 previous guidelines saved. Each version could have one change or many changes.

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After Feb 2015 the area felt that we no longer needed an actual Policy Subcommittee. The frequency of needed amendments had slowed, updates more took the form of revising dated material like our annual budget which is included as an appendix. So the singular elected position of Parliamentarian took the place of Policy Chair. The Parliamentarian has no committee. They attend area service and assist with sorting out any tangles to the proceedings that may occur or can do research in between meetings to clarify an issue. They may still be involved in making changes to the SheVANA Guidelines. At that time, if the issue is more complex an ad hoc committee can be created for policy review over which the Parliamentarian would preside.



Why Jack Nicholson. Because as your current Parliamentarian, that is me. I could stand up in the meeting just as Jack did in the courtroom and say 'You're out of order, you're out of order – you're ALL out of order!' But as much as I would like to be that dramatic, that approach would not be helpful. We are first and foremost governed by Spiritual Principles, even and especially in our business meetings! Please reach out to your Newsletter Chair, Jackie or myself, Barbara Sadhana if you would like to

learn more about our policy or would like me to email you a copy. And of course all are welcome at Area Service. The 2nd Monday of each month.

Barbara S.

This is a poem written by an addict about the family side of addiction. He read it at Recovery's Got Talent

Daddy Where'd You Go

Daddy where'd you go
Nana said you went to Heaven
Why didn't you take me
Is it because I'm only seven

Daddy where'd you go
Don't you wanna play
Daddy where'd you go
Is it because I misbehaved

Daddy where'd you go
I won't make you play dress up
Daddy where'd you go
I will throw away the teacups

Daddy why didn't you say goodbye
Nana told me you overdosed and died
Daddy why'd you do that, don't you love me
and my brother
Who's going to tuck us in at night and pull up
our covers

Daddy where'd you go
Nana said you went to Heaven
How could you do this
You know I'm only seven

Jamie Thall

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Celebrations & Announcements

4/9 Ernest D celebrates 3 yrs @ Eyes to the Sky
7-8 pm

4/10 Regional Planning Zoom Meeting 5-6 pm

4/10 Noah V celebrates 5 yrs @ Regardless of
7-8 pm

4/10 Jason S celebrates 5 yrs @ Last Connection
8:15-9:15 pm

4/12 – 4/14 CPRNA XXXIII Ocean City, MD

4/13 Dennis C celebrates 8 yrs @ MidDay NA
12-1 pm

4/14 Outreach Subcommittee meets @
Starbucks 5-6pm

4/15 Sarah H celebrates 16 yrs @ Sisters in
Spirit 7-8 pm

4/17 regional Planning Zoom Meeting 5 -6 pm

4/19 Harley M celebrates 1 yr @ SaveUranus
7-8 pm

4/20 Bill T celebrates 9 yrs @ Not High At Noon
12-1 pm

4/20 Newsletter Subcommittee @ WMC
5:30 – 6:30 pm

4/22 Sharon B celebrates 2 yrs @ Sisters in
Spirit 7-8 pm

4/23 Stephen P celebrates 7 yrs @ Welcome
Home in Recovery 7-8:15 pm

4/24 Regional Planning Zoom Meeting 5-6 pm

4/27 April GSR Assembly & IDT Workshops
11am-5pm Fredericksburg, Va

4/27 BRANA Pot-Luck 1-6 pm Staunton, Va

4/27 Jackie F celebrates 4 yrs @ Experience,
Strength & Hope 7-8:15 pm

4/28 196th Regional Service Conference 10 am-4
pm Fredericksburg, Va

4/28 Public Relations Subcommittee @ Main
Street Daily Grind Front Royal, Va 5-6 pm

5/1 Regional Planning Zoom Meeting 5-6 pm

5/3-5/5 RACNA II From Desperation to Passion
Fredericksburg, VA

5/5 Special Events Subcommittee @Perkins
Restaurant 12-1 pm

5/6 Hospitals & Institutions Subcommittee @
303 S. Loudoun St. 7-8:30 pm

5/8 Regional Planning Zoom Meeting 5-6 pm

5/11 Central Atlantic Regional Planning
Workshop 11am-4pm

5/13 Area Service Committee @ Grace
Community Church 6:30 – 8:30 pm

