



A

SHEVANA NEWSLETTER

MAY 2019

STEP 5 We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I have worked this step twice. I know for me that both times it was scary to say some of those things out loud to someone. But after I did it the feeling of relief and peace came immediately. It was like the burden of all my secrets had been released and now I was free. Those things that I thought I could never tell anyone, that were so bad I had to shove them deep inside, finally saw the light of day and were no longer able to keep me in that dark place. They don't go away but they don't live with me today in the present. I can learn from the past and I am free to make the changes to move on and become the person I was always meant to be.

Jackie F.

Shevana NA a Welcoming Area

3 years ago, I left this area after an 8 month stay. In that time not a week would go by without thinking about the area that had sparked my recovery with new energy and a desire to be part of the Narcotics Anonymous

program that had already changed my life and many of those around me.

Becoming part of an area that is new to me was easy. The members shared with, me invited me out, and let me be part of their events, some I had never experienced. I was like a young addict new in recovery with energy from 2 areas, Santa Cruz and Shevana. Becoming whole in the fellowship is a strong part of my recovery and I have learned that there is more than just one area or region. We are a worldwide fellowship with opportunity to learn and grow wherever we go.

After retiring in February, I was able to plan a trip back to the Shevana Area. After some ups and downs in making plans for the trip, I finally made it. On my first day back several homegroup members from the SaveUranus and Experience, Strength and Hope groups invited me to dinner. I tried not to miss many of the Friday night meetings during my first time here, calling SaveUranus my homegroup away from home, as it was the first meeting I went to. Homegroups in the Shevana area are strong. I walked into 4 meetings and it was like time had stood still. I walked into The War is Over group and there was Donna and Kathy welcoming me and remembering me. The SaveUranus Group, with Phil, Ken, Wendy and Julie welcoming me and going out to eat with me. The Experience Strength & Hope Group, with Rich and Annette. The NO A.N.D.A. group with Joann and the nooner at Edge Hill with Yousif and Mike showing up at every meeting, with Yousif's unselfish service making sure this frontline meeting is always available to anyone. The Solution Seekers Group with Sara, Meredith, Kevin and everyone else. And a special thanks to Baltimore hat Kevin who was at almost every meeting. And lastly, to the Welcome Home in Recovery group In Stephens City with their strong desire to keep the meeting going even when participation is low.

There is never enough time to do all the things in this beautiful area, region and world. There are always openings for service. Anyone can be

SHEVANA NEWSLETTER

May 2019

Page 2

part of service. Just asked another member with 1 day less or 1 day more clean time what to do next. No service task should go undone. That is how addicts can die.

Jim L, Santa Cruz

This next story is from The NA Magazine.

I sit here at my computer crying, trying to deal with the pain of losing my seven-year-old daughter, Elizabeth. I am staying clean and getting through it. I thank God every day that I do not use, for...

The miracle is happening

How can I see love when I suffer from addiction? Will I always be so far removed from the real thing? I know I loved Elizabeth, as I do all my children, but it seems like such a foggy place where I live.

I believe that love must run much deeper than addiction. It has to! Addiction covers my soul like a fog on the lake in the morning. I pray the sun will rise soon and that I can love and be loved before my time is up.

What happens when time is over? Is it ever over, or does it somehow just change?

I realize that I have felt like the little girl I loved and raised from birth, but who is no longer here. We are inextricably intertwined. She is not lost to me; she is home. I am not lost to me; I am home. Home is right here and right now-not someplace outside of me. Home is all I want.

Addiction has robbed me of love. Addiction has robbed me of me. Addiction has robbed me of real memories that I find too hard to remember. If I remembered, then I would also have to feel the pain of loss.

Once through the pain, I believe I will enter a place where I will remember the great love I have experienced and the real people I have known and loved with all my heart.

I can let go of the pain and remember the love. I can remember the moments shared—the laughter, the music, the prayers, the tears, and the dancing and whirling that are filled with beauty, filled with something much deeper than I can express.

I believe that God has created me for a purpose. I will grow. I will breathe deeply. I will live a life worth living.

Just because I cannot see her or touch her now does not mean that she was not real. She is real. I am real.

What once was, I have not lost. It just changed. The butterfly has been transformed and released from the cocoon. The butterfly is free. Elizabeth is free. I am free, and I can stay free if I want.

Today, I want to stay free. Recovery will set me free, just for today.

I am at peace.

Janice B, Illinois, USA

The NA Way Magazine

The International Journal of Narcotics

Anonymous, July 2005, Volume 22, Number 3



SHEVANA NEWSLETTER

May 2019

Page 3

Announcements & Celebrations

5/14 James B 10 yrs @ Welcome Home in Recovery 7-8:15 pm

5/15 Regional Planning Zoom Meeting 5-6 pm

5/17 – 5/19 BRANA Primitive Campout Churchville, Va

5/18 CARNA Regional Subcommittee Meeting

5/18 – 5/24 40 Years of NA Celebration Day Richmond, VA

5/18 Cori P 2 yrs @ Experience, Strength & Hope 7-8:15 pm

5/18 Jackie F 4 yrs @ Experience, Strength & Hope 7-8:15 pm

5/18 Chris S 7 yrs @ Fire, Faith & Fellowship 9-10pm

5/19 Outreach Subcommittee Meeting @ Greenway Spirit & Word in Stephens City 5-6 pm

5/19 Outreach Subcommittee is visiting The War is Over 7-8 pm

5/21 Solution Seekers 7 yr Anniversary Celebration 6-7pm

5/22 Regional Planning Zoom Meeting 5-6pm

5/24 Kenny D 31yrs @ SaveUranus 7-8pm

5/25 Tisa S 6 yrs @ Fire, Faith & Fellowship 9-10pm

5/26 Public Relations Subcommittee Main Street Daily Grind Front Royal 5-6pm

5/28 Norman C 6 yrs @ We Believe in Miracles 8-9pm

5/29 Regional Planning Zoom Meeting 5-6pm

5/30 Outreach is visiting Out of the Cage 7-8pm

6/2 Special Events Subcommittee Perkin's Restaurant 12-1pm

6/3 Hospitals & Institutions Subcommittee 303 S. Loudoun St. 7-8:30pm

6/5 Regional Planning Zoom Meeting 5-6pm

6/7 – 6/9 BRANA Campout Lexington, VA

6/8 NA Picnic & Volleyball Tournament, Jim Barnett Park, Kiwanis 1 shelter 12-6pm

6/10 Area Service @ Grace Community Church 6:30-8:30pm

