



SHEVANA NEWSLETTER

JUNE 2019

STEP FIVE “We admitted to God, to ourselves, and to another human being the exact of our wrongs”

The Fifth Step is the key to freedom. It allows us to live clean in the present. Sharing the exact nature of our wrongs sets us free to live.

The Basic Text Page 31

Hey NA family,

The Newsletter subcommittee wants to take a “Journey thru Shevana”. We will be asking each homegroup to let us know the history of your homegroup and what you like about your homegroup. We thought it would be interesting to learn about how these homegroups were formed and how long they have been around. Each month we will highlight 2 to 3 homegroups. So, please let us know about your homegroup!

We are also asking for YOUR help with the newsletter. We need the poets and artists in the area to send us your artwork. We would like to have more input from YOU the addict. Please send any artwork recovery related through the newsletter email on the Shevana.org webpage.

Also, any subcommittee that needs help, let us know what help is needed. Let the newcomer and the old-timer’s ways give we can give back to NA and the Shevana area.

MY STORY

Taking a step back and evaluating my life back to the early teen years. I’ve always been the type of gal, to reach out and help people with their own problems. I never focused on myself nor did I take my own advice. My world is all in my hands. Over the past four years I have been my own worst enemy and I have in some ways, looked for help but always held myself back from freedom. Dwelling on the past and what I lost. No more will my past hold me back nor will it define my future. I let my addiction wreck my world like a wrecking ball by being my own worst enemy. Today I can confidently say the chain is broken and the shattered link has busted free like the birds flying to the heavens as my higher power is healing the shattered pieces of pain and letting them fly away free. So now what I hold in my hands is my life and my world with the strength to carry what this life can throw at me. As I have gained so much through NA! As for me, just for today I am a GREATFUL recovering addict named Heather.



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My story continued...

Hi, my name is Julie and I'm in Recovery:

I started using when I was about 13 and was in and out of juvenile detention. I tried many drugs, I even used at school, when I went. I grew up I moved out I got a nice apartment and had a good job.

Around the age of 20 I tried crystal meth. I started using all the time, staying awake for days. My use caused me to be fired from my job, lose my apartment, all my possessions and get into some very serious legal trouble.

During the long drug out court process, I became pregnant and gave birth to a daughter, two weeks later I was in jail. My daughter went to live with my mom, for these 4 months. At sentencing my release was contingent on my mom signing a paper stating she would allow me to live with her some 2 hours away from Fairfax County where I had committed my crimes, 2 years of house arrest and 5 years of probation.

This provided some time away from drugs for me, mainly because I did not know where to get any. Through the years, I made friends and slowly became a heavy, daily, drinker. I was employed fulltime, paid bills and we had our own place.

A friend introduced me to a drug I had never tried before claiming you could buy it on the internet, I was skeptical but tried it anyway. Immediately I was addicted, it consumed all my time, I quit drinking and even smoking cigarettes. This drug was called APVP, Aka Flakka or bath salts. Everything was good and fun for about 6 months. I held onto my job missing the max amount of time allowed until one day I just quit going. After that, I was overcome by extreme paranoia and stimulant psychosis, each time I used. I lost my home and most of my possessions once again, moved back into my mother's house. Soon after she filed for custody of my daughter. I was sent to rehab and did a little more time in jail.

I finally surrendered and decided to give the NA meetings I was forced into at rehab, a real try. Then something wonderful happened. I made friends, real friends who didn't use, friends that wanted to help me succeed. They taught me how to live, really live a full and amazing life without using. We learned how to have fun; I feel like that's where I grew up. I can't say enough about the NA fellowship, it truly saved my life and helped me develop a beautiful relationship with God. I've learned so much about myself. I became a very active member in the NA fellowship and I still am today.

When I was clean 6 months, I regained custody of my daughter, I cried during court and for the first time I really felt a feeling and it was pure joy.

When I was clean 8 months my Mom felt comfortable to move back to her other home in

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My story continued...

Florida and let me stay in the Virginia home by myself with my daughter.

Shortly after that, I got a full-time job and was able to visit my Mom's Florida home for the first time since she bought it 3 years before. Things got better and better.

My substance use counselor saw something in me and suggested that I go into the recovery field, I then became her intern of sorts. She took me under her wing and taught me so many things about the disease of addiction, how to run a group and most of all how to love someone who is actively using. This is so important because, we are very unlovable when we are using. She taught me to see the person inside instead of their behavior, and to remember that, I too, used to be very hard to be around. With her help and full support, I completed the necessary requirements to receive the NCPRSS credential.

I enrolled in college and managed to get all A's for the semester.

Now, I am here at Strength in Peers, living my dream of helping people just like me reach their full potential. It's a beautiful dream coming true, I am still enrolled in college and hope to receive my associate degree in Human Services in the next two years.

Julie G

CELEBRATIONS & ANNOUNCEMENTS

6/11 David T 14 years @ Solution Seekers 6-7pm

6/12, 6/19, 6/26, 7/3 Regional Planning Zoom Meeting

6/15 197th Regional Service Conference 11am-4pm @ Charlottesville, VA

6/15 Brittany L 4 years & Hugh M 49 years @ Fire, Faith & Fellowship 9-10pm

6/22 BRANA Riverside Recovery Group Potluck Picnic @ Rockbridge Baths, VA 11am-6pm

6/22 Newsletter subcommittee @ WMC cafeteria 8:30-9:30pm

6/23 Public Relations Subcommittee @ Daily Grind Front Royal, VA 5-6pm

6/23 Jennifer S 1 year @ NOANDA 7-8pm

6/24 Kim L 7 years @ Sisters in Spirit 7-8pm

6/28-30 White Water Rafting @ New Gorge River

6/29 CAR-NA Regional Planning Committee Workshop @ Stephens City, VA 11am-4pm

7/1 Allison L 2 years @ Sisters in Spirit 7-8pm

7/1 Hospitals & Institutions @ 303 S. Loudoun St 7-9 pm

7/7 Special Events Subcommittee @ Perkins Restaurant 12 – 1pm

7/8 Area Service @ Grace Community Church 6:30-9pm