



SHEVANA NEWSLETTER

JULY 2019

STEP SEVEN : We humbly asked Him to remove our shortcomings.

Having decided that we want God to relieve us of the useless or destructive aspects of our personalities, we have arrived at the Seventh Step. We couldn't handle the ordeal of life all by ourselves. It wasn't until we made a real mess of our lives that we realized we couldn't do it alone. By admitting this, we achieved a glimpse of humility. This is the main ingredient of Step Seven.

A JOURNEY THROUGH SHEVANA

"Finding a New Way to Live."

"Out of the Cage" was started in December 2015, in Strasburg. Shortly after that we birthed *"Finding a New Way to Live"* April 2016, in Woodstock. Both these meetings were started because we felt the need was high in the southern part of the SHEVANA Area. The hope

was that more people would be able to access NA meetings that could not make the long drive to Winchester, or that had no transportation at all. We started off in an old building that used to be used as an egg warehouse. We soon realized this building was hard to find even with GPS and was freezing cold year-round. So, we looked for another place, and were blessed to get a spot inside the Shenandoah Memorial Hospital, which is super easy to find!

We are a small homegroup with only 5 regular members. We love visitors and occasionally some newcomers pop up.

I made this my homegroup, because I live in Woodstock, and it only takes 5 minutes to drive there. I sat alone for many weeks, and still some weeks it is only 3 of us. I wanted to give up and shut it down several times, but my network encourages me to keep it going and eventually they will come. I believe this!

Love you all,

Julie G.

This is the only homegroup to respond to the request for a history and why you like your homegroup. **PLEASE GSR'S OR HOMEGROUP MEMBERS SEND ME SOMETHING!** We really think this would be interesting to read about.

HELP WANTED

SPECIAL EVENTS SUBCOMMITTEE: The Speaker Jam will be on July 27th at Jim Barnett Park and they are begging for help with this event and future events. Ever wonder how these fun events get started; contact Megan W. or email her @ specialevents@shevana.org.

The next Special Events meeting will be held on 8/4 @ Perkins Restaurant from 12 – 1 pm



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HELP WANTED continued

OUTREACH SUBCOMMITTEE: Seeking support for the following meetings this month. Please contact Jimi J @ outreach@shevana.org or just show up @ these meetings.

- Recovery & Beyond at Ruritan Community & Senior Center @ 3223 Northwestern Pike Capon Bridge, WV on 7/17 from 6:30 – 7:30 pm
- Men's Meeting @ Edge Hill on 7/25 7:30 – 8:30 pm

The next subcommittee meeting will be on 7/31 @ Starbucks on Pleasant Valley from 6 – 7 pm

NEWSLETTER SUBCOMMITTEE: Seeking writers, poets and artist for help in planning and producing the newsletter. Please contact Jackie F @ newsletter@shevana.org.

The next subcommittee meeting will be on 7/22 @ WMC cafeteria from 8:30 – 9:30

HOSPITALS & INSTITUTIONS SUBCOMMITTEE: Help spread the message of recovery at jails, and behavioral health. Please contact Danny M @ handl@shevana.org.

The next subcommittee meeting will be 8/5 @ 303 South Loudoun St from 7 – 9 pm

PUBLIC RELATIONS SUBCOMMITTEE: Enjoy designing websites and spreading the message of hope in recovery; then contact Phil R @ publicrelations@shevana.org.

The next subcommittee will be meeting 7/28 @ Main Street Daily Grind in Front Royal, VA from 5 – 6 pm

LITERATURE SUBCOMMITTEE: Ever wonder how your homegroup gets there key tags, pamphlets and books. Contact Tony B for information @ literature@shevana.org. He could use your help!





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All of these subcommittees are drowning and are in desperate need of warm or semi cold bodies. As long as you have any brain function left after your days of using drugs we will gladly accept your help!!!!!!

If you can help plan, set up or clean up **Special Events** is for you. If you want to spread the message to those who can't get to meeting's then join **Hospitals & Institutions**. If you can't go into institution's and want to attend more meetings then join **Outreach**. If you love spreading the word thru print and a website then try **Public Relations**. Want to stay in the background then **Literature** could use your help. Are you talented with great ideas and interested in drawing or poetry come try out **Newsletter**.



CELEBRATIONS & ANNOUNCEMENTS

7/9 Kevin M 32 yrs @ Solution Seeker 6 – 7 pm

7/10, 7/24, 7/31, 8/7 Regional Planning Zoom Meeting 5 – 6 pm

7/13 Planning Workshop Quadrant 3 Lynchburg, VA 11 am – 4 pm

7/13 BRANA Bowling Night Staunton Bowling lanes 8:30 – 11 pm

7/19, 20, 21 38th Annual BRANA Campout @ Natural Chimneys in Mt. Solon, VA



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CELEBRATIONS continued

7/19 Spencer 8 years @ Saveuranus 7 – 8 pm

7/22 Barbara S 35 years @ Sisters in Spirits 7 – 8 pm

7/27 16th Annual Speaker Jam @ Jim Barnett Park 10 am – 8 pm

7/27 Rich 18 years @ Experience, Strength & Hope 7 – 8:15 pm

8/10 CAR-NA planning Workshop Quadrant 4 @ Virginia Beach 11 am – 4 pm

8/10 AVCNA Host Committee 2021 Elections & Positions @ Winchester War Memorial Bldg 12 – 1:30 pm

8/12 Area Service @ Grace Community Church @ 6:30 – 9 PM

AVCVA Host Committee 2021 Elections & Positions August 10th, 2019 @ The Winchester War Memorial Building in the Lord Fairfax Room 12:00pm-1:30pm 1001 East Cork Street Winchester VA 22601

Chairperson, minimum of 5 years clean

Vice-Chair, minimum of 5 years clean

Secretary, minimum of 2 years clean

Treasurer, minimum of 5 years clean

Vice-Treasurer, minimum of 5 years clean

Sub-committee Chairpersons, minimum of 2 years clean.

Sub-committees • HOSPITALITY • ENTERTAINMENT • PRE-CONVENTION • CONVENTION INFORMATION • REGISTRATION • MERCHANDISE • ADDITIONAL NEEDS • ARTS AND GRAPHICS • PROGRAMMING

* For more information on sub-committees see Policies and Procedures for the Host Committee.* “Policies and Procedures for the Host Committee of the AVCNA.” In this you will find the Duties, responsibilities and so much more about Hosting the AVCNA. Please take your time and look at this important information. This is a FUN service opportunity and it’s going require time, love, attention, humility & compassion... Feel free to reach out to me if you have any questions. If I can’t answer them I will reach out to the VRCC and get the answer! (540)539-2177 Stephen P. SheVANA Chair.