



SHEVANA NEWSLETTER

August 2019

STEP EIGHT - "We made a list of all persons we had harmed and became willing to make amends to them all."

The Eighth Step starts the process of forgiveness: We forgive others; possible we are forgiven; and finally, we forgive ourselves and learn how to live in the world.

A JOURNEY THROUGH SHEVANA

Sisters in Spirit

Third Time is the Charm – Sisters in Spirit!

I moved to this area from Denver in 1993. At that time, my NA homegroup was Trust & Acceptance, a 'women's meeting' in the Mile-High Area. It does not seem to still be active. Maybe because I was homesick, or just felt there was a need, I really wanted to see if we could get one started in this area.

Luckily, I was not alone. Other women I met when I moved here also thought it would be a

great idea. We talked about it and a planning meeting was set, but that first attempt went out with a whimper. No meeting started. Attempt number two was way more colorful. By now four or five of us were very interested. We were going to have it meet in the hospital somewhere. Two women got into a fight in the parking lot at the planning meeting. No lives were lost, but the meeting formation attempt was all bruised and bloody. So, attempt number two went out with a bang.

Fast forward a couple of years. Perhaps I had given up because what I remember about Attempt Number Three was someone approaching me with the idea. They had even researched a location (Edgehill Recovery Retreat) and posed Monday 7pm as the time. Well 'Hell Yeah!' I was on board! I was excited, it looked like it would finally happen. A few women said they would attend although only the two of us ('she' is no longer in NA) said we would commit to making it our Home Group. I loved the name 'Trust and Acceptance' with its cheerfully irreverent abbreviation "T & A Group", but that proved to be unpopular. Someone suggested Sisters in Spirit. To be honest I wanted something edgier, but it grew on me.

Well they say, HP has a sense of humor AND knows what we need better than we do. The actual founder of Sisters in Spirit never attended! She let me know first that she did not think she was ready to make it her home group, then she said she did not want to come, then she left NA altogether. No judgment, things happen in NA, but I realized if SiS was to succeed, I had to be doubly committed. That was the best thing that could happen to me. I needed to go whether I felt like it or not. I had been in a stagnant place, so this was perfect for me. There were others. A handful of women

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Sisters in Spirit cont.

came regularly and we got some home group members.

Our attendance numbers were helped by the fact that Edgehill required the women clients to attend. Often the clients hated that, but it helped our numbers, and some came to like it. This still happens now. It is so exciting to see former residents return to SiS because they want to come. A couple of other treatment centers ventured in. I will always remember when the Maya Angelou women began to attend. It felt like 'Hell Yeah, now we are a Legit NA Meeting!

We have some colorful autonomy. We pilfered our first recovery key tags from a Regional Event which had key tags from around the world as table decorations. At the end of the event a couple of us asked if we could have them. Now we purposefully order key tags in languages other than English because NA is worldwide. (I had a motion that the word 'worldwide' had to be said like Pitbull says it, but that motion failed.). We read just the steps and traditions and have three readings from Living Clean for our meeting intro.

Fall of 2020, Sisters in Spirit will celebrate its **20th** year. Many women have attended or had it as their home group for many years. I want to cry at every group conscience because we have such a strong turnout. We seem to welcome new Home Group Members at each one. The third time has sure been the charm for me. It

may be too dramatic to say SiS saved my life, but it sure saved my spirit.

No A.N.D.A.

Group of Narcotics Anonymous

Circa 2002 – 2003. No A.N.D.A. Group has origins that trace back to its original formation as a Narcotics Anonymous meeting to the basement of Braddock Street United Methodist Church. The founding member were Dustin G., Derek H., and Maryanne G. Later, members changed the name to No Addict Need Die Again. These members, in addition to the original three, include Nick B., Jason R., Shawn J., Mike F., Sarah E., and Shannon. The meeting moved several times, i.e. Jungle Jim and Salvation Army, until settling at its present location, Market Street United Methodist Church, 131 S. Cameron St, Winchester, VA around 2007.

One Current Home Group Member (HGM), Mike H., has followed this meeting from 2005-2014. He states at one-point the No A.N.D.A. Group lost all members but continued to have attendance. Eventually, new members joined, as we see often in Narcotics Anonymous. Current HG member, Elizabeth C., and current HG member, Paige M. along with Mike H. were instrumental in renaming the meeting to No Addict Need Die Alone. These new members also decided to make this a lead share format to better help the newcomer, as well as all members of Narcotics Anonymous, hear that recovery is the solution through our

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No A.N.D.A. cont.

predecessors sharing their experience, strength, and hope.

“Around 1014 I left this group and when I was done researching returned in 2018 and was very happy to have a home to return to. It still thrives today. With a strong Home Group. It is and always will be the best HG.” Mike H. HGM 1 years Coffee Maker

“I joined three years ago because at the time it best fit my schedule and because the strong recovery and meaning behind No A.N.D.A. Joann W. HGM 3 years Secretary

“Well I choose this as a Home Group because there were a lot of hot girls with good clean time there, duh. More importantly, I enjoy lead share meetings. I am able to identify and learn from others experience living in recovery.” Emmett H. HGM 14 Months Literature Assistant Circa 2002-2003, No A.N.D.A Group has origins that trace back to its original formation as a Narcotics Anonymous meeting to the basement of Braddock Street United Methodist Church. The founding members were Dustin G., Derek H., and Maryanne G. Later, members changed the name to No Addict Need Die Again. These members, in addition to the original three, include Nick B., Jason R., Shawn J., Mike F., Sarah E., and Shannon. The meeting moved several times, i.e. Jungle Jim and Salvation Army, until settling at its present location, Market Street United Methodist Church, 131 S. Cameron St., Winchester, VA, around 2007.

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“I liked the lead share format. “Liz C. HGM 8 years Chair

“I joined two weeks ago. Mainly because of Tiffany E. but also because it’s a meeting I’ve always felt comfortable and welcomed at. It fits well with me schedule. There’s amazing, kind, genuine and loving women (and men) in the HG that I look at and think, yes, I want what they have: Thank you. It’s never felt forced or like a chore. I always get excited for my Sunday night HG meeting at No A.N.D.A. Jordan M. HGM 2 weeks Member

“I joined January 1017. It was the first meeting I went to after arriving in Winchester. I picked up Just for Today, 30-day, 60-day, 90-day and 6 months before I joined. Then I joined a month later. It was my HG (Liz C. and Page M.) inspired me. Synergy was welcoming (even with all my “Trishues”) and I knew I was home with a family where I felt warmth and vibrant rays of love and most importantly, I loved back.” Trish K HGM 3 years Co-Chair

“I choose this as my HG because of the good vibes” Tiffany J. HGM 1-year GSR Alternate

“I picked this for my HG a long time ago (2015) There were just so many people there that I loved, and I felt like I belonged. Mike H. had a lot to do with my decision. I chose to come back after my relapse because I knew that there were still some of the same members there (Mike H.).

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No A.N.D.A. cont.

It just felt right to make it my HG again. I also had celebrated my first year clean there in the past". Jennifer W. HGM 3 Months Coffee Maker

"I joined No A.N.D.A. because of the beautiful HG members. I can be of service to the newcomer by making them feel welcome". Traci G. HGM Alternate Secretary

"I was in the midst of trying to help save another meeting and I needed to commit to another meeting to keep me accountable. No A.N.D.A. fit my schedule. The other members were there for me through the good and the bad. I owe my clean time to this HG. I have watched this HG dwindle down to just three members and somehow, we were able to keep it together. In the past 1-2 years I have watched as this HG has grown to almost twenty members. I absolutely love the fact that through all of this, we still attract the newcomers to keep showing up." Page M. HGM 7 years Treasurer

"I love the people in this HG and seeing new faces every week. I also really enjoy the lead share format. It gives me the opportunity to share. It gives me a great start to my week!" Tiffani E. HGM 3 years Lead Share Coordinator

CELEBRATIONS & ANNOUNCEMENTS

8/14, 21, 28, 4 Regional Planning Zoom Meeting

8/18 Public Relations Subcommittee Main Street Daily Grind, Front Royal 5-6 PM

8/23 – 825 Almost Heaven Area Convention XXXIII 4-H Educational & Conference Front Royal, VA

8/26 Jesse H. 1 year @ Sisters in Spirit 7-8pm

8/27 Ashley J. 1 year @ Eyes to the Sky 7-8pm

9/2 H & I Subcommittee 303 S. Loudoun St. Winchester 7-9pm

9/7 Special Events Subcommittee Rivendell 7:30-8:30 pm

9/9 Area Service Committee Grace Community Church 6:30-9pm

We will be hosting the 2021 AVCNA and we need to start planning now. There is lots to do to make this a great convention. Please contact Stephen P. Shevana area Chair, or Linda A. VRCC for more information on how to help.

A Special shout out to Jennifer S. who gathered the info for our series on how our homegroup came to be and why we like our homegroup. You did an amazing job. Also, a special thanks to Barbara S. for helping with this idea and pointing me in the right direction. Your piece on Sisters in Spirit was wonderful.

