

Topic of the Month

# HOME GROUPS

## Out of the Cage

Thursdays, 7 pm, Strasburg Christian Church  
165 High Sreet, Strasburg, VA

*By: Julie G.*

Out of the cage started December 2015. Two friends had an idea to start a meeting at a bakery in Strasburg. A group of us got together, sat down and worked out the details. I am pretty sure this is also when the Shevana Recovery Facebook page was born, too.

My wonderful friend Steve C. came up with this great idea to play bingo for a topic, A new twist on meeting format. So, every time you come to Out of the Cage; you are given a small piece of paper with a "bingo number" on it and asked to write a down a topic. We do the readings and announcements. Then in classic bingo style the caller spins the "Cage" and out comes a bingo ball, if it's your number we use your topic. We like to have everyone share at this meeting, so we go around in a circle. Of course, you can pass if you like.

This meeting has since moved from the bakery to the Strasburg Christian Church. It's a great meeting especially for people in the southern end of our area. Winchester can be kind of far for some of us folks.

Please stop by and say Hi!

**DON'T BE**  
*ashamed of*  
*your story*

**IT WILL**  
INSPIRE OTHERS

Please submit stories about your recovery to:  
[Newsletter@shevana.org](mailto:Newsletter@shevana.org).



## DECEMBER, 2019 NEWSLETTER

**STEP TWELVE** - *"Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs."*

*Step 12 gives me the satisfaction of helping others. I am uniquely suited to help others that have suffered the same addiction as I have suffered with. Although I did not plan on being in the role of the recovering addict, I find myself in that role because of the choices that I have made. It now becomes my duty as well as my joy and privilege to find others suffering in a similar way and to help them in the best way that I know how. It completes the cycle of life and I get to play a wonderful part in it.*

*From 12Step.org*

### The Host Committee & Subcommittees of the 39th AVCNA

#### Need your help and participation!

**Host:** Dec 14 & 2nd Sat. of every month, 10am-1pm, Benham Gallery Room, Handley Library, Winchester. (Still awaiting confirmation).

**PreConvention:** Dec 21, 1pm-3 pm  
Benham Gallery Room, Handley Library, Winchester.

**Program:** No information received.

**Registration:** Dec 10 & every 2nd Tue. of the month, 7pm. St. Paul's on the Hill, Winchester.

**Merchandise:** No information received.

**Arts & Graphics:** No information received.

**Entertainment:** Dec 17 & every 3rd Tue. of the month, 8 pm  
John Mann United Methodist Church, Winchester.

**Additional Needs:** Chair position vacant.

**Hospitality:** Jan 4 & the 1st Sat. of every month, 5:30pm.  
Cafeteria Conference Room, Winchester Medical Center.

**Convention Information:** Chair position vacant.

Thank you to everyone providing information.

Norman C., Sec'y, 39th AVCNA Host  
Comm., [ViceChair@shevana.org](mailto:ViceChair@shevana.org).

# CELEBRATIONS

**Ashlee A**, 2 years, Thu, Dec 12,  
at The War is Over, 7 pm.

**Joann W**, 5 years, Sun, Dec 15, at  
NOANDA, 7 pm.

**Jack T**, 6 years, Tue, Dec 17,  
at Solution Seekers, 6 pm.

**John F**, 7 years, Tue, Jan 7,  
at Eyes to the Sky, 7 pm.

**Wendy H**, 5 years, Tue, Jan 7,  
at Welcome Home in Recovery, 7 pm.

## Calendar of events:

**Sat, Dec 21, Annual Christmas Dinner**, 5:30 pm.  
Market St, UMC.

**Sat, Dec 21, Regional Service Conference**, 11 am  
- 4 pm, UVA University Hospital

**Sun, Dec 22, Public Relations**, meets 5 pm at  
Happy Creek Coffee & Tea, 18 High St, Front  
Royal. *Join Phil R.*

**Mon, Dec 30, Outreach** meets 6 pm Throx  
Market Station. *Join Jimi J.*

**Sat, Jan 4, Newsletter**  
meets 8:30 pm at Winchester Medical Center, in  
the cafeteria. *Join Jackie F.*

**Sat, Jan 4, Special Events** meets 7:30 pm at the  
Hideaway Cafe, 141 S. Loudoun St. *Join Megan W.*

**Mon, Jan 6, H & I** meets 7 pm at 303 S. Loudoun  
St. *Join acting chair, Norman C.*

## 38th Annual AVCNA

meets Jan 10-12, 2020 in Virginia Beach!  
The last one before we host in 2021!

## Mon, Jan 13, 2020, Area Service

meets 6:30 pm at  
Grace Community Church 2333 Roosevelt Blvd.  
Please join us all! It is your AREA!

**Please send calendar updates  
& corrections to: [calendar@shevana.org](mailto:calendar@shevana.org)  
or text 571-243-9436.**

## Welcome Home in Recovery

Tuesdays, 7 pm Greenway Spirit & Word Fellowship,  
1275 Tasker Road, Stephens City, VA.

*By Wendy H.*

My name is Wendy and I'm an addict. Narcotics Anonymous taught me if I want to stay clean, get a home group. I did that pretty quickly. I chose a meeting that I knew I could get to faithfully. That meeting is called Welcome Home in Recovery. We meet Tuesday nights at 7pm, at Greenway Spirit & Word Fellowship in Stephens City Va.

I've been a member of this home group for over four years. When asked to write about my home group I had to go back in our old notebooks to find out the history of it. It was actually cool to learn. My home group's opening meeting was held on January 10, 2006. The meeting was opened by Mike C. and Dan. By the time I came around, I was welcomed here immediately. The first time I opened the meeting September 29, 2015.

One thing I love about my home group is that we have an awesome core of addicts as home group members. I know that when I come into the doors of my HG, I'm home. Exactly like the name implies. I can share openly and honesty, and know I won't be judged.

I love my home group and look forward to seeing you there!!!!

WILL IT BE  
EASY?

NOPE.

WORTH IT?  
ABSOLUTELY.

