

Have you got a home group?

# HOME GROUPS

## New Chance

Fridays at 7:00 p.m. (Rotating Format)  
Edgehill Recovery Retreat Center,  
315 E. Cork St., Winchester, VA.

By Danny M.

New Chance was started in February of 1996, I joined the home group back in 2012. I joined New Chance because my schedule had changed at the time and the group had been going through a tough time and needed support. Today it is absolutely my favorite meeting to attend, it is where I feel most at "home". I feel that having a home group is one of the most important things that a member can do for their recovery. Come join us. Thank you! *Danny M.*

## CELEBRATIONS

**John F, 39 years**, Tue, Jan 14,  
at Eyes to the Sky, 7 pm.

**Parker W, 7 years**, Fri, Jan 17,  
at New Chance, 7 pm.

**Doug B, 7 years**, Sat, Jan 18,  
at Fire Faith & Fellowship, 9 pm.

**Donna M, 34 years**, Thu, Jan 23,  
at The War is Over, 7 pm.

**Kati P, 2 years**, Fri, Jan 24,  
at SaveUranus, 7 pm.

**Tom S, 1 year**, Tue, Jan 28,  
at Welcome Home In Recovery 7 pm.

**Randy D, 24 years**, Sat, Feb 1,  
at Experience Strength and Hope, 7 pm.

**Liz C, 9 years**, Sun, Feb 2,  
at NOANDA, 7 pm.

**Annette D, 24 years**, Sat, Feb 8,  
at Experience Strength and Hope, 7 pm.

**Ron H, 5 years**, Sat, Feb 8,  
at Fire Faith & Fellowship, 9 pm.

**Page M, 9 years**, Sun, Feb 16,  
at NOANDA, 7 pm.



## JANUARY, 2020 NEWSLETTER

**STEP ONE** - "We admitted that we were powerless over *our addiction*, that our lives had become unmanageable."

### Step 1 Sets the Stage for a Person to Ask for Help

It's often said that Step One is the only step a person struggling with addictions must take perfectly. All the other steps offer room for interpretation and human imperfections, but Step 1 must truly be internalized in order to proceed with the rest of the 12-Step program. Why is the first step so very important? It's an admission of sorts that there is a problem that the individual, unaided, cannot solve. Prior to taking Step 1, most of us thought we had the power to 'stop anytime' or at least put plans in place to manage our addictions; we may have outright denied that anything was wrong at all. Taking Step 1 means admitting that there is a problem and we do need help solving it.

## I Am Responsible

When anyone, anywhere,  
reaches out for help, I want the  
hand of N.A. always to be there

And for that:

**I Am Responsible!!**

### DEADLINE FOR FEBRUARY NEWSLETTER

Friday, February 7, 2020: Newsletter@shevana.org.

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

### Need your help and participation!

**Host:** Feb 8 & 2nd Sat. of every month, 10am-1pm, Grace Evangelical Lutheran Church, 38 W. Boscowan.

**PreConvention:** Sat, Jan 25, 1pm-3 pm  
Benham Gallery Room, Handley Library, Winchester.

**Program:** No information received.

**Registration:** Jan 14 & every 2nd Tue. of the month, 7pm.  
St. Paul's on the Hill, Winchester.

**Merchandise:** Feb ? at Edgehill?

**Arts & Graphics:** Tue, Jan 28, 7 pm, immediately following Solution Seekers at St. Paul's on the Hill, 1527 Senseny Rd.

**Entertainment:** Jan 21 & every 3rd Tue. of the month, 8 pm, John Mann United Methodist Church, Winchester.

**Additional Needs:** Chair position vacant.

**Hospitality:** Feb 1st & the 1st Sat. of every month, 5:30pm. Cafeteria Conference Room, Winchester Med Ctr

**Convention Information:** Chair position vacant.

Thank you to everyone providing information.

Norman C., Sec'y, 39th AVCNA Host  
Comm., ViceChair@shevana.org.

### Calendar of events:

**Sun, Jan 26, Public Relations,** meets 5 pm at Happy Creek Coffee & Tea, 18 High St, Front Royal. *Join Phil R. & Wendy H.*

**Mon, Jan 27, Outreach,** meets 6 pm Throx Market Station. *Join Jimi J.*

**Sat, Jan 25, Newsletter,** meets 8:30 pm at Winchester Medical Center, in the cafeteria. *Join Jackie F.*

**Sat, Feb 1, Special Events,** meets 7:30 pm at the Hideaway Cafe, 141 S. Loudoun St. *Join Megan W.*

**Mon, Feb 3, H & I Handbook Study** meets 6 pm  
**H & I** meets at 7 pm. at 303 S. Loudoun St. *Join acting chair, Norman C.*

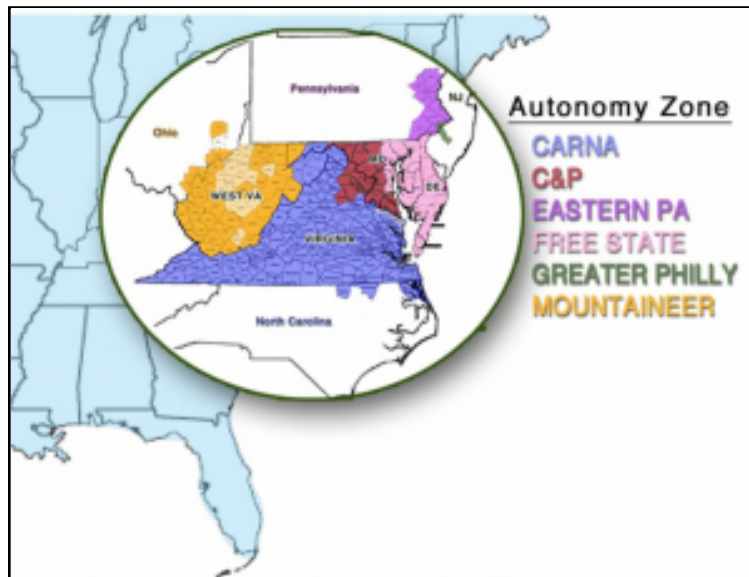
### Area Service, Mon, Feb 10, 2020

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

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

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## Autonomy Zonal Forum

Hosted by the Central Atlantic Region 2-Day Event  
January 25 – 26, 2020

**Agenda: Sat, Jan. 25 CAR Workshop  
Facilitated by NA World Board Members**

All are welcome!!

**Agenda: Sun, Jan. 26, 2020  
Autonomy Zonal Forum**

9 am – 2 pm All are welcome!!

Contacts:

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**For more information:  
[centralatlanticregionofna.org](http://centralatlanticregionofna.org)**



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LEARNING  
CONFERENCE  
XXXVI**

**FEB 7, 8, 9, 2020 - LANCASTER, PA  
MEETINGS: RECOVERY & RELAPSE, SPONSORSHIP,  
NA SYMBOL, STEPS & MORE!!  
VISIT: [MARSCNA.ORG](http://MARSCNA.ORG).**