

# New Attitudes

*That no addict seeking recovery need ever die*

October, 2011

## CALL FOR SUBMISSIONS!

November is the 11th month so we will focus on the 11th Step.

However, ALL submissions are appreciated and printed!

- Essays
- Artwork
- Poetry
- Random thoughts
- Anniversaries
- Assignments your sponsor gave you
- Pet Peeves
- Questions about recovery

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*Helping NORVANA stay clean for over 27 years!*

## "To Me"

Even in the pitch black darkness, there is still light

You just have to adjust your eyesight

Just wait, don't be scared

All is well, even when your vision is impaired

It's just like night

Tomorrow the sun will rise and give you a chance to make things right

Another day, to grow, to live

To love and to give

To enjoy the summer sunshine on your face

To know you are in the right place

No time is amiss

So enjoy the bliss

Cherish it and remember it

This is the beauty of life, live it

You made it through the darkness



## For "eign" A

I recently ventured out of the country for a week with a couple of my friends from recovery. It was the first time I really took a vacation and stepped outside of my comfort zone since my

clean date at the end of 2009. Worried about the plane rides and worried about the work that would await me upon my return, I didn't want the status of my recovery to be another "worry."

So what were we to do?

A thorough Google search yielded no results for a local meeting but we did find one from *the other fellowship*. (Cont'd page 2)

## For “eign” A



The actual sign outside of the meeting place

*Por primera vez en la historia, existe a disposición de todos nosotros un sencillo programa espiritual —no religioso— llamado Narcóticos Anónimos, que ha entrado en la vida de muchos adictos (Sí, nos Recuperamos)*

A short taxi ride later, we were on our way! It had rained earlier, so we were adventurously trekking through muddy back alleys and on slippery broken sidewalks. Our destination revealed itself to be a large shanty of a building with a tin roof and one lone member who was the chair of the meeting. Previously a heavy drinker, he spoke in a gruff, slurry manner with no English in his vocabulary. He explained to us that because they were celebrating their independence day, it would more than likely be a slim meeting- and slim it was. Ten minutes after 7:00 one other gentleman entered the room and offered to show us where a local Narcotics Anonymous meeting would be held the next night. We wandered once again through what seemed like an endless maze of grimy back alleys, and then we saw the sign: “NA.” We now had a place, a date and a time.

Now I can confidently say I had never been to a meeting in a gym before this day. The first story contained a boxing ring and punching bags where the all female members were warming up for their lessons. Up a metal staircase,

we found the meeting- a platform really- containing a circle of white plastic lawn chairs inhabited by 3 guys who, quite honestly, looked surprised to see us there. After the initial shock on both sides wore off, friendly introductions were made. I scanned my surroundings. A table off to the side was filled with coffee cups, a pot of fresh coffee and bread and butter. The chair (an older gentleman with a very full mustache and open shirt revealing his darkly tanned skin) spoke no English.

Well. This was certainly going to be interesting.

The format was different from any meeting I’ve ever attended in the States. We shared all the readings (and I mean ALL the readings) first. Then the group broke to write NA related questions on little scraps of notebook paper and placed them in a basket (later to be used for the 7<sup>th</sup> tradition). We would later pick from the basket and share our experience, strength and hope.

At this time a young woman entered- a breath of fresh air and our savior as she spoke fluent English. She kindly agreed to trans-

(Cont’d from page 1)

late for the sharing portion of the meeting. Things were shaping up and I was feeling a little less nervous. The first question was picked and I could tell by the inquisitive look on the chair’s face that it was one of ours. As it turns out, it was mine! After a quick translation, hands shot up to answer it. The responses and suggestions that followed were thoughtful and kind. We had done it. We had bridged the international gap and were giving and receiving the gift of recovery.

The rain was picking up and the gym below us started to pump music through the building, but no one seemed to care. We just spoke louder, listened more intently and increasingly the circle of chairs grew closer and closer. And then the moment came when I felt I had something to contribute. Up to this point my friends and I had just listened, taking in what we could over the music and the rain and the language barrier. But I was ready to share my experience, strength and hope. I tried not to wring my hands nervously and was very aware of my own voice leaving my (Cont’d page 3)

## Dear Addict...

This is a new segment where you can ask other addicts a recovery question and get a variety of opinions. Anyone can ask, and anyone can answer! Answers will be published in next month's issue.

### Question 1

Dear Addict,  
Someone asked me if I would be their sponsor, but when I asked my own sponsor they said I was not ready. I feel like I am in a lot of ways, but I have not gotten through my 6th Step yet. Is it ok to sponsor someone just for the first 3 steps? Why am I not ready?

### Question 2

Dear Addict,  
I am a Chairperson for a meeting and it's been more than a year, but no one has been willing or able to step up to take over. What should I do?



Caption describing picture or graphic.

## For "eign" A

And then the moment came when I felt I had something to contribute. Up to this point my friends and I had just listened, taking in what we could over the music and the rain and the language barrier. But I was ready to share my experience, strength and hope. I tried not to wring my hands nervously and was very aware of my own voice leaving my body. As I spoke, our new friend translated and an amazing thing happened. I started to see nods of agreement with what I had said and realized I was getting through. Just like in the States, many of

us share similar experiences and this occasion was no different.

My friends each went on to share, and the meeting fleshed out to a robust open discussion. Emphatic hand gestures made the translations almost unnecessary as both the locals and we Americans grew increasingly more comfortable. Pretty soon I forgot I was in another country and was simply immersed in the fellowship.

It was different but the same: the coffee, the squirmy newcomer, the familiar inflections in the readings. It was truly an

(Cont'd from page 2)

amazing experience. The disease of addiction is a human condition and knows no boundaries in regards to age, race, sexual identity, creed, religion or lack of religion. We suffer the same and we heal the same. We lift each other up whether or not we know each other. Or even whether or not we speak the same language. I am grateful for having had this experience.

(The only thing missing was the curse words.)

Thanks for letting me share.

The Fifth Tradition:

Each group has but one primary purpose to carry the message to the addict who still suffers



Caption describing picture or graphic.

[www.cprna.org](http://www.cprna.org)

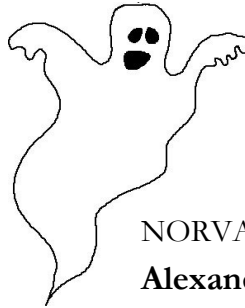
***Want to tell the NORVANA community what's on your mind?***

*New Attitudes* invites you to share your:

- Essays
- Artwork
- Poetry
- Random thoughts
- Anniversaries
- Assignments your sponsor gave you
- Pet Peeves
- Questions about recovery
- And whatever else is on your mind

Email your submission to:

**[norvananewsletter12@gmail.com](mailto:norvananewsletter12@gmail.com)**



## Upcoming Events

NORVANA Special Events Committee presents:

### **Alexandria's Ghost and Graveyard Tour**

Halloween night - October 31st- 7:15pm

Ramsey House Visitor Center, 221 King St.

Old Town Alexandria

\$9 adults, children under 6 free

For more events

across the CPRNA

Region go to

[www.cprna.org](http://www.cprna.org)



**LOOK WHO'S CELEBRATING NOW!**