

NEW ATTITUDES, The NORVANA Newsletter

February 2010

Editor: One more response on working the steps once vs. multiple times, and a list of meetings that are out of touch with the area, along with the usual features. .

Monthly Quiz (answers on page 2):

- 1. Which piece of literature says that we shouldn't have relationships in the first year of recovery?**
- 2. What are the CARs and why should we know about them?**
- 3. What and when is TWC?**

NOT WHY. WHY NOT?

I've enjoyed and appreciated the discussion of the past couple newsletters about working the steps once or more than once. I was taught that if someone works the steps once that is great and wonderful. Indeed, if someone doesn't work the steps and stays clean or, like some folks who have been around here a long time, works half of them, that's great also. We are all on our own journey. Certainly, working the steps once or more than once is not a matter of being good or bad or right or wrong.

For me, however, the question about continuing to work them has always been not whether or why to do so, but rather why not do so? The steps saved my life and are the only thing that has ever changed me and allowed me to live and enjoy life at all without the use of drugs. How arrogant of me would it be to think that I've gotten all there is to get from working them once? I certainly have never heard anyone say they worked the steps through again, and they didn't get anything out of it or it was a waste of good time. It's always the very opposite, that they have continued to grow and experience more of the gifts of recovery beyond their wildest dreams!

Like one of last month's writers, I have continued to work through cycles of the steps on an average of every 36 months, and I have been graced with twenty years clean. The message of the 12th Step and the program is that the solution to our problem is a spiritual solution, and working the steps removes the barriers between me and God. The 11th Step says that "Our spiritual condition is the basis for a successful recovery that offers unlimited growth". As I heard a speaker share once, we come here figuratively, and sometimes literally, from being in the gutter, and with help we are able to stand up and, through the steps, walk up the path toward greater and greater freedom from our disease. Just staying clean, the view is much better from the sidewalk than from the gutter. As we work steps the view gets better and better, and it is certainly wonderfully fine up the path after working them completely through a first time. But the message of our 11th and 12th Step is that the invitation is to the top of the mountain! It keeps getting better for this addict, continuing beyond my wildest dreams!

I am so very grateful that I have had a sponsor who, as I have thanked him each time I have been blessed with another year clean, reminds me to pass it on and that I "ain't seen nothing yet"! The gifts of recovery and the freedom and serenity I am offered here, even while going through the inevitable storms and pain of living, are so amazing, why would I ever want to just work the steps once? However many steps you've worked or many times you've worked them, or if you are questioning whether to work them again, try it and you will continue to be amazed - guaranteed! "... as long as our spiritual needs are met, our living problems are reduced to a point of comfort" (BT, page 46). Grateful to be clean and alive! In loving service, Anonymous. .

NEW ATTITUDES, page 2, February 2010

Recovery Haiku:

Between the snowfalls
Muddy, muddy, muddy ground!
Clean again today.

We need GSR/POC Information: Please Help.

Those of you who read the minutes may have noticed our secretary's plea for more information from certain groups which do not have contact information. I would like to give an assist and ask for any contact information on the following groups:

Step over the Hump:

In the Heart of:

Recovery at Walter Reed:

Come as You Are

Also, would like to confirm contact information for these groups, in the spirit of anonymity I won't put names (even first names) in the newsletter, but if you have information on these groups please let us know:

Monday: Mens Step, Crackerbox, JFT Meditation, Port in the Storm

Tuesday: At the Top of the Hill, Steps in the Valley, Rose Hill Recovery, Edsall Park

Wednesday: Youth N Recovery, Steppin' Out of the Hole, Over the Hump

Thursday: Womens Step and Tradition, Glad to be Back, We Do Recover, Top of the Hill, Old Time Recovery

Friday: NA 4 Life, Recovery on the South Side, Women Need Women, Simplicity is the Key

Saturday: Steps to Serenity, Come as you Are, Late but Straight.

If you email any information to norvananewsletter@cprna.org, I will see that it gets to our secretary. Thanks for your help.

Answers to Monthly Quiz:

1. None. It is a suggestion.

2. CAR stands for Conference Agenda Report. Our area has a service committee once a month (ASC), and our region has a service committee every two months (RSC). Our world service has a service committee every two years (WSC). Just as groups vote on area and regional motions, they also vote on world motions, which are contained in the CARs. The WSC meets in late April, so group votes will be collected at our April ASC and then the April RSC for our Regional Delegate to take to the WSC. The report and motions are already available, see your GSR or trusted servant if you haven't heard about this yet.

3. TWC is "Together We Can", NORVANA's annual spring campout (or lodge-out to be more accurate). This year's event is May 7-9 at Prince William Forest Park.

REMINDER: SEND SUBMISSIONS TO
norvananewsletter@cprna.org