

Helpline: 1-800-543-4670

DC/MD/VA Hotline: 202-399-5326

New Attitudes



A Little Good News From Norvana



“ ...That No Addict Seeking Recovery Need Die “

Volume 31, Issue 3

March, 2016

In This Issue :

First page story continued	2
Humor	3
What's That Meeting Like?! Artwork	3
Events & Anniversaries/ Get Some Service!	4



Step 3

“We made a decision...”

Experience, Strength & Hope—Anonymous

“ We made a decision to turn our will and our lives over to the care of God as we understood Him.”

The funning today is I had no idea how insane I truly was. I came to believe that a power greater than ME could restore me to sanity.

Recovery truly is a process, it is not an event. There never could have been anything more true about the statement "More will be revealed as long as I just don't use."

In Step 1, I surrendered. I threw in the flag, game over. I admit with my own free will that I am an addict. I cannot use any mood-altering substance successfully and when I do, my life becomes unmanageable.

In Step 2, I restored some hope in my life because I was in my insanity when I got here.

Then I came to Step 3, faith. Step 3 says "We made a decision to turn our will and our lives over to the care of God as we understood Him." This is a spiritual step, as they like to say in the rooms. This step is about developing a relationship with your Higher Power. This step for me is about the prayer I pray regularly "God, I pray for your will in my life." But I also pray to hear him, because sometimes on the side of my head I am hoping his will matches my wants. I have discovered in this process my wants and his will aren't the same. Which leads me back to the step. →



Submit! Submit! Submit!

- Your experiences, strengths, and hope
 - Poems/Artwork
 - Anniversaries/Events

...& anything else recovery related you'd like to see.

EMAIL US AT:

norvananewsletter@gmail.com

We're online too!

<http://www.cprna.org/our-areas/news/northern-virginia-area/>

As I develop my relationship with my Higher power, it becomes blatantly clear what His will is and what my wants are. That's where they start talking about taking your will back. You prayed for his will, but chose what you wanted.

Yes, this step is about faith, the faith to trust what my Higher Power wants for me. It is my decision to choose whether or not I trust my Higher Power. We make decisions to have faith in our Higher Power's will for us. The basic text says "If we are thorough and sincere, we will notice a change for the better. Our fears are lessened, and faith begins to grow as we learn the true meaning of surrender. We are no longer fighting fear, anger, guilt, self-pity or depression. We realize that the Power that brought us to this program is still with us and will continue to guide us if we allow it. We are slowly beginning to lose the paralyzing fear of hopelessness. The proof of this step is shown in the way we live."

What I discovered for myself is that I have a great big log of evidence of things that have happened successfully in my life when I held on to my faith in my Higher Power. Some stuff was hard and some stuff was painful but I didn't use and I've gotten much, much better at not trying to do it "My" way. As a result "letting go and letting God" has gotten easier for me.

Going to meetings, hearing others share their hope and how they got through one second at a time, having a sponsor, sponsees are all things that help me today. The basic text says we become more tolerant, patient, and useful in helping others. The text also suggests that open-mindedness and willingness are the keys to this step.

Another prayer I have found monumentally helpful is the 3rd step prayer, "Take my will and my life. Guide me in my recovery. Show me how to live." Just for today I have developed a life that is worth living.

-Anonymous



What's That Meeting Like?

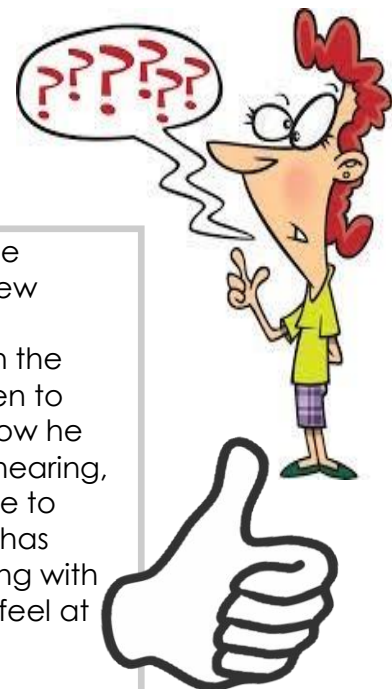
By the Nomadic Addict

NA Pavilion

It is Saturday night, six pm and I am walking down the concrete stairs into the basement of an old church in Arlington, Virginia. I help set up the meeting with a few other addicts. As more and more people begin to arrive, I noticed all the different ethnicities, races, and ages. Seven o'clock rolls around and the meeting starts with the serenity prayer and the readings from the literature and a speaker has been chosen to lead the meeting. He shares his experience, strength and hope, and the story of how he came to be a member of Narcotics Anonymous. As I listen and take in what I am hearing, I realize that this person is not as different from me as I thought. Not only I can relate to small portions of the persons story, but I can really relate to the feelings this person has experienced and is still experiencing even with years of clean time. I left this meeting with a felling of hope and inspiration; "I can get better." I have found a place where I feel at home and I feel understood.

-Anonymous

Feel free to write your own experience to norvananewsletter@gmail.com



NA Humor



SPECIAL EVENTS

April 15-17, 2016
 CPRCNA Convention: *Service is a
 Posture of the Heart*
 Ocean City, MD



March Anniversaries



Jay L. celebrating 8 years March 12 @ NA Pavilion

Vera M. celebrating 10 years March 15 @ Comfort Zone

Susan S. celebrating 11 years March 21 @ Women's Choice

Rebecca W. celebrating 3 years March 25 @ Church Basement

Kat C. celebrating 1 year March 31 @ So Happy It's Thursday

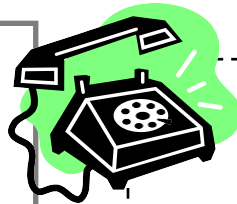
Have any ideas for some special events for our area!?

Contact Vera M. !!



Phone Line is in need of help!

Contact Paul C. @
paulccprna@gmail.com



Hospitals and Institutions wants you!

Contact Cabell

IN NEED OF SUPPORT

NA in Delray is in need of trusted servants! @ Mt. Vernon Hospital—
 Sunday 9AM

Step Over the Hump @ Prince William Homeless Shelter- Mon.
 8pm

Living Clean @ St. Paul's UM Church—Tues. 730pm

Clean For Today @ Holy Comforter Episcopal Church— Tues. 730pm

Steppin' In Woodbridge @ St. Paul's UMC- Thurs. 7:0pm

Saturday Nigh Prefights @ Independence Club- Sat. 7pm

(SUB) COMMITTEE MEETINGS

ASC (Area Service)	1st Thursday of the month; 2nd Monday if 1st falls on a holiday	7:00pm	Fairlington Presbyterian Church	3846 Kings St. Alexandria, VA 22302
Hospitals & Institutions	2nd Thursday of the month	7:00pm	Walter Reed Rec Center	2909 S.16 St Arlington, VA 22204
Special Events	1st & 3rd Tuesday of the month	7:00pm	Arlington County Library	norvanaspecialevents@gmail.com