



Helpline: 1-800-543-4670

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New Attitudes



A Little Good News From Norvana



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

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Step 6

“We were entirely ready...”

Experience, Strength & Hope—Anonymous



character.”

What is it about me that wants to vomit the sexual behavior I pursued on myself the minute I think of getting to the Exact Nature of my wrongs? There is obvious turmoil I understand I faced with the behavior in my disease of addiction. Shame, disgust of myself, fear of being revealed, fear of disgust from others, and knowing this particular situation of my sexual behavior was a source of self-inflicting pain

I choose to keep myself paralyzed. The beautiful part of my life today is I am no longer suffering from these reactions from my behavior and choose to act differently in loving myself. For some reason I still need a rooftop to tell the world about this behavior?

I think we all have some obvious pain to address. A nail is going to pierce our skin if we step on it forcefully enough. Surrender afforded me the mental space to finally recognize drugs hurt me. My disease hurts me more than any substance. Getting clean is a real challenge because I am left with my behavior. Being occupied with every



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/>

other thought and action moving me towards some coping method for consequences of the way I think is emotionally tolling. Isn't it amazing how functional some addicts can be? I would go through the day pick my ear, beat myself up for sniffing my ear wax, say that's not enough now you got to watch 5 hours of TV, not shower, not brush my teeth, and leave myself barely enough time to make a meeting. There is a sampler of the mindset of my disease. It's absolutely obviously I am dealing with some behavior when I don't use drugs, but I can't live going on stuck in this behavior. I want to enjoy life and be happy.

The process of recovery affords me the way to address these diverted places my disease takes me down. I have dealt with enough pain to listen and want to take these steps seriously. On the other side writing, working, and living step six I realize there is a combination of spiritual principles and support from my network in recovery that allow me to process these glaring pockets of pain in my life. Being entirely ready seems so obvious to me to have these defects removed. I try to be aware how deep denial plays a role my tolerance for change. I am in a process. I left out dealing with my finances the first time I went through my step work. There is just so much I can handle.

Today I also see I am willing to listen more to myself and try to come to terms with what is really going on. I am working on writing my fourth step now. I want to listen to myself more now and seek a place of healing than corner myself with pain. We have so many people in recovery to open up to and start healing. I know this journey requires my participation. There are some wonderful insights about myself to uncover today. Not every defect is about inflicting pain today. Some are about what matters more to me today.

On most days I can see what I value and hold on to the thrill of where life is going. Like staying clean no matter what! My disease shows up in my life today in my behavior and I try a new perspective when reacting to these situations. Recovery is a source of love I never got to notice and have the chance to embrace. Thank you for giving me so much to experience today. Freedom from active addiction is amazing!

-Anonymous



SIXTH STEP PRAYER

GOD!

I am ready for Your help
In removing from me the defects of character
Which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself &
Guide me toward spiritual & mental health.

What's That Meeting Like?

By the Nomadic Addict

Step Over The Hump

It's Monday. I have been trying to branch out to areas that need more help because I have been getting a little bored of the meetings I normally go to. I got off work early so I decided to look at the meeting list and find a meeting I had not been to just yet.

After a few minutes of contemplating, I finally decided to go to Step Over The Hump. It is a meeting at Prince William Homeless Shelter, out in Woodbridge, at 8pm.

It is a 75-minute step/ tradition meeting. We do not have too many of those in the Norvana so it was refreshing. The meeting was very small which I appreciate. It was nice going to a meeting where the shares were honest and humbling. They had more newcomers but hearing their perspectives on the first step gave me a new take on the step. The meeting was definitely worth going to.

Feel free to write about your own meeting experience and send it to norvananewsletter@gmail.com

**PROGRESS
NOT
PERFECTION**



SPECIAL EVENTS

On June 10-12, Norvana Spring Cabin Campout @ Prince William National Park, Prince William County from 3pm-12pm

On June 11, Rappahannock Area Speaker Jam! @ Falmouth Baptist Church, Fredericksburg, VA from 12pm-7pm

On June 11, SHEVANA Annual Picnic @ Jim Barnett Park, Rotary Shelter, Winchester, VA from 12pm-6pm

On June 16-19, 14th New River White Water Rafting Trip! @ACE Adventure Resort, Oak Hill, WV from 12am-12am

On June 19, Rock Creek Area Picnic Area 13 Picnic Area- Rock Creek Park, Washington, DC from 9am-6pm

On June 24-26, Battlefield Area START OF SUMMER Campout @Low Water Bridge Campground, Bentonville, VA from 12am- 12am

Happy Birthday!

Come Celebrate Recovery

On May 25th, Pat S. celebrated 20 years at Came To Believe @ Cameron UMC

On May 26th, Wes C. celebrated 14 years at So Happy It's Thursday @ Bush Hill Presbyterian Church

On May 26th, Frank G. celebrated 12 years at So Happy It's Thursday @ Bush Hill Presbyterian Church

On May 27th, Tristan K celebrated 6 years at Church Basement @ Messiah Methodist Church

On June 24th, Paul G. will be celebrating 8 years at One Route to Recovery @ Mt. Vernon Hospital

On June 28th, Joey D. will be celebrating 15 years at Just For Tonight @ Bush Hill Presbyterian Church



IN NEED OF SUPPORT

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

Over The Hump @ Prince William Homeless Shelter- Wed. 8pm

With or Without @ St. Christopher's Episcopal Church- Fri. 7pm

One Route to Recovery @ Mt. Vernon Hospital- Fri. 7:30pm

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

Open Positions at Area Service

- Inter-Area Liason
- Newsletter



Hospitals and Institutions
wants you!

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(SUB) COMMITTEE MEETINGS

| | | | | |
|--------------------------|---|--------|---------------------------------|-------------------------------------|
| ASC (Area Service) | 1st Thursday of the month; 2nd Thursday if 1st falls on a holiday | 7:00pm | Fairlington Presbyterian Church | 3846 Kings St. Alexandria, VA 22303 |
| 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 |