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SUBMIT!! SUBMIT!!

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norvananewsletter@cprna.org

Newsletter meets every first Saturday of the month at 6pm at 1-(857)-232-0357, conference code 235215

Artwork/poetry/doodles N.A. related recovery experiences

Kind Komments or Koncerns ☺

WCNA 37 – [The Magic Is Still Real](#)

**August 30, 2018 through September 2, 2018
Orlando, FL, USA**



WCNA 37 – *The Magic Is Still Real*

PRE-REGISTRATION

In addition to helping us better plan WCNA, here's another incentive for pre-registering: **All members who pre-register by 31 July 2018** (without cancellation) **will be entered in a drawing for two (2) full convention packages, including registration and all WCNA special event tickets!** (Does not include pre-reg merchandise)

Click [here](#) for a downloadable and printable pre-registration form and hotel reservation form. Click [here](#) to pre-register.

WEBSITE

We know that some members experienced challenges with transaction delays on the first day of registration sales. We have worked to try to resolve these challenges, and believe that the technical glitches have been ironed out. Nonetheless, it is still possible that you will experience a delay, as there are numerous people all over the world using the pre-registration and hotels sites at any given time. Please be patient and **DO NOT HIT THE BACK BUTTON** right away. It may take a few minutes for the system to process your transaction.

WCNA 37 HOTEL OPTIONS

While we realize many people are accustomed to booking rooms on their own, it really helps WCNA when you book rooms in our room block. Here is some encouragement to pre-register and book rooms in our room block: **If you pre-register and book your hotel in the WCNA room block by 31 July 2018** (without cancellation), **you will be entered into a drawing for a FREE, THREE-NIGHT STAY!** We will randomly select two pre-registrants and cover their room and tax charges for the Thursday, Friday, and Saturday nights of WCNA.

Click [here](#) for a downloadable and printable pre-registration form and hotel reservation form. | [Portuguese](#) | [Spanish](#) | [Russian](#) | [German](#)

Click here to go to [hotel reservations](#)

HOTEL SUPPORT

NUMBER/CONFERENCE DIRECT

The support telephone numbers for the hotel options site are toll-free within the US: 844.460.9824, or from outside the US: +1 704.419.8426 (Monday-Friday, 8:30 am - 9:00 pm Eastern Time).

EVENTS

We are excited about the entertainment we have lined up for this convention. All of the details have not been worked out on some of the entertainment special events, which is not unusual for a World Convention. We will add information about the events as they become finalized. You need not wait to register. Special event seating assignments are determined by the date of pre-registration. This means that the location of your seat for ticketed events is driven by the registration date, not by the date you purchase the tickets. The key to getting the best seats is to register early.

[Thursday Blues Lunch](#) | [Friday morning Jazz Brunch](#) | [Friday night Comedy](#) | [Saturday Concert](#) | [Coffee Houses](#)

POST CONVENTION CRUISE TO CUBA

We have also contracted to offer a 5 day/4-night cruise to Havana, Cuba, aboard Norwegian Cruise Lines, “Norwegian Sun,” departing Port Canaveral, September 3rd, 2018 and returning September 7th, 2018. For more information see <http://montrosetravel.com/wcnacruise>

SPEAKERS

Interested in being considered as a WCNA **main speaker or workshop speaker**? We’ll make that information available on the website 10 October 2017.

BEING OF SERVICE

Want to participate in the WCNA 37 **speaker evaluation** process? We’ll make that information available on the website 10 October 2017. Additionally, we’ll have more information in the spring of 2018 on other ways you can be of service for WCNA-37.

LOCAL ATTRACTIONS

The Orlando Convention & Visitors Bureau is creating a webpage highlighting local attractions and restaurants in Orlando (Disneyland, Universal Studios, Sea World etc.) as well as other information about the city. We will post that link as soon as it is available.

VISAS

Please refer to <https://www.usa.gov/visas#item-213289> for information about the visa process to enter the United States. We try to do what we can to assist members with information, and we can provide a general letter of invitation to attend WCNA 37 if needed. Please contact wcnavisas@na.org for more information. Please contact wcnavisas@na.org for more information.

ORLANDO CONDITION AFTER HURRICANE

We have received telephone calls with questions about the condition of the Orange County Convention Center and hotels after

the hurricane. Orlando is “open for business” as they say. There was some damage to several areas of the city, and the power system was temporarily disrupted, but by and large Orlando has come through it to the other side. See <http://www.orlandosentinel.com/news/breaking-news> for additional information. There are still some areas that require repairs, as we understand it, but we do not anticipate any disruption to the WCNA experience for our members because of the recent hurricanes.

NAR-ANON

In the spirit of cooperation, not affiliation, WCNA 37 will provide space for Nar-Anon to hold meetings throughout the weekend in the convention center. Nar-Anon members will need to register for WCNA and wear a WCNA badge to attend the coffeehouses, events and dances.

See you in Orlando! Note: NA World Services, is not affiliated with any of the

Step 3- Susan B.

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

It is essential that before we work Step three, we have worked steps one and two with a sponsor. The admission of powerlessness and the need for faith and

service providers being utilized for WCNA 37.

The Orange County Convention Center-West building located at 9800 International Drive, Orlando Florida, is the primary location for meetings and events.

Orlando is the most visited city in the US—and it’s a great fit for an event like ours. Information about Orlando and surrounding areas, and about the Orange

County Convention Center is available at:

www.visitorlando.com

and www.occc.net/Attendee.

Stay tuned for more information on pre- and post-WCNA activities.

sanity have been the cornerstones of activating this step into action for me. I had about five years clean before I worked this step with a sponsor. I know today that without the use of this step, I would have failed. This step helps me daily with three things. It helps remind me that I can start my day over with a new perspective, that I can turn that perspective into gratitude, and that my positiveness and gratitude is directed towards my God. Life is hard. Things at times have not gotten better, but much harder. They say when it comes to death and dying of loved ones we all sadly get a turn, and I pray I am not heading towards mine. Both my father and my brother were in the ICU at different hospitals for two different reasons. I have grappled with despair, anger, grief and shock since they went in. My mother is barely hanging on. I was at work today and as I walked into work, grief came over me and I began to cry. I was so sad and worried about my family. So here's what I did about it. I took deep loving breathes and said, we are all fine and God has our backs no matter what. We are all safe and loved. This helped to start my day over tremendously. I immediately felt like God was working with the doctors and the nurses and that all would be tough going forward, but "okay". This brought peace to me. I felt my breath going back to normal and the stress in my body calming down. Lastly, I started to notice more smiles on colleagues and on the kids, I teach. Thank you, God, thank you god is all I could say to myself. There were just no coincidences in that change I felt inside, but it took me making a decision to let the pain go for that moment of the day, and to let God take it from me and what do you know.....it worked and it continues to work daily.

Ways to Approach Triggering Emotions- Anonymous

- 1.) Acknowledge the feelings that trigger you. Naming an emotion is a powerful exercise. Explain how it feels physically as well as emotionally. Validate that you are having a feeling.
- 2.) Stop and breathe. When you are feeling overwhelmed, stop everything you are doing and take 5 whole minutes to breathe deeply.

- 3.) Change scenery. Take a walk, get outside, change rooms. Take some time to ground yourself.
- 4.) Create a healthy coping list. You can pull out the list, and start going through them to find a way to handle the emotions, versus run from them. It is important to see that we have choices. Choices help to empower us.

"If you baby them, you bury them." - By Troy S.

People in recovery are a stubborn lot, used to running their lives on massive amounts of self will fueled by old ideas. It's hard for us to take direction and "rebellion dogs our every step." We are constantly looking for a way around things, and I'm reminded of the story of when W.C. Fields, lying on his deathbed, was asked why he was only now reading the Bible. "I'm looking for the loopholes," was his reply. Boy can I relate.

The first question my sponsor asked me when we began working together was, "Are you willing to go to any lengths to get this?" I was able to answer yes because I had reached bottom and it was my desperation that gave me the willingness to follow his suggestions and direction. He was firm with me, and I learned about contrary action very quickly. Learning to follow his direction rather than my will saved my life.

I've sponsored a lot of guys over the years and my experience has taught me that those I have to baby or make 'lite' suggestions too are simply not ready to go to any lengths. They are the ones who don't get this and some have gone out and dug their own graves. Only when you are through looking for the loopholes do you have a chance to recover.

And it's my job as sponsor to make that perfectly clear.

Events

Know of an NA event in the C&P Region that's not listed? Email events@cprna.org

Please include date and time of event, full address of event location, event host and area, suggested donation for event, and flyer. Please submit all flyers in .pdf format. To ensure your flyer can be used the limit for the size of the flyer is no greater than 1mb. Allow up to 1 week for your event to be posted.

Date/Time	Event
Mar 3 2018 01:00 PM - 05:00 PM	2018 NAWS CAR Workshop <i>Montgomery Hills Baptist Church, Silver Spring MD</i> Flyer
Mar 4 2018 12:00 PM - 02:00 PM	NORVANA Special Events Subcommittee: Spiritual Breakfast <i>Mt. Vernon Hospital, Alexandria VA</i> Flyer
Mar 10 2018 02:00 PM - 06:00 PM	DC Area of NA: Conference Agenda Report (CAR) Workshop <i>Johnson Memorial Baptist Church, Washington DC</i> Flyer
Apr 7 2018 - Apr 8 2018 05:30 PM - 01:00 AM	Jump Start To Recovery Group: Kick-Off To Ocean City Mini Speaker Jam & Dance <i>Saint Martins Catholic Church, Washington DC</i> Flyer
Apr 13 2018 - Apr 15 2018 10:00 AM - 01:00 PM	CPRCNA 32 <i>Roland E. Powell Convention Center, Ocean City Maryland</i>
Jun 22 2018 - Jun 25 2018 10:00 AM - 05:00 PM	Battlefield Area of NA: Start Of Summer Campout <i>Low Water Bridge Campground, Bentonville VA</i>
Aug 30 2018 - Sep 2 2018 10:00 AM - 10:00 AM	World Convention Of Narcotics Anonymous 37 <i>Orange County Convention Center, Orlando FL</i> Flyer