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**SUBMIT!! SUBMIT!! SUBMIT!! SUBMIT!!**

[norvananewsletter@cprna.org](mailto: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

### 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 preregister 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, THREENIGHT 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 preregistration. 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/4night 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](mailto:wcnavisas@na.org) for more information. Please contact [wcnavisas@na.org](mailto: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 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](http://www.visitorlando.com) and [www.occc.net/Attendee](http://www.occc.net/Attendee). Stay tuned for more information on pre- and post-WCNA activities.

## Step Five Summary – Susan B.

If you asked me ten years ago where I thought I would be, I would have said that I would be dead or homeless and hopeless. I would have said that I was just biding my time to find the right moment to kill myself. That was my existence. Until God showed himself to me through people and through the program of Narcotics Anonymous. I have been in many detox stays, and many treatments. I was introduced to Narcotics Anonymous meetings through the Hospitals and Institutions committee. Each time I relapsed it got worse and worse. I had new bruises and cuts all over my body and I had aches and pains and had absolutely no idea how it happened or who did it to me. The last time I used I was gang raped, kidnapped and almost murdered. Narcotics Anonymous was truly my last hope.

I had been around the program but it wasn't until I started to get a hold of a sponsor and used that sponsor that anything began to change for me. My first sponsor was all about the steps and about change. She would say stuff like, "I don't know why you would come to a twelve-step program and not work the twelve steps.", and "if nothing changes then nothing will change. Don't use and you can stay clean but if you want freedom from you, then you are ready to take these steps." She was right.

Step one was not easy because I was still in full denial that I even had a problem, faced with all evidence to the contrary. I pressed on, went to meetings, worked by step and got in service. I made the coffee at my homegroup and cried about step two. The basic text says that "some of us move over this step with a minimum of concern, only to find that the other steps will not work if this one is not done correctly." Step three was a trip because the only God I knew was a catholic God and that guy was a douche. I wanted nothing to do with that concept but was lovingly reminded at meetings that "our concept of God comes not from dogma, but from what has worked for us." This step was a process, but I began a relationship of trust with God at about four years clean. Step four was a beast. I listed all my sexual partners and listed every grimy and dirty thing that I ever did, or what I could remember at that time. I inventoried my life and my behavior. After writing in I knew I had to change. Holding on to old ideas and behaviors that were keeping me sick wasn't going to work. Step five says "We admitted to God, to ourselves and to another human being the exact nature of our wrongs." My sponsor and I used my fourth step to look at my behavior patterns. I was fuzzy on why I had to admit my wrongs to God because I was certain he already knew my stuff, but my sponsor explained that everything on my steps have to come out of my own mouth to be truly effective. I was at a point where I didn't want to write down all that crap and then put it all back in the back of my mind and forget it. If I talked about my shitty character, then my disease lost cause I wasn't isolating myself and my defects and not sharing with anyone. I literally thought no one in the room gets as sad as I do, as angry as I do and as lonely and hurt as I do. This, my sponsor taught me, is called have feelings that make us terminally unique. These feelings can lead me to relapse, and most likely this time to death. I trusted my sponsor a lot and so for this reason I told her a lot more than if I didn't trust her. At the end she was proud of me and told me that changes must be made in order to continue on successfully in my program but that the biggest thing was that I did not have to change alone. She said never forget that N.A. also means Never Alone, Never Again. Thank god for the program and for those predecessors who continue to show me the way sixteen years later.

## Events

Know of an NA event in the C&P Region that's not listed? Email [events@cprna.org](mailto: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
May 12 2018 10:00 AM – 12:30 PM	<a href="#">Central Maryland Area Of NA Spiritual Breakfast</a> <i>Trinity Lutheran Church, Bowie MD</i>
May 19 2018 12:00 PM – 08:00 PM	<a href="#">Frederick Area of NA: Speaker Jam-More Living Than Surviving</a> <i>Grace United Church of Christ, Frederick MD</i> <a href="#">Flyer</a>
May 19 2018 01:00 PM - 03:00 PM	<a href="#">Montgomery Area Meeting on the Mountaintop</a> <i>Sugarloaf Mountain, Dickerson MD</i> <a href="#">Flyer</a>
May 19 2018 01:00 PM - 06:00 PM	<a href="#">Rappahannock Area of NA: Spring Picnic</a> <i>Kenmore Park, Fredericksburg VA</i> <a href="#">Flyer</a>
May 27 2018 - May 28 2018 06:00 PM - 01:00 AM	<a href="#">Jump Start To Recovery Group: Bridging The Gap Old-Timers/New-Comers Talent &amp; Fashion Show</a> <i>Saint Martins Catholic Church, Washington DC</i> <a href="#">Flyer</a>
May 28 2018 12:00 PM - 09:00 PM	<a href="#">Jump Start To Recovery Group: "Straight Outta The Basic Text" - Memorial Day Speaker's Jam</a> <i>Saint Martins Catholic Church, Washington DC</i> <a href="#">Flyer</a>
May 28 2018 12:00 PM - 06:00 PM	<a href="#">Montgomery Area Memorial Day Picnic 2018</a> <i>Izaak Walton League, Gaithersburg MD</i> <a href="#">Flyer</a>
Jun 7 2018 - Jun 10 2018 10:00 AM - 05:00 PM	<a href="#">Bottom Of The Mountain Group-Dulles Corridor Area: 2018 Annual New River NA White Water Rafting &amp; Camping</a> <i>Ace Adventure Resort, Oak Hill WV</i> <a href="#">Flyer</a>
Jun 9 2018 - Jun 10 2018 12:00 PM - 12:00 AM	<a href="#">NORVANA Special Events Subcommittee: Speaker Jam &amp; Dance</a> <i>Fairlington Presbyterian Church, Alexandria VA</i> <a href="#">Flyer</a>
Jun 10 2018 12:00 PM - 05:00 PM	<a href="#">Rock Creek Area Special Events: Area 13 Picnic</a> <i>Area 13 Picnic Area- Rock Creek Park, Washington DC</i> <a href="#">Flyer</a>
Jun 16 2018 02:00 PM - 06:00 PM	<a href="#">South Potomac H&amp;I Learning Day Speakers Jam</a> <i>Oxon Hill United Methodist Church, Oxon Hill MD</i> <a href="#">Flyer</a>
Jun 22 2018 - Jun 25 2018 10:00 AM - 05:00 PM	<a href="#">Battlefield Area of NA: Start Of Summer Campout</a> <i>Low Water Bridge Campground, Bentonville VA</i>
Jun 23 2018 04:00 PM - 07:15 PM	<a href="#">Rock Creek Area Special Events: A Day At The Park-Nationals Vs. Phillies</a> <i>Nationals Park, Washington DC</i> <a href="#">Flyer</a>
Jun 30 2018 11:00 AM - 05:00 PM	<a href="#">Rappahannock Area Of NA: Fundraiser Speaker Jam for RACNA II</a> <i>United Methodist Church, Fredericksburg VA</i> <a href="#">Flyer</a>