

the

NORVANA

SCOOP

June 2018

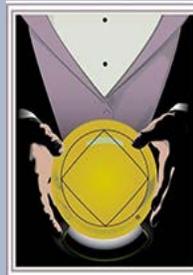


“You don’t have to see the whole staircase, just take the first step”
- Anonymous

for the NEWCOMER

An addict fell in a hole and couldn’t get out. A businessperson went by. The addict called out for help. The businessman threw him some money and told him to buy a ladder. But the addict could not find a ladder in this hole he was in. A doctor walked by. The addict said, “Help, I can’t get out.” The doctor gave him some drugs and said, “Take these, they will relieve the pain.” The addict said thanks, but when the pills ran out, he was still in the hole. A renowned psychiatrist rode by and heard the addict’s cries for help. He stopped and said, “How did you get in there? Were you born in there? Did your parents put you there? Tell me about yourself, it will alleviate your sense of loneliness.” So the addict talked with him for an hour, but the psychiatrist had to leave and said that he’d be back next week. The addict thanked him, but was still in his hole. A priest came by and heard the addict calling for help. The priest gave him a Bible and said, “I’ll pray for you.” The priest got down on his knees, prayed for the addict, then left. The addict was very grateful and he read the whole Bible, but was still stuck in that hole. A recovering addict happened to be passing by. The addict cried out, “Hey, help me, I’m stuck in this hole.” Right away, the recovering addict jumped in the hole with him. The addict said, “What are you doing? Now we’re both stuck here.” But the recovering addict said, “It’s ok, I’ve been here before, I know the way out.”

- Anonymous



WCNA 37:
7 still
THE MAGIC IS REAL

NA WORLD CONVENTION
AUG 30 - SEPT 2, 2018
ORLANDO, FL

FRI. NIGHT COMEDY FEATURING
ALONZO BODDEN and friends

SAT. NIGHT CONCERT FEATURING
BLUE OCTOBER and **EVERCLEAR**



for more information visit: www.na.org/wcna



carrying THE MESSAGE

THE GIFT OF DESPERATION

- Christopher D

I was 15 when I started using and in a short five-year period, my life spiraled out of control. I experienced a lot of consequences. For example, I had over twenty jobs in that timeframe and had become unemployable. I quit sports, I changed my circle of friends more than once, I did not graduate high school, I was arrested around 14 times in one year and I ended up overdosing and looking death in the eye. But more than that was the complete hopelessness I felt. There was no way out.

I felt alone. I had tried everything to stop. I did not want to put my family through any more pain. But the disease couldn't care less about what I wanted. It was my master and I was its slave. I feared this was my life going forward.

Shortly after my visit in the hospital, I entered residential treatment and met people in long term recovery. I thought the recovery community was where fun went to die. I despised being sober and could not envision a life without drugs and alcohol. That is the crazy thing about this illness. As my life kept getting darker and smaller, my mind kept telling me that I was going to figure it out and be ok. However, something did catch my attention. These people were like me, but completely different at the same time. They had jobs, families, responsibilities, and they were peacefully happy. I on the other hand, wanted to crawl out of my skin while sober. I had to find out what happened to them. That was my beginning, my hope. I took a few of their suggestions but was not ready to fully submit to the process.



Finally, the gift of desperation allowed me to fully join this way of life. I was finally able to try something different. As a result of listening and taking suggestions, I get to be a daddy, a husband, a son, a businessman, a giver, a mentor, a community leader, a college graduate, and I am still growing the list.

I have hope. I love my life and recovery is at the center. Since earning my GED, I have gone on to get a master's degree and finish my doctorate coursework. Not bad for a guy who had a .75 GPA in high school. I learned my past does not equal my future. Unlike before, I am walking through whatever life brings me. I am not alone. In college, I was voted to serve as student government president. I was honored. It also made me laugh because in high school, the student body voted me to most likely end up on "Cops."

I learned recovery is more than a clean urinalysis. I am as physically sober as I was over a decade ago. It's what I do during each 24-hour period that makes the difference. With help, I am creating a life worth living. I am worth the effort.



upcoming EVENTS

09
JUN

NORVANA Speaker Jam & Dance

🕒 Saturday, 12:00 pm – 12:00 am

📍 Fairlington Presbyterian Church, Alexandria, VA
Rock Creek Area 13 Picnic

10
JUN

🕒 Sunday, 12:00 pm – 5:00 pm

📍 Rock Creek Park, Washington, DC

16
JUN

South Potomac H&I Learning Day Speakers Jam

🕒 Saturday, 2:00 pm – 6:00 pm

📍 Oxon Hill United Methodist Church, Oxon Hill, MD

22-
25
JUN

Battlefield Area Start of Summer Campout

🕒 Friday, 10:00 am – Monday, 5:00 pm

📍 Low Water Bridge Campground, Bentonville, VA

23
JUN

A Day at the Park – Nationals vs Phillies

🕒 Saturday, 4:00 pm – 7:15 pm

📍 Nationals Park, Washington, DC

30
JUN

Fundraiser Speaker Jam for RACNA II

🕒 Saturday, 11:00 am – 5:00 pm

📍 United Methodist Church, Fredericksburg, VA

call the HELPLINE

Ready to quit? We can help
1-800-543-4670



*“that no addict seeking
recovery need ever die...”*



do you have IDEAS?

Submit your comments,
concerns, opinions,
experiences, art work, etc. to:
norvananewsletter
@oprna.org

INSPIRATION

from our literature

“Each time we surrender, we find once more that the desperation that drives us to our knees fuels the passion that carries us forward. When hope manifests into reality, our lives change. Our experience affirms what we believe, and belief grows into faith. When our faith grows into knowledge, the program that we once struggled to practice has become part of who we are. We find here what we were looking for all along: connection to others, connection to a Higher Power, connection to the world around us—and, most surprising of all, connection to ourselves.”

— [Narcotics Anonymous](#), [Living Clean: The Journey Continues](#)