

Helpline: 1-800-543-4670

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# New Attitudes



## A Little Good News from Norvana

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We want your submissions!!!!



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**"Hey What's Going on Here?" Events and Announcements**

### Submit! Submit!

EMAIL US AT:  
[norvananewsletter@cprna.org](mailto:norvananewsletter@cprna.org)

-  Your experiences, strengths, and hope
-  Poems/Artwork
-  Anniversaries/Events
-  Comments or Kind Concerns ☺

POEMS AND ART WORK"HOPE LIKE FIRE" By Vu P. ©

We pop, we smoke, we inject it on our veins.  
 All to numb a feeling that could qualify as pain.  
 We keep to ourselves, rejecting all forms of intrusion,  
 only to stay lost in our world of delusions.  
 When we sober up from this great grand illusion, we awaken to a world surrounded by confusion.  
 Harsh realities kick in, we feel weak and unprepared.  
 So, we go back to our old vices to make us feel less scared.  
 A voice tells us don't worry everything is fine, as a whisper follows and says... just one more time.  
 I'm not an addict, now that's what we use to say.  
 Addiction is simply complex but won't simply go away.  
 It's a repetitive cycle that can twist like a knife, and make us all question if there's a real purpose to life.  
 If it only ends in death, jails and institutions,  
 then perhaps we should find a better solution.



This journey won't be easy, it won't always be fun.  
 but we all know in our hearts this journey must be done.  
 We have the element of choice, let that fact be known.  
 let every suffering addict know, that they don't have to be alone.  
 Let's start with just for today, No point in saying later.  
 Let's learn who we really are, and choose to be something greater.  
 As time goes on and life starts to get clearer, we'll begin to recognize what we see in the mirror.  
 The future is unwritten, an unclear blur.  
 But we can all do this together, and of that I am sure.  
 We may not know what tomorrow might bring, but it's better than being a puppet...tangled in strings.  
 Its time this insanity finally came to an end. What are you waiting for?  
 Life's waiting to begin.  
 All you need to start is simply the desire.  
 And then watch as our actions spread  
 HOPE LIKE FIRE

## What's That Meeting Like?

### Recovery on the Southside

7:00 PM    Alexandria, VA, 22314    Friday    [Lee Center, 1108 South Jefferson Street](#)

#### Shared by a Newcomer (5 days clean)

Well I don't know a lot, but I know this sucks. I hate being clean, and I hate meetings. I've been clean once before for two weeks and was miserable. I looked on the meeting list that my mom found, and seeing as how it was a Friday, I choose the meeting closest to me at the Lee Center. I felt like a punk having to get out of my mom's car, and even felt worse because my dealer lived close and my stomach began to flip just being in the area.

The sweat began to come down my face from stress as I climbed a couple stairs thinking about how I could hide somewhere in the building to escape this bulls\*\*\* meeting. It was because I didn't that things have turned somewhat around for me.



Now I don't know much, but I know when I'm not welcome somewhere and everyone is staring at me. It has happened at meetings before.



*This was crazy different.* Right when I came in the door someone hugged me. I was kind of uncomfortable but for real it felt good. As I took a seat I was really surprised when a person seated behind me said, "Hey family, welcome." "Thank you", I said quietly. It was not long before someone was sharing about their life. I think it was on one of those first time. I told them "nah" and that I *maybe* could come again. One cat said, "Okay. What if I pick you up

step things, but I'm not sure which one. All I know is he grew up hard like me. He was hurt and hurt

people, he was robbed and robbed people, and at the end of the day,.....he wanted to live differently and I kind of was tired and didn't want to hurt myself or my moms anymore too. I was really surprised when someone was getting themselves coffee and asked if I wanted some too. No one does that where I'm from y'all. No one.

After the meeting, several of the men asked me how I was doing and was this my tomorrow and we go to a meeting bro?" "I said "Okay, Cool I guess."

So, dude came to pick me up and we went to a meeting. It was nice to get into a car without feeling like somebody wanted "half" or only wanted to ride with me for my money or dope. This is a new experience and I can only say if this is what

N.A. is really like, I'm down. I'm truly down. Thanks for asking me too Susan, no one usually cares what I think much. I appreciate y'all. I truly do. I think imma hang in there for a while longer.



HEY!!! WHATS GOING ON HERE !!!!!?????????

Date/Time	Event
Jun 10 2017 - Jun 11 2017 08:00 PM - 12:00 AM	<a href="#">NORVANA Special Events Subcommittee: Speaker Jam and Dance</a> <i>Unitarian Universalist Church of Arlington, Arlington VA</i> <a href="#">Flyer</a>
Jun 17 2017 12:00 PM - 07:00 PM	<a href="#">Chesapeake &amp; Potomac Regional Special Events Subcommittee: Cookout Celebration</a> <i>Fort Dupont Park Randall Circle Lots A &amp; B, Washington DC</i> <a href="#">Flyer</a>
Jun 22 2017 - Jun 25 2017 12:00 AM - 12:00 AM	<a href="#">2017 Annual New River NA White Water Rafting Trip!</a> <i>ACE Adventure Resort, Oak Hill WV</i> <a href="#">Flyer</a>
Jun 23 2017 - Jun 25 2017 12:00 AM - 12:00 AM	<a href="#">Battlefield Area Start of Summer Campout! "Work the Steps or Die..."</a> <i>Low Water Bridge Campground, Bentonville VA</i> <a href="#">Flyer</a>
Jun 24 2017 11:00 AM - 05:00 PM	<a href="#">Rock Creek Area Picnic</a> <i>Area 13 Picnic Area- Rock Creek Park, Washington DC</i> <a href="#">Flyer</a>
Jul 3 2017 - Jul 4 2017 01:00 PM - 01:00 AM	<a href="#">Jump Start To Recovery Group: Freedom From Bondage Marathon &amp; Free Dance</a> <i>St. Martin's Catholic Church, Washington DC</i> <a href="#">Flyer</a>
Jul 4 2017 12:00 PM - 06:00 PM	<a href="#">4th of July Speaker Jam</a> <i>Mt. Vernon Hospital, Alexandria VA</i> <a href="#">Flyer</a>
Jul 8 2017 12:00 PM - 06:00 PM	<a href="#">NORVANA Special Events Subcommittee: Picnic</a> <i>Joseph Hensley Regional Park, Alexandria VA</i> <a href="#">Flyer</a>

Date/Time	Event
Aug 5 2017 - Aug 6 2017 09:00 PM - 01:00 AM	<a href="#">Jump Start To Recovery Group: All White Affair</a> <i>Saint Martins Catholic Church, Washington, DC DC</i> <a href="#">Flyer</a>
Aug 6 2017 02:00 PM - 06:00 PM	<a href="#">NORVANA Special Events - Bowling Night</a> <i>Shirley Bowl America, Alexandria VA</i>
Sep 8 2017 - Sep 9 2017 10:00 AM - 05:00 PM	<a href="#">Rappahannock Area Convention of NA</a> <i>Hospitality House Hotel, Fredericksburg VA</i> <a href="#">Flyer</a>
Sep 15 2017 - Sep 17 2017 10:00 AM - 05:00 PM	<a href="#">Tri County Area Unity Retreat Pt.1</a> <i>Lions Camp Merrick, Nanjemoy MD</i> <a href="#">Flyer</a>
Sep 15 2017 - Sep 17 2017 10:00 AM - 05:00 PM	<a href="#">Tri County Area Unity Retreat: Events &amp; Registration Information Pt. 2</a> <i>Lions Camp Merrick, Nanjemoy MD</i> <a href="#">Flyer</a>
Oct 6 2017 - Oct 8 2017 12:00 AM - 12:00 AM	<a href="#">Unity Weekend Campout!</a> <i>Prince William Forest Park, Triangle VA</i>

**06/08/2017**

**FRANK G.**

**13 YEARS**

**SO HAPPY IT'S THURSDAY**

**8:00PM - 9:00PM**

**07/20/2017**

**LARRY M**

**4 YEARS**

**SO HAPPY IT'S THURSDAY**

**8:00PM - 9:00 PM**

**06/14/2017**

**JOE F.**

**14 YEARS**

**STEPPING OUT OF THE HOLE**

**7:00PM -8:30 PM**

**06/23/2017**

**FRANK P.**

**1 YEAR**

**RECOVERY ON THE SOUTH  
SIDE**

**7 -8:30 PM**

**06/21/2017**

**PAUL G.**

**9 YEARS**

**7/17/2017**

**JIM S.**

**29 YEARS**

When your crew came to see you speak, so you bust out the hydrogen hope bombs...

