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Step 11—*Susan B.*

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SUBMIT!! SUBMIT!!

SUMBIT!!

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 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 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

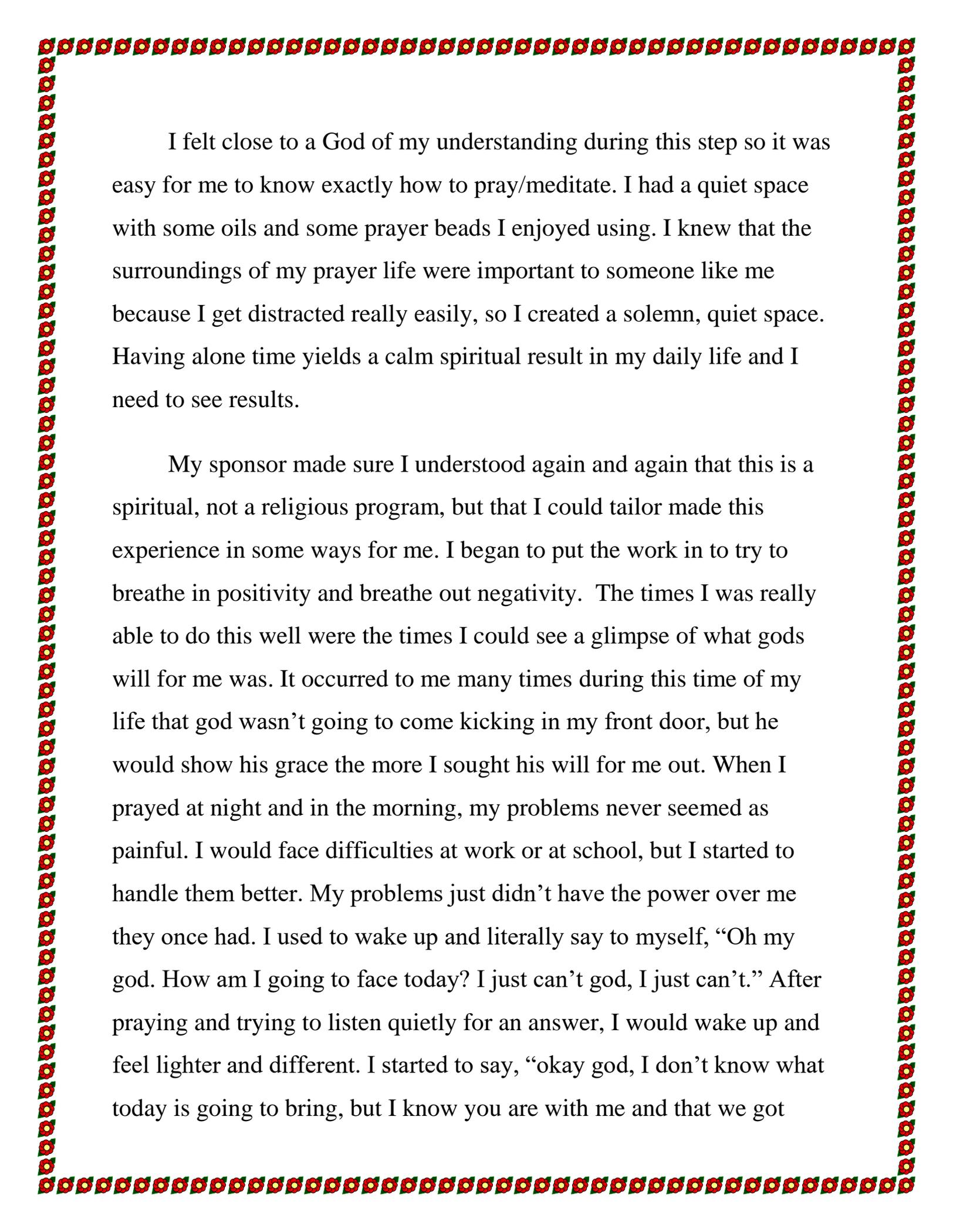
Step 11

"We sought through prayer and meditation to improve our conscious contact with God as we understood Him, seeking only for the knowledge of His will for us, and the power to carry that out."

Step work has been something that has been really rewarding to me. If I make myself do it, I am so proud of myself. I feel emotionally stirred up in the middle of the process, but when I get to sit down with my sponsor I feel freer than I did before somehow. To get to step eleven, I had to work the first ten steps, and those steps spoke of a higher power.

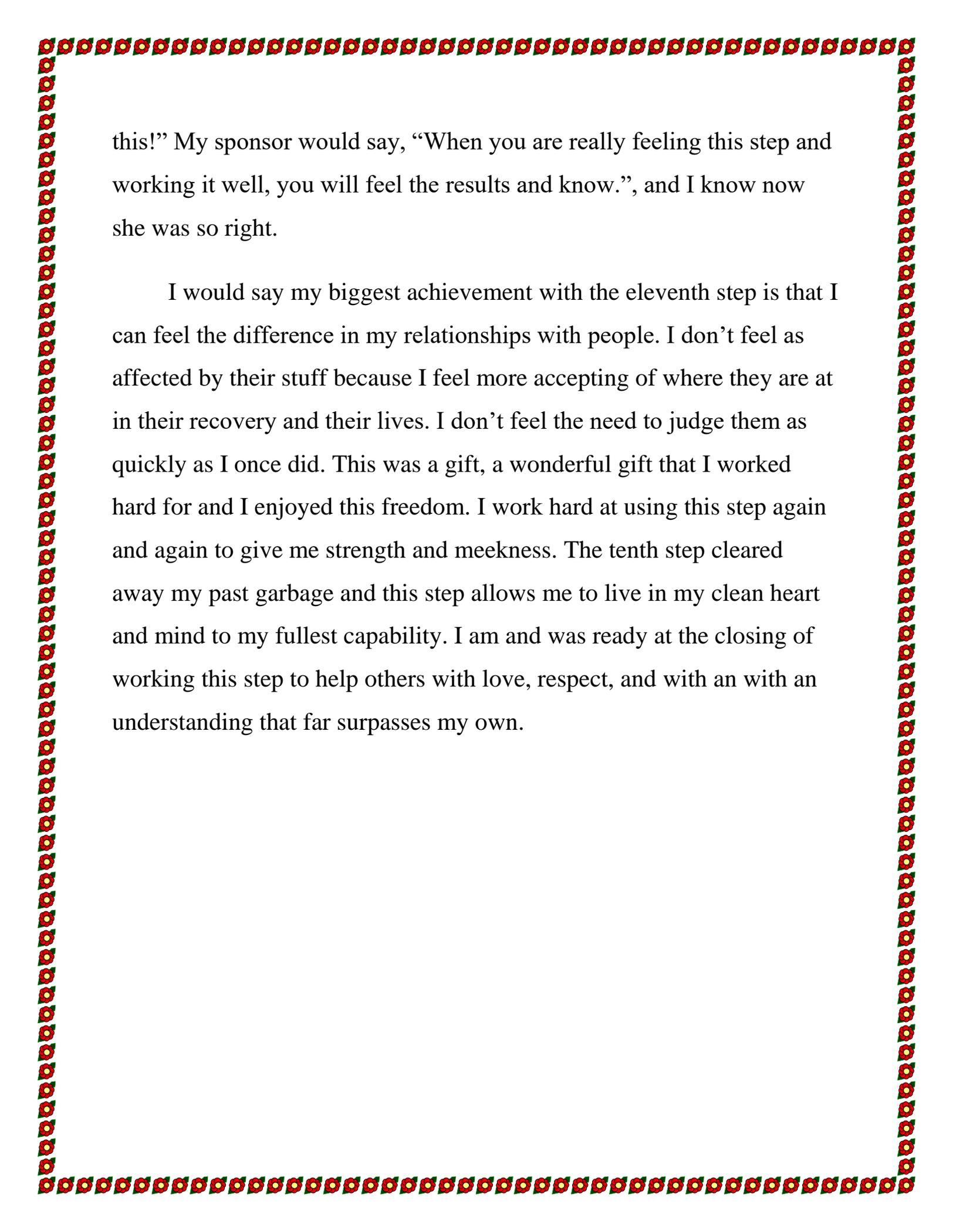
Just for today I have chosen a higher power and I rely on it. Working the previous steps has helped lay some ground work for my goals. This point in my life was a peaceful point in time for me. I felt as though a new calmness was working in my life and my heart. I did not balk at the idea of praying and meditating when my sponsor suggested it. I knew for sure that how I felt from day to day was directly related to how much prayer time I devoted to myself. I had a mantra that I would and still meditate on that was a spoken word such as "I release control to you to win. I release control to you to have peace."

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.



I felt close to a God of my understanding during this step so it was easy for me to know exactly how to pray/meditate. I had a quiet space with some oils and some prayer beads I enjoyed using. I knew that the surroundings of my prayer life were important to someone like me because I get distracted really easily, so I created a solemn, quiet space. Having alone time yields a calm spiritual result in my daily life and I need to see results.

My sponsor made sure I understood again and again that this is a spiritual, not a religious program, but that I could tailor made this experience in some ways for me. I began to put the work in to try to breathe in positivity and breathe out negativity. The times I was really able to do this well were the times I could see a glimpse of what gods will for me was. It occurred to me many times during this time of my life that god wasn't going to come kicking in my front door, but he would show his grace the more I sought his will for me out. When I prayed at night and in the morning, my problems never seemed as painful. I would face difficulties at work or at school, but I started to handle them better. My problems just didn't have the power over me they once had. I used to wake up and literally say to myself, "Oh my god. How am I going to face today? I just can't god, I just can't." After praying and trying to listen quietly for an answer, I would wake up and feel lighter and different. I started to say, "okay god, I don't know what today is going to bring, but I know you are with me and that we got



this!” My sponsor would say, “When you are really feeling this step and working it well, you will feel the results and know.”, and I know now she was so right.

I would say my biggest achievement with the eleventh step is that I can feel the difference in my relationships with people. I don’t feel as affected by their stuff because I feel more accepting of where they are at in their recovery and their lives. I don’t feel the need to judge them as quickly as I once did. This was a gift, a wonderful gift that I worked hard for and I enjoyed this freedom. I work hard at using this step again and again to give me strength and meekness. The tenth step cleared away my past garbage and this step allows me to live in my clean heart and mind to my fullest capability. I am and was ready at the closing of working this step to help others with love, respect, and with an understanding that far surpasses my own.

Nov 4 2017
06:00 PM - 10:00 PM
[East Of The River Special Events Subcommittee: Unity Day Dance](#)
St. Luke's Center, Washington DC
[Flyer](#)

Nov 10 2017
12:00 PM - 09:00 PM
[Jump Start To Recovery Group: Speaker's Jam From Tragic To Magic](#)
St. Martin's Church, Washington DC
[Flyer](#)

Nov 10 2017 - Nov 11 2017
09:00 PM - 01:00 AM
[Jump Start To Recovery Group: Jersey and Jean Dance](#)
St. Martin's Church, Washington DC
[Flyer](#)

Nov 19 2017
10:00 AM - 11:30 AM
[NA In Delray Group: 26th Year Group Anniversary](#)
Mt. Vernon Hospital, Alexandria VA
[Flyer](#)

Nov 23 2017
09:00 AM - 06:30 PM
[Montgomery Area Thanksgiving Marathon Meetings 2017](#)
Hughes Methodist Church, Wheaton MD
[Flyer](#)

Nov 23 2017
10:00 AM - 10:00 PM
[NORVANA Special Events Subcommittee: Thanksgiving Marathon](#)
Greenbrier Baptist Church, Arlington
[Flyer](#)

Nov 24 2017 - Nov 26 2017
12:00 AM - 11:59 PM
[Free State Regional Convention of NA FSRANA 25](#)
Delta Hotels Baltimore Hunt Valley, Hunt Valley MD

Jan 27 2018
11:00 AM - 05:00 PM
[C&P Region Hosts: Autonomy Zonal Forum](#)
Montgomery Hills Baptist Church, Silver Spring MD
[Flyer](#)

Apr 13 2018 - Apr 15 2018
10:00 AM - 01:00 PM
[CPRANA 32](#)
Roland E. Powell Convention Center, Ocean City Maryland