

**MAY
2021**



Shenandoah Valley Area of NA

What Shall we Call This??

INSIDE THIS ISSUE:

Renegade Recovery	1
RR	2
Inside Story	2
Inside Story	3
Inside Story	4
Inside Story	5
Inside Story	6

Renegade Recovery — by Mike H & friends

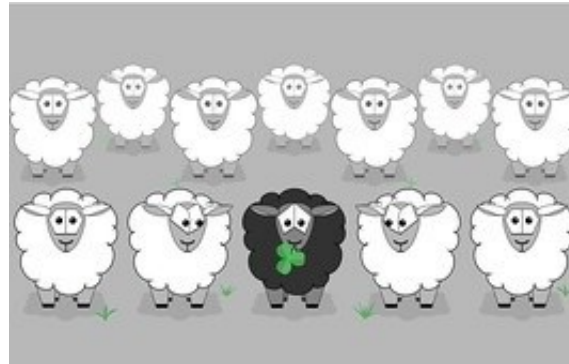
Please submit art work and ideas to:

Shenandoah Valley of NA
newsletter@shevana.org
PO Box 2436, Winchester,
VA 22604

MIKE H. SEZ — In a time when all around was shutting down March of 2020 there became a need for those who were still sick and suffering. Edge Hill along with all the other venues that held NA Meetings had to close their doors to outsiders .Mental illness at a high and those who searched for a new way to live were struggling. Despite mandates stating no congregation .Even travel restrictions were in place ... A few Renegades got together and held

of people in excess.. So we bided our time. A particular night comes to mind when there happened to be a fire I block from where we were meeting. Sirens filled the night and helicopters with spot lights from above hovered over us. Both

to do what they could to take those that were without Home Group's and it became a regular part of our meeting that they had now been adopted and were a part of the whole at least until they were ready to find other Home Group's.



This meeting was built of the true definition of what it would mean to be a Renegade in these times. Born of what would be possibly unlawful or unconventional the Renegade meeting is now a genuine love filled Narcotics

Rachel F SEZ:
" Renegade to me is... family, strength, love, hope, it's raw and real, it was a **solid foundation** when no other meetings were open, it **takes NA back to it's roots** and captures the **true essence** of what recovery and the **NA** program stands for. "

a meeting and thus the Renegade meeting was born. We decided that based on a simple risk versus reward situation that people had a need to be heard and to listen to a message of recovery and that the benefits out weighed . Both extremely serious situations. Life and Death if you will. I personally was concerned that at this time representing NA could bring bad implications .Since we could fe asibly be arrested for congregations

excited and scared we had our meeting. There were night's when well ment fire tenders kept my face and front burnt while my ass froze Yet another meeting we had baby goats dancing for us and farm animals surrounded our particular meeting space ie horses, donkeys, cows, chickens , ducks , dogs and cats. .but We as a group weath-ered the storm and finally a year and a bit later have become an official meeting. The Renegade meeting tried

Anonymous meeting. **FINI**

TOMMY F SEZ,
"Renegade was a **LIGHT AT THE END OF A DARK TUNNEL FOR ME.**
A saving grace during a very difficult time in my life. I'm eternally **GRATEFUL** for this group and the **BONDS** I've formed because of it.
RENEGADE IS MY HOME."

I AM:

by Crystal Esse

"Junkie", they call me,
As I tie off
With my homecoming sash,
There sits my whole life,
Defined by what can fit in a spoon,
A reflection foggy, from my lines on
the mirror,
Dark circles replace
Bright eyes
Where life once lived,
Is now empty.
Homeless
Sweat beads replace pawned jewelry,
Pipe dreams replace sleepless nights,
Telephones the lifeline
To keep up with my lies,
Pupils smaller than
The credit I give myself,
Bruised arms hang on
To the last high
Never as good as the first.
Piece by piece I put
Broken parts
Scattered on everyone in my path
Back together
Starting with replacing that spoon
With a knife
Cutting ties with my past
My eyes now open
My heart is full
Grateful to make it to this side
Where we are human
Flawed but willing
Judged but determined
I rise
Every morning
With hope
I am my present
I am my past
I am worth it
I am
An addict
And today
I am free

More Renegades; More Recovery!

Continued from Page 1

Bill T SEZ:

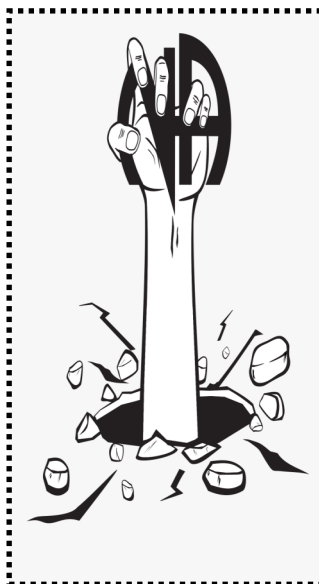
Having a profession where I sit in front of a computer all day I had no desire to sit in front of a computer for an NA meeting. Also, I need to physically see and touch another addict in order to connect. I am so grateful for the renegade meeting of NA. It literally saved my life. **FINI**

When asked about his experience with the Renegade group, **Vihang N. SEZ**, "Finding myself released from an institution into a new world impacted by COVID-19 was challenging. I tried to plug back into the Narcotics Anonymous Program I had left, but soon discovered my old home group and most other meetings had moved to Zoom. While I'm grateful for the technology that made digital meetings possible, I felt myself missing the magic and human connection that is found at in-person meetings. When a friend in the program brought me to my first Renegade meeting, I was taken aback by the genuine excitement of the people there. I found a group of addicts who like me wanted to get and stay clean, and they were willing to go to great lengths to get it. Since those first few meetings, I have seen our band of Renegade warriors work together in the Spirit of NA, organizing and helping each other in a tough time. Through all the darkness I and many others faced in this trying year, finding the ember of hope a year ago in the Renegade meeting and witnessing it ignite into the glowing flame it is today has taught me so much about unity, service, faith, and fellowship in Narcotics Anonymous. **FINI**

The first NA meetings (1954) were held in church basements for members protection because of an old law prohibiting convicted felons from congregating. Churches offered their basements as a sanctuary. Addicts would have to cruise around meeting places and check for surveillance, to make sure meetings would not be busted by police. It was many years before NA became recognized as a beneficial organization.

Jordan W. SEZ:

I got clean in February 2020 followed by the world shutting down in March, I don't know if i'd be clean today if not for the renegade meeting. It especially helped me to feel involved and welcomed early on when we were holding the meeting at my tiny apartment. it was a true example of fellowship, setting aside



personalities and focusing on principles, and deciding to stay clean no matter what. This newcomer couldn't have asked for a better example of this program setting aside personalities and focusing on principles, and deciding to stay clean no matter what. This newcomer couldn't have asked for a better example of this program working." **FINI**

Renegade Recovery – Final Thoughts

JIMI J SEZ:

What I first heard of the Renegade meeting in June 2020, as the world was closing its doors and doing its best to segregate and separate any and all, I was excited, nervous and intrigued. As an important component of my recovery, the lack of human contact at a meeting with certainly taking its toll. Immediately as I stepped into that first meeting, I could tell I was in the midst of something special. Here, amongst the chaos and uncertainty an unprecedented event impacting not only the na community but the entire world around us, I saw a group of like-minded individuals embracing the true Spirit of



Narcotics Anonymous. I expected to find an atmosphere in environment filled with Defiance and opposition to what was going on around them, instead I found so much more at a time when personally I probably needed it most. I found a clear message of recovery. It

was a little rough around the edges, but it was definitely happening!! From the loving embrace when I first arrived, to the strict adherence to NA Traditions, Principles and Guidelines, their meeting formats and closing statements, it was all there. I felt at home immediately. It's been one of the most beautiful and impactful experiences of my life and recovery to not only be a part of, but to witness the birth of something great. The start of something that I am absolutely positive has saved lives. . Its then not only an effort to keep the message of Narcotics Anonymous alive but to help the addicts that still suffer, it's been a testimony to the human spir-

it at a time when that spirit needed a lifted to the highest level.

The Renegade meaning will always hold a special place in my heart as well as the fellow addicts I still see there to this day. In this meeting I see that they have created an environment from nothing that was not brought forward through Defiance or opposition, but out of absolute necessity. One addict helping another is without parallel.

In this spirit, I am not only proud to be associated with this homegroup but I have an overwhelming amount of gratitude for what Narcotics Anonymous is. This meeting is an absolute statement of what that always needs to be. " As we stay together, we will get another day" ... regardless of, no matter what! **FINI**

Mike concludes -
 "I am not indifferent to precautions taken by most people, but the disease of addiction is progressive, incurable, and fatal."

PAY BACK

All of us reading this know the meaning of pay back. Usually, for us, our first thought is I'll get you back or perhaps ... what goes around comes around.

That is all I knew in active addiction is to get what I could at any cost and guard it at any cost. I'm very grateful that has changed. It certainly didn't happen overnight and, sometimes today I can get somewhat possessive and resentful, but our 12 Steps and trying to incorporate them into my life gives me a daily reprieve from those defects.

Today payback means what can I do and what have I've done to payback this life-saving fellowship of NA, and to all of my fellow addicts young and old---new or long term.

Our 12th Step says: 'Having had a spiritual awakening as the results of these steps, we

tried to carry this message to addicts, and to practice these principles in all of our affairs'. Our life-saving message - that any addict can recover - is the most important message and is our bind to us staying clean, productive and successful recovering addicts.

This fellowship survives and my recovery only gets better by me getting out of myself and giving back what every day, is freely given----this saving message. I need every day to ask myself what can I

What can I do to payback NA?

do and what have I done to help the still-suffering addict. Getting involved in my local NA recovery means I am involved in my own recovery. I have only gotten clean, family, success and

peace by others being active in NA when I came in broken. How active am I? Are you?

Love you all....Straight Ahead



What's Happening?!?

Celebration Acknowledgments,
Subcommittees, Special Events ...
and the 39th AVCNA JAN 21-23, 2022 ***



***Please note committee contact information. In future newsletters, only changes will be posted. Other ASC Service committees will be included in our next issue(s).

UPCOMING 39th AVCNA HOST AND SUBCOMMITTEE MEETINGS

Sun, 4/18- 6:45 PM PROGRAM: immediately Foundations HG mtg. at
<https://zoom.us/j/93831916738?pwd=M2dLMEFSRUITdGF4VGZQR3RqbWVVKdz09>
For more information contact the Program Committee Chair, Sean R. at 304-671-4155

Sat, 4/24 - 2 PM PRECONVENTION: at
<https://us02web.zoom.us/j/83670582891?pwd=TkkzdjlxZD3BDc1BzS0NwUXk1TIQ1Zz09>
For more information contact Host Committee Vice Chair, Thaddeus M. at 304-676-2098

Sat, 4/24 - 2 PM CONVENTION INFORMATION: on the Zoom Platform Room at
<https://us02web.zoom.us/j/83670582891?pwd=TkkzdjlxZD3BDc1BzS0NwUXk1TIQ1Zz09>
For more information contact Host Committee Vice Chair, Thaddeus M. at 304-676-2098

Sat, 4/24 - 2 PM ENTERTAINMENT: at 2 p.m.
<https://us02web.zoom.us/j/83670582891?pwd=TkkzdjlxZD3BDc1BzS0NwUXk1TIQ1Zz09>
For more information contact Host Committee Vice Chair, Thaddeus M. at 304-676-2098

Mon, 5/1 - 5:30 PM HOSPITALITY: on the Zoom platform, Room
Meeting # 795 1913 8116 Password: fjZE9b
For more information contact the Hospitality Chair, Annette D. at 571-212-6827

Sat, 5/8 - 2 PM MERCHANDISE: on the Zoom platform,
Meeting #: 825 6535 2679; Password: 523677.
For more information contact the Merchandise Chair, Bill T. at 202-904-5544

Sat, 5/8 - 4 PM HOST: on the Zoom Platform at:
<https://us02web.zoom.us/j/83670582891?pwd=TkkzdjlxZD3BDc1BzS0NwUXk1TIQ1Zz09>
For more information contact the Chair, Sarah M. at 540-671-1487

Tue, 5/11 - 7 PM REGISTRATION: at
<https://us02web.zoom.us/j/89406278154?pwd=UWVl6QVlkWgzMTkVlUDVxOVgvUjNldz09> For more information contact the
Registration Chair, Meredith S. at 703-582-5639

Thu, 5/13 - 8 PM ADDITIONAL NEEDS: at
<https://us04web.zoom.us/j/9204358729?pwd=U0VpbTQwdm5HN01kaVdKQy9BTTgxdz09>

For All Submissions: By submitting article(s), poem(s), and/or other written material pertaining to my personal experiences with or opinions about the NA fellowship or program, I understand that my material may be edited. I also give the SheVANA Area Newsletter, NA Fellowship, their successors, assigns and those acting on their authority permission to publish anything submitted. I further understand that every effort will be made to assure my anonymity, unless authorized. I possess full legal capacity to exercise the authorization and hereby release SheVANA Area Newsletter, the NA Fellowship, its service boards and committees, from any claim by myself, my successors and or my assigns.

We're on the web!
Shevana.org

Regional Phone Line: 800 777 1515
Email: Newsletter@shevana.org
Web: <http://www.shevana.org/>