

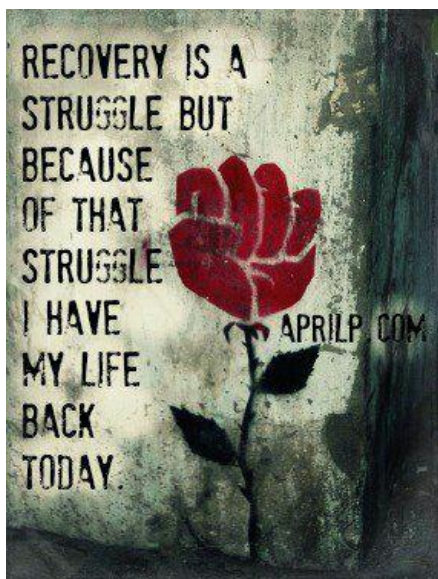
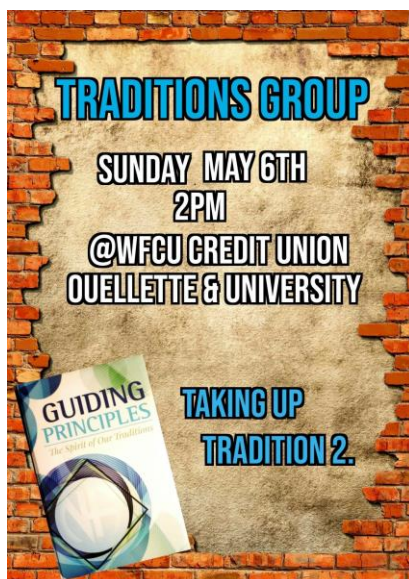
ESSEX-KENT AREA CELEBRATIONS

MAY 6 TH	RON G	4 YEARS	STAYING CLEAN
MAY 9 TH	DAN M	12 YEARS	FREEDOM FROM
MAY 11 TH	REGGIE S	3 YEARS	BRIDGE OF FRIENDSHIP
MAY 12 TH	DAVE S	1 YEAR	NEW BEGINNINGS(CHATHAM)
MAY 18 TH	RYAN W	2 YEARS	BRIDGE OF FRIENDSHIP
MAY 20 TH	JESSIE Q	1 YEAR	STAYING CLEAN
MAY 26 TH	GREG C	11 YEARS	TIES THAT BIND
MAY 26 TH	ROB M	12 YEARS	JOURNEY TO RECOVERY
MAY 27 TH	BRIAN J	2 YEARS	STAYING CLEAN
MAY 28 TH	DEWAYNE C	12 YEARS	SPIRITUAL FOUNDATION
MAY 28 TH	JOHN P	7 YEARS	DAY BY DAY

Congratulations everyone! 67 YEARS OF RECOVERY!



**KEEP COMING BACK
STAY CLEAN
YOUR NAME WILL BE HERE TOO!**



THE MESSENGER

MAY 2018: Issue #133



ORCNA XXXI

ONTARIO REGIONAL CONVENTION OF NARCOTICS ANONYMOUS

BLUE MOUNTAIN RESORT
110 JOZO WEIDER BLVD.
BLUE MOUNTAIN ON L9Y 3Z2
(705)445-0231

GO TO WWW.ORGNA.CA FOR REGISTRATION DETAILS.

ESSEX-KENT AREA ADMINISTRATION MEMBERS

Chairperson: Tom W
 Secretary: Steven B
 Treasurer: Phil E
 RCM: Todd P
 ACSR: Vacant

Alt. Chairperson: Vacant
 Alt. Secretary: Vacant
 Alt. Treasurer: James K
 Alt. RCM: Vacant
 Alt. ACSR: Vacant

Narcotics Anonymous Area Contact Info:

Phone Line: 1-888-811-3887 Newsletter Email: messenger.na.windsor@gmail.com EKASC Website: www.essexkentna.org

E.K.A.S.C Sub-Committee Meetings and Locations

ACTIVITIES

Chair: Rick K
 1st Tuesday
 6:00 PM
 Peace Lutheran Church

HOSPITALS & INSTITUTIONS

Chair: Joel P
 2nd Monday
 6:00 PM
 Community Church

MOCH TRAINING H&I

2nd Monday
 6:00 PM
 Community Church
 1240 Pierre Ave.

PUBLIC INFORMATION

Chair: Derek K
 1st Monday
 6:00 PM
 Westminster United Church

OUTREACH

Chair: Randy G
 1st Friday
 6:30 PM
 Chateau Maison (cafeteria)

IN FROM THE COLD

Chair: Vacant
 TO BE ANNOUNCED

NEWSLETTER

Chair: Sonya F
 TO BE ANNOUNCED

E.K.A.S.C. Area Meeting – Last Saturday of the Month at 1240 Pierre St. 10:00 AM

The Messenger Disclaimer and Guidelines

The Messenger welcomes and encourages submissions from the fellowship. Submission topics such as: Personal views, cartoons, jokes, crosswords, poems, personal stories, announcements or anything you have found to be beneficial in your recovery. *The Messenger* follows The N.A Way magazine guidelines for editing. These can be referenced online at www.na.org/naway/submissionguides.html or a copy of the guidelines can be provided by a member of *The Messenger* Sub-committee. Anonymity of the author is respected upon request; otherwise please include your first name, last initial, and a contact number. The views expressed in *The Messenger* are those of the author, not Narcotics Anonymous as a whole.



ACTIVITIES PRESENTS

AMENDS DAY!

SATURDAY MAY 5TH

NOON-3PM

MEETING AT 848 SOUTH PACIFIC

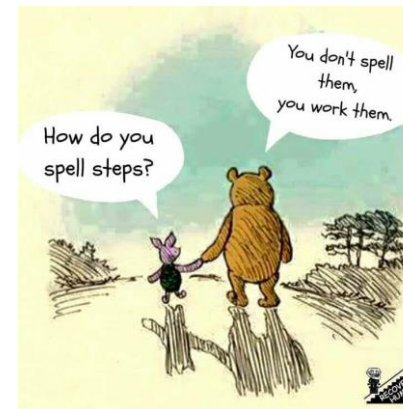
WILL BE HEADING OUT FROM THERE TO CLEAN UP OPTIMIST PARK.

LOOKING FOR DONATIONS OF FOOD/REFRESHMENTS.

SEE RICK H OR ANY ACTIVITIES MEMBER.

FREE EVENT!

COME OUT AND BE OF SERVICE TO THE COMMUNITY AND ENJOY SOME FELLOWSHIP!



**JUST FOR TODAY:
 MY RECOVERY IS A GIFT,
 AND I WANT TO KEEP IT.
 I'LL DO THE REQUIRED
 MAINTENANCE,
 AND I'LL SHARE MY
 RECOVERY WITH
 OTHERS.**

When first coming into the rooms, I heard all you have to do is change everything! I didn't understand it at first and tried changing everything/everyone around me. After a while I realized that all I had to change was me because that's the only thing I have control over. Changing my perspective, attitude, the way I cope with life, changing and growing as a human being. After a while I realized that I got serenity from accepting life for what it is, a chaotic, relentless, mean mess! The only difference is that I choose to let in positivity and release negativity. Feelings come from the inside out, not the outside in. Life is good when you live this way of life.

Brian G