

## ESSEX-KENT AREA CELEBRATIONS

JULY 3 <sup>RD</sup>	KEN M	4 YEARS	HONESTY GROUP
JULY 4 <sup>TH</sup>	WES M	25 YEARS	FREEDOM FROM
JULY 7 <sup>TH</sup>	DAWN P	1 YEAR	JOURNEY TO RECOVERY
JULY 13 <sup>TH</sup>	ROB L	1 YEAR	EAST WINDSOR ADDICTS
JULY 14 <sup>TH</sup>	DANIELLE S	1 YEAR	JOURNEY TO RECOVERY
JULY 16 <sup>TH</sup>	DEANNA Z	8 YEARS	NO SCHEDULED CELEBRATION
JULY 17 <sup>TH</sup>	MIKE B	1 YEAR	HONESTY GROUP
JULY 20 <sup>TH</sup>	TOM W	6 YEARS	EAST WINDSOR ADDICTS
JULY 21 <sup>ST</sup>	SHERI W	4 YEARS	TIES THAT BIND
JULY 27 <sup>TH</sup>	TINA D	9 YEARS	BRIDGE OF FRIENDSHIP
JULY 29 <sup>TH</sup>	BRIANNA R	4 YEARS	STAYING CLEAN

**Congratulations everyone! 64 YEARS OF RECOVERY!**

**KEEP COMING BACK!**

**STAY CLEAN!**

**YOUR NAME WILL BE HERE TOO!**



### Narcotics Anonymous Area Contact Info:

Phone Line:  
1-888-811-3887

Newsletter Email:  
messenger.na.windsor@gmail.com

EKASC Website:  
www.essexkentna.org



# THE MESSENGER



JULY 2018: Issue #135



**THE MESSAGE IS THAT AN ADDICT, ANY ADDICT, CAN STOP USING DRUGS, LOSE THE DESIRE TO USE, AND FIND A NEW WAY TO LIVE.  
OUR MESSAGE IS HOPE AND THE PROMISE OF FREEDOM.  
-BASIC TEXT PAGE 68**

## 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



### ACTIVITIES

**Chair:** Rick K  
 1<sup>st</sup> Tuesday  
 6:00 PM  
 Peace Lutheran Church

### HOSPITALS & INSTITUTIONS

**Chair:** Joel P  
 2<sup>nd</sup> Monday  
 6:00 PM  
 Community Church

### MOCH TRAINING H&I

2<sup>nd</sup> Monday  
 6:00 PM  
 Community Church  
 1240 Pierre Ave.

### PUBLIC INFORMATION

**Chair:** Derek K  
 1<sup>st</sup> Monday  
 6:00 PM  
 Westminster United Church

### OUTREACH

**Chair:** VACANT  
 TO BE ANNOUNCED

### IN FROM THE COLD

**Chair:** Vacant  
 TO BE ANNOUNCED

### NEWSLETTER

**Chair:** Sonya F  
 3<sup>rd</sup> Friday  
 6:30PM  
 1240 PIERRE AVE.



**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](http://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.

The things I cannot change...

\* You, the things you do, the things you don't do, the way you act, the places you go, the things you say and the things you don't say, your happiness, your happiness with me, your happiness with yourself, your acceptance, your courage, your faith, your dedication, your perseverance and your commitment. And everything else outside yourself...

The things I can change...

Me, the things I do, the things I don't do, the way I act, the places I go, the things I say and the things I don't say, My happiness, My happiness with you, My happiness with Myself, My acceptance, My courage, My faith, My dedication, My perseverance and My commitment. And everything else inside Myself...

Wisdom of knowing the difference...

Once I determine that I am the one who needs fixing and quit trying to fix the situations around me, I found this courage to change, I found the wisdom above to create my own happiness and peace of mind.

Whether or not you believe in a spiritual entity, we can ask for this acceptance, courage, and wisdom that brings true peace of mind and happiness to our lives. Whether we call it prayer or positive self-talk doesn't really matter. So long as we seek the above we will find it. Seek the opposite and you will also find it... The choice is yours! Tom W

**COME ON OUT AND SUPPORT  
 THESE MEETING GROUPS!**

**COME AS YOU ARE 10AM MON-FRI  
 1680 DOUGALL WESTMINSTER CHURCH**

**ULTIMATE WEAPON 8PM SAT.  
 1680 DOUGALL WESTMINSTER CHURCH**