

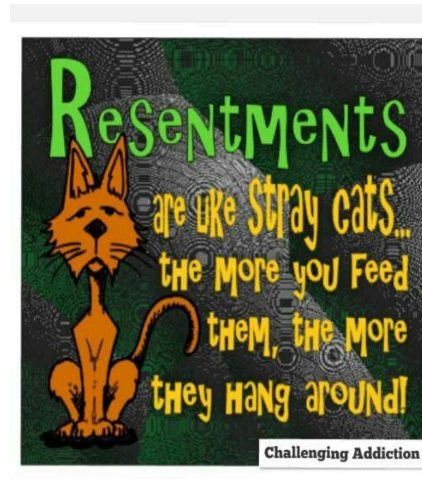
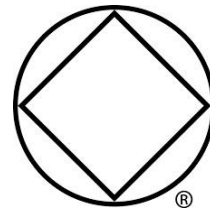
## ESSEX-KENT AREA CELEBRATIONS

AUGUST 13 <sup>TH</sup>	LORNE M	11 YEARS	SPIRITUALFOUNDATIONS
AUGUST 15 <sup>TH</sup>	NIKI L	7 YEARS	FREEDOM FROM
AUGUST 16 <sup>TH</sup>	CHANTAL D	5 YEARS	RAINBOW RECOVERY
AUGUST 17 <sup>TH</sup>	TASHA M	1 YEAR	SERNITY SISTERS
AUGUST 30 <sup>TH</sup>	DANA I	1 YEAR	RAINBOW RECOVERY
SEPT 14 <sup>TH</sup>	KRISTIN H	1 YEAR	RAINBOW RECOVERY

**CONGRATULATIONS EVERYONE! 26 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

AUGUST 2018: Issue #136



**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: Vacant  
 1<sup>st</sup> Tuesday  
 6:00 PM  
 Peace Lutheran Church

### HOSPITALS & INSTITUTIONS

Chair: David H  
 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: Vacant  
 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.

Hi All,

I'm Rob P and I'm an addict.

Hard noticing all the relapses lately in our fellowship. It's scary to a lot of people. That's good. It should be scary. It's called a healthy fear. And it's these fears that warn us about where it can take us. I never use the saying "that I thank those who have relapsed so that I didn't have to." I don't believe in using someone else's pain and misery to benefit me. Yet, I do learn from the example. From what I can gather, it's mainly from complacency. When we decide that we don't have to make any effort or work at our recovery any more, we are heading for disaster. Home Group? Nah, the game is on tonight. Somebody is struggling and they're calling, but I don't feel like listening to them. I made a commitment to help somebody, but I changed my mind. I just won't answer the phone. It's especially noticeable when an addict starts to mess with the spiritual principles. Honesty, open mindedness and willingness. I think it most noticeable because the change is so drastic when the principles are affected. That person that was so willing now starts to argue more and more. The honesty begins to be more of a question and doubtful. And the open mind is slammed shut. I know, and you don't become more ingrained and there's no sense in even trying to discuss it. Are you concerned? Does it worry you that you may be heading for disaster without even realizing it? If you are, ask your sponsor, ask your partner, ask your step study group. Then, LISTEN! Listen to what they have to say. Consider what they have to say. Just consider that they may be trying to help you. And then, be honest with yourself. Relapse is sometimes part of recovery, but it doesn't need to be. And sometimes we make it back to the rooms. And sometimes, we don't. It doesn't need to be that way, but it is that way.

Yours in recovery,

Rob P