

ESSEX-KENT AREA CELEBRATIONS

DEC 14 TH	BRIAN G	2 YEARS	BRIDGE OF FRIENDSHIP
JAN 2 ND	KATJA L	9 YEARS	FREEDOM FROM
JAN 2 ND	SONYA F	4 YEARS	FREEDOM FROM
JAN 6 TH	STEVEN B	4 YEARS	STAYING CLEAN
JAN 7 TH	KELLY Z	4 YEARS	SPIRITUAL FOUNDATIONS
JAN 7 TH	JAMES K	17 YEARS	SPIRITUAL FOUNDATIONS
JAN 8 TH	BARB N	1 YEAR	HONESTY GROUP
JAN 9 TH	MIKE P	1 YEAR	FREEDOM FROM
JAN 10 TH	DAVID H	4 YEARS	MIRACLES HAPPEN
JAN 14 TH	JASON C	5 YEARS	SPIRITUAL FOUNDATIONS

CONGRATULATIONS EVERYONE
51 YEARS OF RECOVERY!



THE MESSENGER



DECEMBER 2018: Issue #139



IN FROM THE COLD EVENT!

COME JOIN IN ON THE 24-HOUR
 MARATHON OF MEETINGS.
 STARTS DECEMBER 24TH AT NOON TILL
 DECEMBER 25TH NOON.
 THERE WILL BE COFFEE, REFRESHMENTS,
 AND LIGHT SNACKS.
 LOCATION IS 111 WYANDOTTE ST W.
 SEE YOU THERE!



LOOKING FOR VOLUNTEERS TO RUN MEETINGS, PLEASE CONTACT
 JACQUELINE G



12 Things in a Newcomers Life

- 12 Steps to Work
- 11 Friends still fuming
- 10 New found triggers
- 9 New phone numbers
- 8 Friends to dump
- 7 Meetings to attend
- 6 Places to avoid
- 5 Cups of coffee
- 4 Phone calls
- 3 Pots of coffee to make
- 2 Books to read
- 1 One day at a time



MEETING CHANGE:
 THE COME AS YOU ARE GROUP AT 10AM
 IS NOW SCHEDULED ON
 MONDAYS, WEDNESDAYS, AND
 FRIDAYS ONLY.
 PLEASE COME OUT AND SUPPORT!



ONLINE TRADITIONS MEETING!
 LIVE CHATS EVERY SUNDAY
 STARTING AT 1PM.
 LOG IN AT WWW.ESSEXKENTNA.ORG

Narcotics Anonymous Area Contact Info:

Phone Line:
 1-888-811-3887

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

EKASC Website:
www.essexkentna.org

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



PUBLIC INFORMATION

Chair: Vacant
1st Monday
6:00 PM
Westminster United Church
1680 Dougall Ave

ACTIVITIES

Chair: Vacant
TO BE ANNOUNCED



HOSPITALS & INSTITUTIONS

Chair: David H
2nd Monday
6:00 PM
Community Church

OUTREACH

Chair: VACANT
TO BE ANNOUNCED

NEWSLETTER

Chair: Sonya F
3rd Friday
6:30PM
1240 PIERRE AVE.

MOCH TRAINING H&I

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

IN FROM THE COLD

Chair: JACQUELINE G



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.

