

ESSEX-KENT AREA ADMINISTRATION MEMBERS

Chairperson: Steven B
Secretary: Vacant
Treasurer: James K
RCM: Vacant
ACSR: Vacant

Alt. Chairperson: Phil E
Alt. Secretary: Vacant
Alt. Treasurer: Leah P
Alt. RCM: Vacant
Alt. ACSR: Vacant



THE MESSENGER

MARCH 2019: Issue #142



PUBLIC INFORMATION

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

LITERATURE

Chair: Ajay S

NEWSLETTER

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

HOSPITALS & INSTITUTIONS

Chair: David H
2nd Monday
6:00 pm
1240 Pierre

ACTIVITIES

Chair: Doug C
3rd Tuesday
6:00pm
1985 Rossini

MOCH TRAINING H&I

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

IN FROM THE COLD

Chair: VACANT

OUTREACH

Chair: VACANT
TO BE ANNOUNCED



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

Narcotics Anonymous Area Contact Info:

Phone Line:
1-888-811-3887

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

EKASC Website:
www.essexkentna.org



WES M.

CONGRATULATIONS!

TO OUR 'DESIGN THE COVER' CONTEST WINNER **WES M.** AND ALSO TO OUR SECOND PLACE RUNNER UP, **ERIN W**, WHO'S DESIGN WILL BE IN NEXT MONTHS ISSUE! THANK YOU TO THE 2 ENTRANTS FOR YOUR SUBMISSIONS AND PARTICIPATION!

ESSEX-KENT AREA CELEBRATIONS

MARCH 5 TH	RICK K	18 YEARS	HONESTY GROUP
MARCH 20 TH	DAVE H	4 YEARS	FREEDOM FROM
MARCH 26 TH	CHANTAL P	3 YEARS	HONESTY GROUP
MARCH 29 TH	ROB T	3 YEARS	BRIDGE OF FRIENDSHIP
MARCH 30 TH	DOUG C	8 YEARS	TIES THAT BIND
APRIL 3 RD	AMANDA T	2 YEARS	FREEDOM FROM

**CONGRATULTIONS EVERYONE
38 YEARS OF RECOVERY!**



COME AS YOU ARE group
FROM 10-11:30am every MON-WED-FRI.
*
LIVING IN THE SOLUTION
1pm Tuesdays
@Launch Pad Recovery Center
1052 Drouillard

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

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.

MAKE HEALTHY DECISIONS

BE HONEST WITH YOURSELF LEADING INTO HOLIDAY GATHERINGS. TAKE CARE OF YOURSELF - GET ENOUGH SLEEP, EAT REGULARLY, EXERCISE, RELAX, HAVE CANDID CONVERSATIONS IF YOU ARE FEELING OFF - SO THAT YOU CAN MAKE HEALTHY DECISIONS.



B.Y.O.B.

IF YOU WILL BE ATTENDING AN EVENT WHERE ALCOHOL IS BEING SERVED, KINDLY REQUEST THAT THE HOST MAKE NON-ALCOHOLIC BEVERAGES AVAILABLE TO GUESTS OR PLAN TO BRING YOUR OWN NON-ALCOHOLIC BEVERAGE.

ATTEND MEETINGS

GO TO MEETINGS LEADING UP TO THE HOLIDAY TO KEEP YOUR RELAPSE PREVENTION TECHNIQUES FRESH IN YOUR MIND.

BRING A FRIEND

HAVE A TRUSTED FRIEND ACCOMPANY YOU TO A GATHERING TO HOLD YOU ACCOUNTABLE AND MAKE SURE YOU DON'T SUCCUMB TO ANY TEMPTATIONS.

MAKE A LIST

COME UP WITH A STANDARD RESPONSE TO ANY PEER PRESSURE YOU MAY ENCOUNTER:

"I'M IN RECOVERY."

"I'M THE DESIGNATED DRIVER."

"I'M ON MEDICATION."

"I DON'T DRINK ANYMORE."



PLAN AHEAD

PARTIES & SOCIAL GATHERINGS CAN PUT YOU IN HIGH-RISK SITUATIONS. CHOOSE TO BE SELECTIVE IN THE EVENTS THAT YOU ATTEND & DON'T FEEL GUILTY FOR NOT ATTENDING AN EVENT IF YOU PERCEIVE IT AS RISKY.