

ESSEX-KENT AREA ADMINISTRATION MEMBERS

Chairperson: Steven B

Secretary: Rob L

Treasurer: James K

RCM: Vacant

ACSR: Vacant

Alt. Chairperson: Phil E

Alt. Secretary: Sonya F

Alt. Treasurer: Leah P

Alt. RCM: Vacant

Alt. ACSR: Vacant



THE MESSENGER

SEPTEMBER 2019: Issue #148



SUBCOMMITTEES



PUBLIC INFORMATION

Chair: JEREMY D

1st Monday

6:00 PM

Westminster United Church

1680 Dougall Ave

ACTIVITIES

Chair: Doug C

2nd Tuesday

6:00pm

1985 Rossini

HOSPITALS & INSTITUTIONS

Chair: David H

2nd Monday

6:00 pm

1240 Pierre

NEWSLETTER

Chair:

3rd Friday

6:30PM

1240 PIERRE AVE.

MOCH TRAINING H&I

2nd Monday

6:00 PM

Community Church

1240 Pierre Ave.

WEB SERVANT

Wes M.

LITERATURE

Chair: Nathan T

**SERVICE SAVES LIVES!
JOIN A SUBCOMMITTEE, GET
INVOLVED, AND START GIVING BACK
WHAT WAS SO FREELY GIVEN TO
YOU...THE GIFT OF RECOVERY!**

E.K.A.S.C. Meeting – Last Saturday of the Month at 1240 Pierre 10am.

Workshop is held prior to at 9am.

Narcotics Anonymous Area Contact Info:

Phone Line:

1-888-811-3887

519-566-3830

Newsletter Email:

messenger.na.windsor@gmail.com

EKASC Website:

www.essexkentna.org

AMENDS DAY!

Cleanup & BBQ!

Free event hosted by activities.

Sat. Sept 14th

11am-2pm(approx.)

Optimist Park 1075 YpresAve.

**This event is a great way to make
indirect amends by:**

- cleaning up a park in our community**
 - contributing by either making financial donations or bringing snacks/refreshments.**
 - or you can just hang out!**
- See you all there!**

Just for Today: I will make indirect amends by reaching out to an addict who may need help. I will strive in some small way to make my community a better place in which to live. JFT p.176

ESSEX-KENT AREA CELEBRATIONS

SEPT 1 ST	KATE R	1 YEAR	STAYING CLEAN
SEPT 5 TH	JACQUELINE	3 YEARS	RAINBOW RECOVERY
SEPT 9 TH	VIENNA J	6 YEARS	SPIRITUAL FOUNDATIONS
SEPT 14 TH	TODD P	12 YEARS	JOURNEY TO RECOVERY
SEPT 26 TH	SUE G	10 YEARS	MIRACLES HAPPEN
SEPT 27 TH	DEREK L	1 YEAR	EAST WINDSOR ADDICTS
OCT 3 RD	KIM M	2 YEARS	MIRACLES HAPPEN

CONGRATULATIONS EVERYONE
35 YEARS OF RECOVERY!

IT WORKS IF YOU WORK IT!

Hello friends!

Well, this is the 23rd and the final Messenger that I will be producing for the Newsletter. I have completed the chair and editor position and moved on to an admin position of alt secretary at area. I have very much enjoyed the last 2 years of creating this monthly publication and have certainly learned a lot. I had minimal computer skills when I took on this position, but I was willing to learn. I have also gained confidence in myself and have grown by going out of my comfort zone, completing my commitment, and the wonderful feedback from all of you in the fellowship. Thank you for your faith in me, your support and guidance, and for allowing me to be of service!

Gratefully, Sonya F.

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* Subcommittee. 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.

FELLOWSHIP FORUM!



I held that gun up to my head,
all I wanted was to be dead.
I didn't know how I could live,
lost everything I had to give.
That was until I heard this voice,
it told me that I had a choice.
Take the easy way out like a coward,
instead I got up and finally showered.
All I could think about was my daughter,
my face was wet, but it wasn't water.
As tears of pain rolled down my face,
it took me to another place.
A place that I have never been,
a place that I was never within.
So right away I picked up the phone,
And called a friend that I'd once known.
He told me that he's glad I called,
It's at that point I frickin bawled.
He picked me up and gave me a hug,
it felt much better than any drug.
Now I come to these NA meetings,
filled with hugs and lots of greetings.
He is now a truly good friend,
I'll "Keep coming back" until my end!
Mike C.



Groups that are reaching out for attendance support and looking for new homegroup members!

Journey to Recovery - 1:30 pm Sat. Salvation Army 355 Church St.
Miracles Happen - 7:30pm Thurs. 415 University St.