

## 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



## SUBCOMMITTEES



### PUBLIC INFORMATION

Chair: JEREMY D

1<sup>st</sup> Monday

6:00 PM

Westminster United Church  
1680 Dougall Ave

### ACTIVITIES

Chair: Doug C

2<sup>nd</sup> Tuesday

6:00pm

1985 Rossini

### HOSPITALS & INSTITUTIONS

Chair: David H

2<sup>nd</sup> Monday

6:00 pm

1240 Pierre

### NEWSLETTER

Chair: Tom W

3<sup>rd</sup> Friday

6:30PM

1240 PIERRE AVE.

### MOCH TRAINING H&I

2<sup>nd</sup> 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



# THE MESSENGER



October 2019: Issue #149

Get ready for a super scary

# SPOOKY



# DANCE

Saturday October 26<sup>th</sup> 2019

848 South Pacific

Advance Tickets \$10.00 or \$12.00 at the door  
Kids 12 and under \$2.00, Pumpkin Carving Contest  
Pie an Addict  
A out of Town Speaker

Doors open at 7pm Speaker at 8:00  
Dance & DJ to follow.

Food for sale, pop & water \$1.00

Prizes for: Best costume, Best Couple,  
Most Original costume



**Just for Today:** I will join in the bond of recovery. I will find the experience, strength, and hope I need in the fellowship of Narcotics Anonymous. - JFT Page 87

## ESSEX-KENT AREA CELEBRATIONS

NAME	DATE	# OF YEARS	NAME OF THE HOME GROUP
Kim M	October 3, 2019	2	Miracles Happen
Eddie C	October 8, 2019	12	Trust the Process
Ross L	October 12, 2019	1	Ties that Bind
Will T	October 17, 2019	11	Miracles Happen
Mike D	October 21, 2019	1	Spiritual Foundations

**CONGRATULATIONS EVERYONE**  
**27 YEARS OF RECOVERY!**

**IT WORKS IF YOU WORK IT!**

**Hello from the Messenger Chair!**

**Thank you all for allowing me to be of service as your newsletter chairperson. I am excited to learn this position and open to suggestions from the fellowship. Our business meeting will be on October 18<sup>th</sup> 6:30 PM at 1240 Pierre St. I hope to see you there. Please feel free to email any recovery related submissions: poems, artwork, homegroups in need of support, and celebrations to the newsletter email address at [messenger.na.windsor@gmail.com](mailto:messenger.na.windsor@gmail.com).  
In loving service, Tom W.**

**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.**

**Rainbow Recovery - 7:30pm Thurs. Moved to 1435 Tecumseh Rd East**

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* 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!

My name is George H from Windsor. My home group is Come as You Are. I rewrote the nursery rhyme Georgie Porgie. As a child growing up I was teased unmercifully by kids in grade school. It became my name of shame. Today, I am 23 days clean and have attended 29 straight days of NA meetings. I suffered from 32 years of addiction to painkillers and various other substances of abuse. I never thought I would see one day of clean time. I was knocking on Death's Door when I came to NA. My new friends in NA have embraced me with love and acceptance. I now celebrate the name Georgie. I hear the love and acceptance of my new family of recovering addicts when they greet me. Today the name Georgie no longer holds me down. I rewrote the nursery rhyme to celebrate my daily recovery that grows each day of clean time. It goes like this:

Georgie Porgie did not die,  
Laid down drugs and made them cry.  
When the pills came out to play,  
Georgie Porgie kicks them away.

I quit all my drugs of choice plus some because I did not want to tarnish the one-year anniversary of my yellow lab Bailey passing on July 4<sup>th</sup> 2018. She was almost 10. I celebrate my recovery one day at a time sometimes one breath at a time. Today, I can hold my head high and I can look people in the eye with no shame when talking to them. NA has given my voice and life back. I did not do this by myself, it is through the Grace of my higher power, God and the program and fellowship of NA which I am eternally grateful for. Thank you for your time and consideration in publishing my Recovery version of Georgie Porgie. Sincerely, George H

### **7<sup>th</sup> Tradition – What's the basket for?**

**Our 7<sup>th</sup> Tradition contributions do much more than simply pay for rent and coffee at our meetings. What is not used at meetings is typically passed on to our Essex Kent Area. Our area supports many services such as *Hospitals and Institutions, Public Information, and Activities*. All these committees use funds provided to help carry the message to the still suffering addict through our literature at various institutions and to put on activities such as this month's **Spooky Dance**. Most importantly it helps to carry the message to those who might never hear about NA. In our active addition, all we did was take, and in recovery learning to give is as simple as putting a dollar in the basket to help carry the message of recovery.**