

ESSEX-KENT AREA ADMINISTRATION MEMBERS

Chairperson: Steven B

Secretary: Rob L

Treasurer: James K

RCM: Todd P

ACSR: Vacant

Alt. Chairperson: Phil E

Alt. Secretary: Sonya F

Alt. Treasurer: Leah P

Alt. RCM: Vacant

Alt. ACSR: Vacant



January 2020: Issue #152



Come to the Area meeting
if you are interested in any
of the open positions!



SUBCOMMITTEES

PUBLIC INFORMATION

Chair: Kim M

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: Tom W

Email:

messenger.na.windsor@gmail.com

MOCH TRAINING H&I

2ND Monday

6:00 PM

Community Church
1240 Pierre Ave.

WEB SERVANT

Wes M.

LITERATURE

Chair: Nathan T

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

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

January Activities Event!



Has Got Talent!

January 25th – Portuguese Club
Karaoke and Talent Open Mic Night
Bring your Guitar, your best Comedy,
poetry or join in some Karaoke.
Music, Food, Fun, Fellowship – See an
activities member for complete details!

Just for Today: I will be vigilant, doing everything I can to guard my recovery – JFT Page 1

FELLOWSHIP FORUM!

ESSEX-KENT AREA CELEBRATIONS

NAME	DATE	# OF YEARS	NAME OF THE HOME GROUP
David H	January 4	5	Journey to Recovery
Steven C	January 4	5	To be Announced
Kelly Z	January 6	5	Spiritual Foundations
Isabelle T	January 6	6	Spiritual Foundations
Katja L	January 8	10	Freedom From
Caitlin B	January 19	3	Staying Clean
Brian C	January 21	4	Honesty Group

CONGRATULATIONS EVERYONE
38 YEARS OF RECOVERY!

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

Freedom From - 7:00 PM Wed. 1680 Dougal Ave.

East Windsor Addicts - 7:30 PM Fri. 1985 Rossini Blvd.

NEW MEETING

The Nooner – 12:00 PM Noon – Tues. & Thur. 1680 Dougal Ave.

Visit the Essex Kent Area Service Committee Website!

www.essexkentna.org

Here you can find information on upcoming events, current and past newsletters, up to date meeting locations, information from our area service committees a new link to the daily JFT readings and much more.

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.

In these rooms I sob and sorrow, hoping for a better tomorrow
Wondering what this life will bring, will I cry or will I sing
I wish I could just go back, to the days before I smoked that crap
It made me feel like I wore a crown, then life came crashing down
I was so high up in the sky, now I sit and wonder why
Why I did so much stupid things, not caring what tomorrow brings
Never caring about the consequences, now I'm coming to my senses
With this disease I was blind to see, what was sitting right in front of me
The beautiful family that I had once had, now they're gone and I'm so sad.

- Mike C.

“There is one thing more than anything that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles.”

Basic Text Page 18

Let go and let God, keep coming back, this to shall pass, surrender to win... Ba Humbug! I have felt this way in the past. How could these clichés help me stay clean...? I don't believe in God, how could these bunch of losers help me, it's not passing fast enough, I don't even know what surrender means, and I am not going to look it up... All of these “attitudes of indifference” toward recovery led me to relapse, even after many years clean. Yes, my life was better without using drugs, yes, I was able to pay bills started looking better, but I didn't give these principles a chance to take hold and become part of my life and I pushed myself away from true friends, recovery, and back into the using world.

After a year plus of using and destroying my life again, then “coming back” to get my last white key tag, I realize that this was my final downfall from recovery. I was right and the world was wrong. These attitudes destroyed me, and the only solution was to embrace the program again, face my problems and feelings, stay clean, and find a new way to live.

Today, I am clean again for many years, I love the NA program, and I do my best to give back and carry the message to the still suffering addict. This is where I fell short in the past. It was all about me and my clean time and not about spiritual principles. I had to “completely change my old ways of thinking”, embrace these principles, start reaching out to newcomers and start showing them that there is a new way to live, and that it is possible for any of us. Keep Coming Back – It works if you work it! - Anonymous