

ESSEX-KENT AREA ADMINISTRATION MEMBERS

Chairperson: Phil E
Secretary: Rob L
Treasurer: James K
RCM: Todd P
ACSR: Vacant

Alt. Chairperson: Vacant
Alt. Secretary: Sonya F
Alt. Treasurer: Leah P
Alt. RCM: Vacant
Alt. ACSR: Vacant



All are welcome to attend
our EKASC area meeting
on the last Saturday of
every month.



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



March 2020: Issue #154

Activities is having Trivia Night!

March 21, 2020 at 5 PM

At 848 South Pacific Ave.

Windsor, ON

Food, Fellowship, Games,
and Good Times



Just for Today: I will break free of isolation. I will strive to feel a part of the NA Fellowship. JFT Page 77

ESSEX-KENT AREA CELEBRATIONS

Who	When	How Many	Where
Rick K	March 3	19	Honesty Group
Sandra M	March 6	4	East Windsor Addicts
Ali	March 21	5	Ties that Bind
Rob T	March 27	4	Bridge of Friendship
Drew T	March 27	1	Bridge of Friendship
Doug C	April 4	10	Ties that Bind
Amanda T	April 5	3	Staying Clean

CONGRATULATIONS EVERYONE

46 YEARS OF RECOVERY!

IT WORKS IF YOU WORK IT!

Meeting updates and groups in need of support!

GROUPS NEEDING SUPPORT

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. 1435 Tecumseh Rd East

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

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

NEW MEETING LOCATIONS

Spiritual Foundations - 7:30 PM Mon. 1435 Tecumseh Road East

Living in the Solution - 1:00 PM Tues. 830 Ouellette Ave (March 3rd)

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.

FELLOWSHIP FORUM!

To NA and my friends in the Fellowship
Its George H from NA group Come As You Are.
I'm CLEAN today coming up on 9 mons of recovery. It's because of Step One. I live today with Compassion Love Excitement Adventure and Not using drugs. CLEAN and SERENE. Step One saved my life and it's the foundation of my life and my recovery. I took the suggestion of sitting at Step 1 seriously and listened and shared. I'm eternally grateful for NA and the love of the fellowship. I wrote this to share with you.

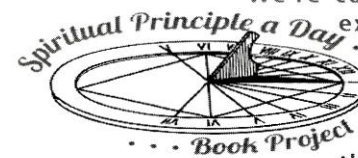
Georgee Porgee is my name
Lived his childhood in great shame
Georgee gives Recovery his best shot
Sits and shares Step One alot
He makes his addiction cry cry cry
It's because He lives Recovery and that's no lie.

I wish you a happy and clean 24. I only have today and I do my best to make it count. Make yours count for something you believe in.

Sincerely,
George H

HOW DO YOU PRACTICE SPIRITUAL PRINCIPLES?

We're collecting and weaving together members' experience for NA's next book. Capture your experience in a couple of paragraphs and send it in. We will weave together members' experience to create a new book - written by addicts, for addicts - with each day focused on the application of a spiritual principle.



Be a part of this new book in the making!

Pick a principle and get writing. Send your work to SPAD, c/o NAWA, PO Box 9999, Van Nuys, CA 91409, USA. Those with internet access can learn more at www.na.org/spad and can email input to spad@na.org.