



THE MESSENGER Online Addition



April 2020: Issue #155

Recovery Doesn't Cease – ONLINE MEETINGS

Considering the current situation and until further notice, all of our EKASC in person meetings, activities, subcommittee meetings, and any other events that would require our fellowship to meet face to face, have been cancelled. Please refer to our EKASC website at <https://essexkentna.org/online-meetings/> for further information and online meeting dates and times.

For NA World Service information, please follow this link:

https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf

Poem Submissions: Please email them to messenger.na.windsor@gmail.com for review and submission. Please remember that any submissions should focus on the nature of recovery, not the nature of our addiction. We are here to carry the message, not the mess.

Thanks, Newsletter Subcommittee

My Higher Powers Will – Not Mine

In light of what is going on in the world, I wonder what my higher power's will is in all of this? I am stuck at home, I have the inability to go to work, make any plans, go to a meeting, etc... my normal busy life is been put on hold. So maybe my higher power's will is to slow down, find something to enjoy in the moment, read a book, go for a walk, call my sponsor, exercise, enjoy my kids or my pets, play some games, call all those I love, try something new for my recovery (like an online meeting)... Maybe my higher powers will is to step back and focus on these important things in my life instead of always running and feeling in chaos? One thing I do know, this is my higher powers will, not mine, and sometimes I must pay attention!

- Anonymous

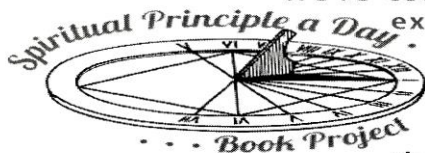
ESSEX-KENT AREA CLEAN DATES

WHO	WHEN	HOW MANY	HOME GROUP
Lisa C	April 2	4	New Beginnings
Amanda T	April 5	3	Staying Clean
Phil E	April 2	7	Staying Clean
Kyle D	April 9	1	Rainbow Recovery
Amanda W	April 14	1	Staying Clean
Justin L	April 15	2	Miracles Happen
Jeff F	April 16	1	Bridge of Friendship
Jeff W	April 20	1	New Beginnings
Melissa P	April 21	4	New Beginnings
Joël P	April 21	7	Honesty Group
Leah P	April 25	4	Spiritual Foundations

**CONGRATULATIONS EVERYONE
35 YEARS OF RECOVERY THIS MONTH!
IT WORKS IF YOU WORK IT!**

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 NAWS, 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.

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.