



THE MESSENGER

Online Edition



May 2020: Issue #156

ESSEX-KENT AREA CLEAN DATES

NAME	DATE	# OF YEARS	NAME OF HOME GROUP
Ron G	May 4	6	Staying Clean
Dan M	May 9	14	Freedom From
Reggie S	May 10	5	Bridge of Friendship
David S	May 12	3	New Beginnings
Mike O	May 16	41	New Beginnings
Brian J	May 18	4	Ties that Bind
John P	May 24	9	N/A
Nathan T	May 29	3	Ties that Bind

CONGRATULATIONS EVERYONE

**85 YEARS OF RECOVERY THIS MONTH!
IT WORKS IF YOU WORK IT!**

Newsletter Editor Report

Hello everyone, I am Tom and I am an addict. I would like to reach out to encourage some submissions from the fellowship. Our area "Messenger" newsletter is our local venue to carry the message to the still suffering addict. NA has changed my life as it has for countless other in our area and in the world! We would like to hear about it.

Please feel free to email us to share how recovery is working in your life. How has NA changed your life? What does step 1 (or any other step) mean to you? What is a sponsor to you or a homegroup? What is your experience with making amends, recognizing a defect, or carrying the message to a newcomer? Whether you have 1 day clean or 50 years, we all have a message to share about recovery... and we would like to hear about it. Please submit all NA recovery related writings to messenger.na.windsor@gmail.com. We would love to submit it in the next Messenger! We look forward to your responses!

- In Loving Service, Tom W.

CHECK OUT OUR LOCAL ONLINE MEETINGS!!

Considering the current situation and until further notice, all 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

MEETINGS EVERYDAY, ALMOST ANYTIME, AROUND THE WORLD!!

https://na.org/?ID=virtual_meetings and <https://virtual-na.org/>

MORE NARCOTICS ANONYMOUS RESOURCES

Free online literature - <https://na.org/?ID=ips-eng-index>

Poem Submissions and Celebrations: Please email 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

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.