



# THE MESSENGER

## Online Edition



June 2020: Issue #157

### Fellowship Forum!

I used to be one of those guys,  
 Who wears a mask and covers his eyes,  
 I wasn't comfortable in my skin,  
 Living in that life of sin,  
 I didn't know no other way,  
 That's how I learned to live and to play,  
 Now I see things so much clearer,  
 Every time I look in the mirror,  
 Now I love the man I see,  
 He's clean, he's serene, he's living free,  
 All I have to do is pick up that phone,  
 Remember that I'm not alone,  
 I'm glad I found this new family,  
 Essex/Kent NA is home to me.

- Mike C

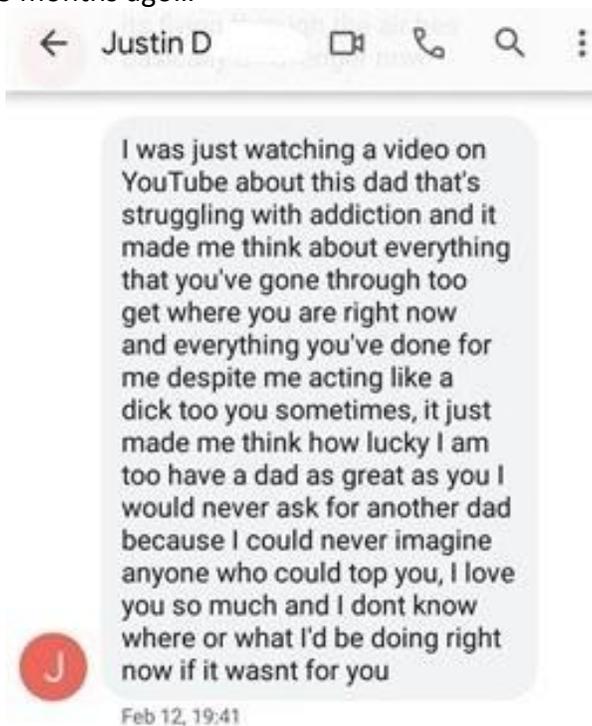
You can stay up all night thinking about it. You can hear about it, see it, feel it, desire it, taste it, run from it, fear it, act like you have it, talk about it, fake it, lie about it, try to manipulate it, read about it, show an example of it, practice it, live it, write about it, preach it, love it, or hate it, try to give it away, you can try to understand it, or you may get lost in it. But you can never own it till you surrender it.

- Anonymous

Over a year ago, I made a commitment to submit an entry to the messenger that sadly I did not fulfill. Was it just my ego biting off more than I was ready for, or was I operating out of the character defects of fear, or perfection? Nevertheless, determined to open up and let my NA family in all areas of my life, I made that same commitment this month.

As I sit here in the twelfth hour, I find myself struggling to stay out of my own head, and stay true to myself, and to you all. I struggled with topics. Do I share an inventory? Do I share some superficial poem, or picture I googled, or do I even plagiarize someone else's inspirations? Well, my Higher Power helped me out in the form of another Addict who said, "Just stop! Take a moment and pray or meditate!" I did exactly that and scrapped everything. I couldn't help but think about one of our slogans...Keep it Simple!

So, I thought I would let a gift of recovery speak for himself. Below is a text message my 19-year-old son sent me, randomly, and unsolicited, about 3 months ago...



I came to tears reading his text and it is a constant reminder that if I do the next right thing, remain an active member in Narcotics Anonymous, and turn to my Higher Power the gifts in Recovery are endless.

- Mike D

## ESSEX-KENT AREA CLEAN DATES

Name	Date	Years	Home Group
Alex D	May 18	24	Honesty Group
Cassandra W	May 31	8	Ties that Bind
Angel T	June 12	3	New Beginnings
Doug H	June 15	3	Miracles Happen
John V	June 17	24	Clean and Serene Group
Bill H	June 23	2	Honesty Group
Kirk P	June 25	1	Miracles Happen
Tim A	June 26	15	Staying Clean
Rob L	June 28	3	East Windsor Addicts
Wes M	July 1	27	Freedom From

CONGRATULATIONS EVERYONE  
**110 YEARS OF RECOVERY!**  
**IT WORKS IF YOU WORK IT!**

### 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](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](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>

### Newsletter Editor Report

Thank you all for the submissions last month. I appreciate all the information to help make the messenger! As you see, we expanded it to 2 pages this month in order to put in all of your submissions. Keep them coming back!

We would like to make the same suggestions for ideas as last month.

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](mailto: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.

Poem Submissions and Celebrations: Please email to [messenger.na.windsor@gmail.com](mailto: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](http://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.