

ESSEX-KENT AREA ADMINISTRATION MEMBERS

Chairperson: Vacant
Secretary: Sonya W
Treasurer: Tom W
RCM: Vacant
ACSR: Vacant

Alt. Chairperson: Rob L
Alt. Secretary: Phil E
Alt. Treasurer: Vacant
Alt. RCM: Vacant
Alt. ACSR: Vacant



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



SUBCOMMITTEES

PUBLIC INFORMATION

Chair: Vacant

HOSPITALS & INSTITUTIONS

Chair: Kirk P
2ND Monday
6:00 pm
1240 Pierre

MOCH TRAINING H&I

TBD

ACTIVITIES

Chair: Doug C

NEWSLETTER

Chair: Nam K
Email:
messenger.na.windsor@gmail.com

WEB SERVANT

Chris S

LITERATURE

Chair: Nathan T

E.K.A.S.C. Meeting – Last Saturday of the Month at 1985 Rossini 10am.

Narcotics Anonymous Area Contact Info:

Phone Line:
1-888-811-3887
519-566-3830

Newsletter Email:
messenger.na.windsor@gmail.com

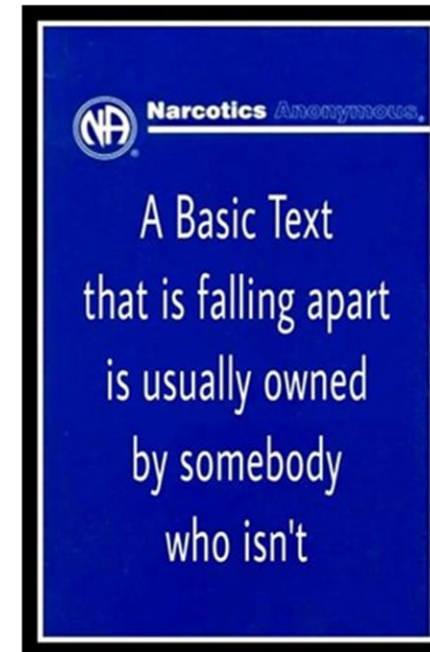
EKASC Website:
www.essexkentna.org

June Narcotics Anonymous Times

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*What is our message? The message is that an addict, any addict,
can stop using drugs, lose the desire to use, and find a new way to
live. Our message is hope and the promise of freedom.*

Basic Text, page 65



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


Announcement
ESSEX-KENT AREA Calendar

Mon	Tues	Wed	Thur	Fri	Sat	Sun
		1	2	3	4 🎉 Cassandra 10 years Ties that Bind	5
6	7	8	9	10 🎉 Chuck 39 years Bridge of Friendship	11	12
13	14	15 🎉 Tammy L 18 years There's still hope	16 🎉 Dan S 2 years Miracles happen	17	18	19
20	21	22	23	24	25 🎉 Nate T 5 years Ties that Bind	26
27	28	29	30 🎉 Chelsie V 1 year Miracles happen	1 🎉 Panfilo M 1 year Bridge of Friendship	2	3

CONGRATULATIONS EVERYONE! 76 YEARS OF RECOVERY!

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.

The Nooner has relocated to Optimist Menorial Park on 1075 Ypres Ave

“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