

This Newsletter is sponsored and supported by
the Unified Subcommittees of Public Relation
of Richmond, Tri-Cities and New Dominion

LET'S TALK

FROM THE EDITOR

rascnapr@metrorichna.org.

It is our pleasure to bring to you this newsletter. This newsletter is sponsored and supported by the Unified Public Relations Committees including New Dominion, Richmond and the tri-Cities areas.

We Hope you find this informational, educational and enjoyable. Please feel free to submit any anniversaries, Events or points of interest. This is a monthly publication. All entries must be submitted, on or before. The 4th Monday of each month using the QR



MEETING ETIQUETTE

It is our responsibility to maintain and atmosphere of recovery in our meetings. Here are a few suggestions to help facilitate a productive meeting when Sharing During Meetings

Rely on our own experience with personal recovery, non-members are asked not to share

Usually only share once unless everyone has had a chance to share

Crosstalk is discouraged during meetings, one member at a time

Keep the focus on addiction as a whole and recovery

Newcomers are encouraged to listen during sharing for a potential sponsor



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NA TODAY

STEP TEN

"We continued to take personal inventory and when we were wrong promptly admitted it."

The following is an excerpt from the 10th step., Please take a moment, Visit the Step Working Guide read it. For yourself and its entirety.

Recovery in Narcotics Anonymous is about learning how to live. Incorporating the spiritual principles we learned in the first nine steps into our lives has made it possible to live in harmony with ourselves and others. Self-examination, confronting what we find in ourselves, and owning up to our wrongs are critical elements of conducting our lives on a spiritual basis. By working the Tenth Step, we become more aware of our emotions, our mental state, and our spiritual condition. As we do, we find ourselves constantly rewarded with fresh insight

Some of us look back at our Fourth Step and wonder why we have to do a Tenth Step. We may think that we've corrected all our past mistakes in the previous steps; since we have no intention of making those mistakes again, why should we continue with this relentless self-examination? The Tenth Step seems like a tiresome chore to some of us, a painful exercise that we could just as well avoid. But we must continue to grow, and that's exactly what the Tenth Step helps us do.

Though we will return to the previous steps again and again, the Tenth Step furthers our spiritual healing in a different way: by creating an awareness of what's going on in our lives today.

Healthier relationships are just one indication that the quality of our lives has improved dramatically. Such indications merely reflect the intangible but very real changes that have taken place inside us. Our entire outlook has changed. Compared to the spiritual values we hold dear today, concerns such as "looking good" or amassing material wealth pale in significance. By accepting the challenge of self-appraisal called for in the Tenth Step, we've discovered that we value our recovery and our relationship with the God of our understanding above all else.

As the inner chaos that we lived with for so long subsides, we begin to experience long periods of serenity. During these times, we experience the powerful presence of a loving God in our lives. We are increasingly conscious of that Power and are ready to search for ways to maintain and improve our contact with it. Seeking direction and meaning for our lives, we go on to the Eleventh Step.

Triangle of self Obsession

IP 12

When we are born we are conscious only of ourselves, we are the universe. We perceive little other than our basic needs, and if these needs are met we are content. As our consciousness expands we become aware of a world outside ourselves.

We discover that there are people, places, and things around us, and that they fulfil our needs. At this point we also begin to recognise differences and develop preferences. We learn to want and choose. We are the centre of a growing universe and expect to be provided with the things we need and want.

Our source of contentment shifts from basic needs miraculously met to the fulfillment of our desires. In Narcotics Anonymous we are given a new way of life and a new set of tools. These are the Twelve Steps, and we work them to the best of our ability.

If we stay clean, and can learn to practice these principles in all our affairs, a miracle happens. We find freedom – from drugs, from our addiction, and from our self-obsession.

Resentment is replaced with acceptance; anger is replaced with love; and fear is replaced with faith.

We have a disease that, in the end, forces us to seek help. We are fortunate that we are given only one choice; one last chance. We must break the triangle of self-obsession; we must grow up, or die.

Visit IP#12

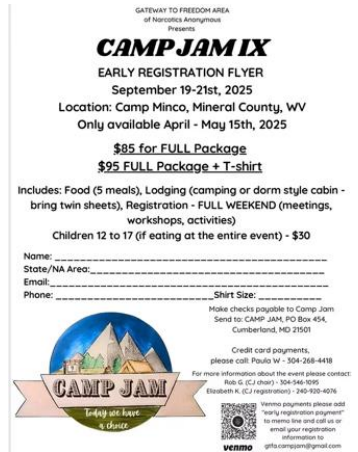


FREEDOM

FROM ACTIVE ADDICTION
"you've-gotta-want-it"

FOR MORE ON UPCOMING EVENT IN NARCOTICS VISIT

WWW.RVANA.ORG FOR MORE INFORMATION



October 2 Day Regional October 18 & 19, 2025

Saturday: Workshops Location: 2510 North Armistead Ave, Hampton VA 23666 (Wesley United Methodist Church) Sunday: 235th RSC Location TBA



42nd AVCNA The Roanoke Valley Area of Narcotics Anonymous would like to invite you to: The 42nd AVCNA – Shattering the Illusion...Awakening the Spirit
Registration: Rooms available at the Hotel Roanoke for \$179 per night

RACNA 3 Potential Basketball Tournament for Men and Women in Recovery Those who enjoy basketball are invited to join practice on Monday and Wednesdays at 6:00 pm at Randolph Community Center. Contact Ace, Shawn B, or Charles O. for more information.

Anniversary Announcements

HOSPITALS AND INSTITUTIONS

AREA SECRETARY

OUTREACH

WEBSERVICE

SPECIAL EVENTS

PHONELINE

SOCIAL MEDIA

RACNA

POLICY

LITERATURE

TREASURER

AREA CHAIRPERSON

SUBCOMMITTEES ARE A VITAL PART OF NA

SUBCOMMITTEE MEETING INFORMATION

RANA PR Meets virtually 1st Monday of each month. VIA Zoom: 849-0794-3584 Password: PR

RANA H&I Meets 2nd Sunday 1:00pm and 4th Sunday 1:30 pm Central United Methodist Church. 1211 Porter Street. Richmond, Va. 23224

RANA Outreach Meets 2nd & 4th Monday 6:00pm VIA zoom. ID 89164720020 PW: Outreach Phone: 1-929-205-5099 PW: 491323

RANA Literatur Meets 2nd Sunday 3:00pm Central United Methodist Church 1211 Porter Street. Richmond, Va. 23224

RANA Policy Meet 2nd & 4th Thursday 6:00pm Central United Methodist Church 1211 Porter Street. Richmond, Va. 23224

RANA Print Shop Meets 2nd Sunday 3:00 pm Central United Methodist Church 1211 Porter Street. Richmond, Va. 23224

RANA Special Events Meets 1st & 3rd Sunday 2:00pm Central United Methodist Church 1211 Porter Street. Richmond, Va. 23224

TCANA Area Service meets 2 to 4 p.m. 1st Sunday of every month at 3701 Conduit Road, Colonial Heights, VA 23834 (enter from rear of church)

TCANA PR Meets from 1 to 2 p.m. the first Sunday of every month at 3701 Conduit Road, Colonial Heights, VA 23834

TCANA H&I meets from 1 to 2 p.m. the first Sunday of every month at 3701 Conduit Road, Colonial Heights, VA 23834

TCANA SPECIAL EVENTS meets from 6:30 to 7:30 p.m. the 2nd and 4th Wednesday of every month at the Petersburg Public Library, 201 West Washington Street, Petersburg, VA 23803.

TCANA Policy Meets from 11 a.m. to noon the first and third Monday of every month at 110 North Union Street, Petersburg, VA 23803.

NDANA H&I Meets 2:00pm Hatcher Memorial Church. 2300 Dumbarton Rd. Richmond, Va. 23238

Unified PR Meets: 3rd Monday each month. VIA Zoom: 849-0794-3584 Password: PR

NDANA H&I Meets 2nd Sunday 2:30 PM. Hatcher Memorial Baptist Church 2300 Dumbarton Rd. Richmond, Va. 23238

NDANA PR Meets 2nd Sunday 2:30 Hatcher Memorial Church. 2300 Dumbarton Rd. Richmond, Va 23238

NDANA Outreach: Meets the last Sunday of every month at 4pm via Zoom: MEETING ID: 206 453 3093 PASSCODE: 0G25Ap

NDANA Campout: Meets the Tuesday before area of every month 5:45 pm at Tomahawk Baptist Church

NDANA Special Events - 2nd Sundays, 1pm at Hatcher Baptist, 2300 Dumbarton Rd. Richmond, Va. 23238

NDANA Policy Meets first Tuesdays of every month 6-7pm Richmond, Virginia, 23227 Meeting ID: 898 3935 7723 Passcode: 053053053

SUBCOMMITTEES ARE SERVICE

"To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole"

"While recovery meetings are NA's most important service, they are not the only means we have of fulfilling our fellowship's primary purpose.

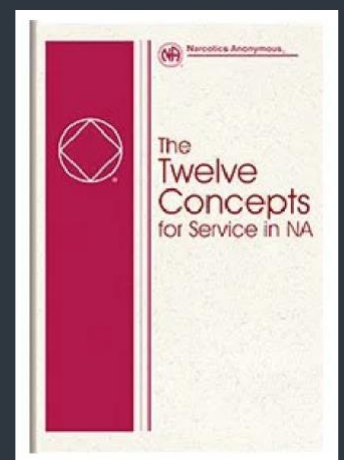
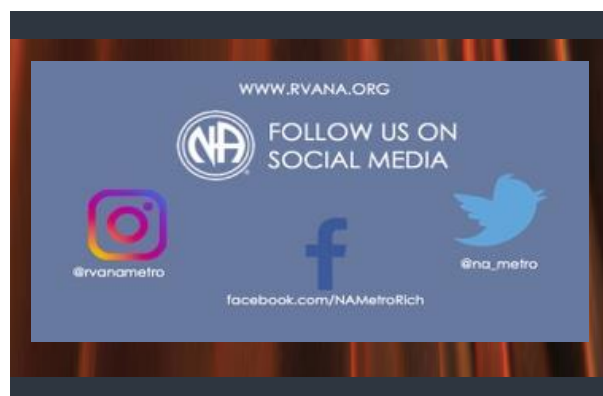
Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.

No one of these services, by itself, comes close to matching the value of group recovery meetings in carrying our message; each, however, plays its own indispensable part in the overall program devised by the NA Fellowship to fulfill its primary purpose."

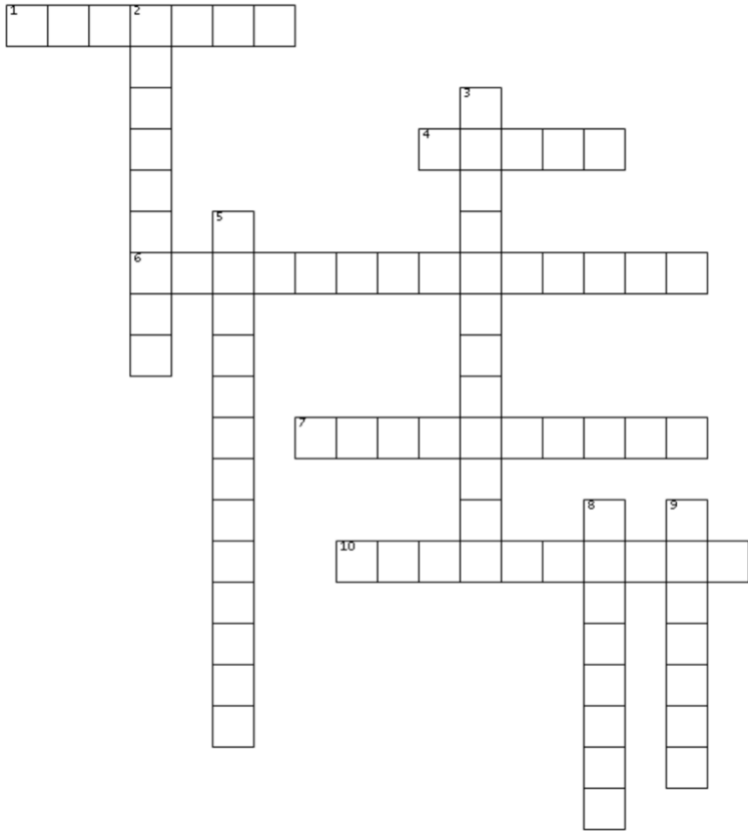
NA's service structure is designed to help individual groups focus on their primary purpose: carrying the message of recovery to other addicts.

These committees perform administrative and outreach tasks on behalf of the groups that would be too complex for any single group to handle.

All subcommittees are in need of trusted servants. Share your skills and knowledge.



JUST FOR FUN

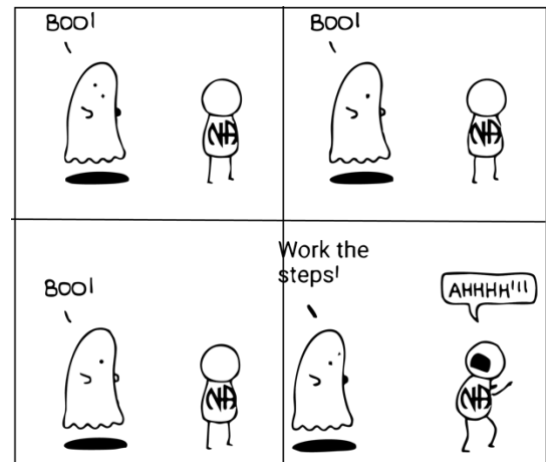


1. (We continued to take personal _____ and when we were wrong promptly admitted it)
2. (As we do, we find ourselves constantly rewarded with fresh _____)
3. (The importance of keeping in touch with our thoughts, attitudes, feelings, and behavior cannot be _____)
4. (We have to deal with _____ such as these as soon as they arise.)
5. (Even so, we are bound to make _____ that are very familiar to us)
6. (In the Tenth Step, we take such _____ on a regular basis)
7. (If our feelings of guilt or _____ seem to go on for a long time, we can do something about them)
8. (We begin to see ourselves more _____ as a result of working the
9. (We can stop making _____ demands on others and begin to give of ourselves in relationships).

10. (Seeking _____ and meaning for our lives, we go on to the Eleventh Step.)

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