

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

LET'S TALK

FROM THE EDITOR

rascnaprc@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

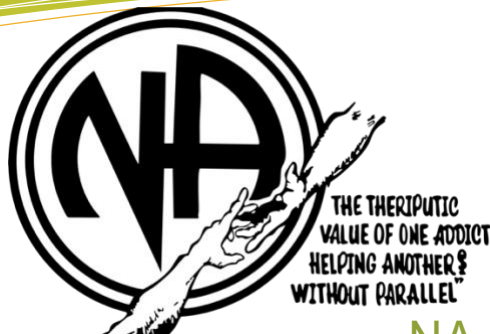
Rely on our own experience with personal recovery, non-members are asked not to share

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



NA TODAY

STEP ELEVEN

"We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out"

For many of us, the characteristics of our disease and the things we did in our active addiction separated us from our Higher Power. Our self-obsession made it difficult for most of us to even believe in a Power greater than ourselves, much less achieve conscious contact with that Power. We could see no purpose or meaning in our lives. Nothing could begin to fill the emptiness we felt. It seemed as though we shared no common bond with others at all. We felt alone in a vast universe, believing nothing existed beyond what our limited view allowed us to see.

Developing a personal style for carrying the message rests on a simple requirement: We must be ourselves. We each have a special, one-of-a-kind personality that is sure to be an attraction to many. Some of us have a sparkling sense of humor which may reach someone in despair. Some of us are especially warm and compassionate, able to reach an addict who has rarely been the recipient of kindness. Some of us have a remarkable talent for telling the truth, in no uncertain terms, to an addict literally dying to hear it. Some of us are a valuable asset on any service committee, while others do better working one-on-one with a suffering addict. Whatever our own personality makeup, we can be assured that when we sincerely try to carry the message, we can reach the addict seeking recovery.

(READ FULL VERSION IN THE STEP WORK GUIDE)

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LIFE ON LIFE'S TERMS

Life on life terms is a phrase that means to accept life's circumstances and move on even when things are difficult. Here are some ways to live life on life terms

1. **Accept what is**, acknowledge what is happening and what you can't change to take things one day at a time. Focus on the present moment and take small steps.
2. **Be honest**, tell yourself the truth about what's happening in your life.
3. **Accept your feelings**, allow yourself to feel upset or angry, but don't say. Don't stay that way for long.
4. **Let go of the past**, Release yourself from your old way of thinking and living. Some say that living life on life terms can help you be happier, healthier, and more productive. It can also help you navigate challenges like the death of a loved one, illness, or relationship difficulties.

Let me put it this way, if the truth makes us free, then lies will keep us stuck. May we all grow to understand the realities of living under ANY condition As a blessing. For we all have powerful and delicate stories that carry exactly what it takes to remain courageous believers on the frontlines of faith.

I encourage all my readers to forever sweep away all cobwebs of despair. For the program of Narcotics Anonymous offers a higher power that isn't desperate!

The individual gifts of desperation are now gifts of gratitude and praise.

May we all enter a life of faith where witness and victory are twins.

J. S. Westbrook III

HOW DO WE FIND PURPOSE AND MEANING IN RECOVERY?

Finding purpose and meaning in recovery involves exploring personal passions and values, setting realistic goals, and cultivating supportive relationships and communities to fill the void left by addiction, which provides motivation, prevents relapse, and transforms the recovery journey into a fulfilling, long-term path to being clean.

Activities like pursuing hobbies, engaging in mindfulness, helping others, and even joining a 12-step program can provide the necessary structure, self-discovery, and sense of accomplishment for a richer life.

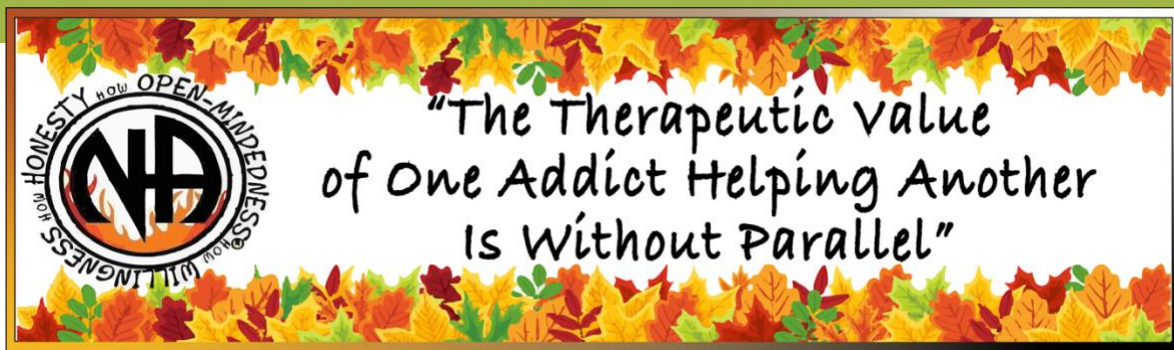
What does sponsorship mean in NA?

A sponsor is a senior member of NA who has been in recovery for usually at least a year. Sponsors help you navigate membership, answer questions, work on the 12-steps, and offer accountability. A sponsor is also a confidant who understand where you have been.

In seeking a sponsor, most members look for someone they feel they can learn to trust, someone who seems compassionate and who is active in the program.

Most members, particularly those who are new to NA, consider it important to find a sponsor with more clean time than they have.

VISIT 1P #11 FOR MORE INFORMATION



WHATS HAPPENING THIS MONTH IN NARCOTICS VISIT

WWW.RVANA.ORG FOR MORE INFORMATION



Anniversary Celebration

Taylor U. 1 year October 14, 2025 ★ Rainbows End 25 Years December 5, 2025.
Attitude of Gratitude November 22, 2025 22 E. Washington St. Petersburg, VA.

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.

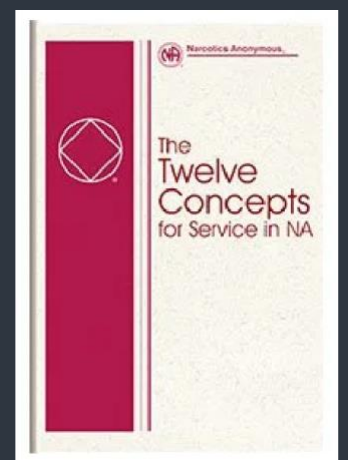
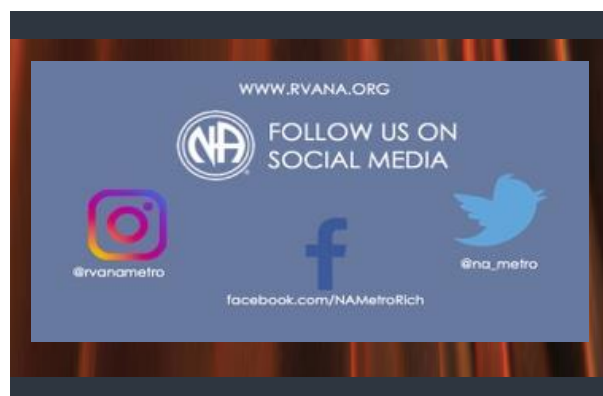
Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.

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

PRINT THIS PAGE FOR YOUR FUN

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I H D L U R Z U H D C N H E C
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W W K F U Z U Y X Q P D C T C

CHARACTERISTICS	CONSCIOUS	DIFFICULT
DISEASES	ELEVENTH	EMPTINESS
GUIDANCE	MEDITATION	POWER
PURPOSE	RESULT	SEPARATED
SPIRITUAL	THROUGHOUT	UNDERSTANDING

