

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

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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

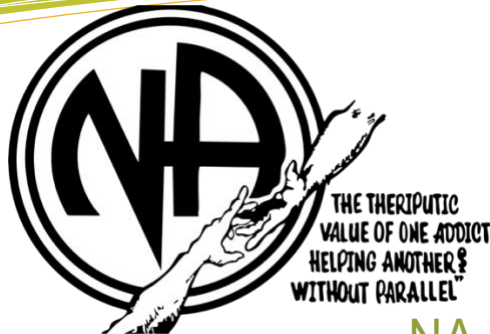
Rely on our own experience with personal recovery, non-members are asked not to share

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 TWELVE

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.”

In a sense, Step Twelve encompasses *all* the steps. We must make use of what we’ve learned in the previous eleven as we carry the message and practice the principles of recovery in all our affairs. Individually and collectively, each step has contributed to the extraordinary transformation which we know as a spiritual awakening.

Our awakening has been progressive, beginning with a spark of awareness in the First Step.

Before we admitted the truth about our addiction, we knew only the darkness of denial. But when we surrendered, acknowledging that we couldn’t arrest our addiction or hope for a better life on our own, a ray of light broke through the darkness, beginning our spiritual awakening.

To practice the principles of recovery in all our affairs is what we strive for. Both in and out of meetings, no matter who is involved, no matter how difficult it may seem, we make the principles of recovery the guides by which we live

Even in silence, the voice of our gratitude does not go unheard. We venture forth on our spiritual journey, our lives enriched, our spirits awakened, and our horizons ever-expanding. It is on the path paved with these steps that our future journey begins.

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A GIFT CALLED LIFE

Basic Text page 87

I had always said that I would never use drugs. Looking back, everything I said I wouldn’t do, I ended up doing. The first time I used drugs, I started with pot. I didn’t like it, but I got used to it. If I didn’t use it, I didn’t feel “cool.”

One day at the pool hall, a close friend said, “Hey, try some of this. You shoot it in your arm.” Once again, I said, “I’ll never do that,” but about one hour later, I tried it. From that day, I was in love with it. I never cheated on it. If it said jump, I would jump. I even quit my job, because some things like this was too good to miss. I always wanted to forget my problems. With heroin, I could. It always fixed me. It cost a lot of money, so I did it only when I had the money.

Well, six months later, I started ripping them off. I always wanted people to come to me for answers. I liked that power. So, when I got my income tax return check, I bought some heroin, sold all of it, but saved one shot for me. It sold fast; I made a quick buck and got a free high.

Lenny came to see me and didn’t want to hear any more stories or excuses. He said, “You need help when you rip me off, your friend. You’re in trouble.” I knew that he was right.

It helps to be in contact with people who have the same problem that I have. All of my friends are through N.A., N.A. saved my life! N.A. is my life!

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.

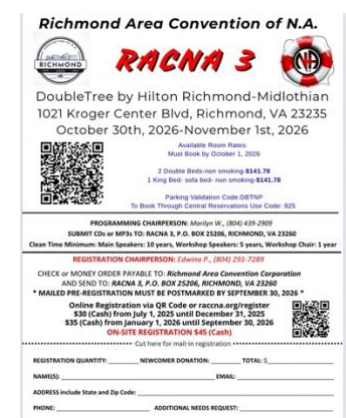
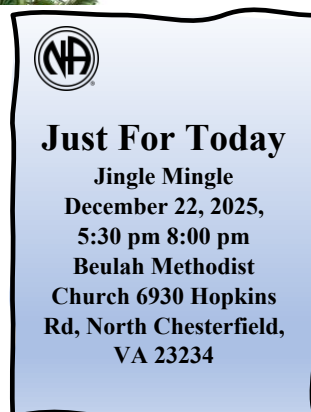
Most members, particularly those who are new to NA, consider it important to find a sponsor with more clean time than they have.

VISIT 1P #11 FOR MORE INFORMATION



WHAT'S HAPPENING THIS MONTH IN NARCOTICS VISIT

WWW.RVANA.ORG FOR MORE INFORMATION



Anniversary Celebration

Rainbows End 25 Years December 5, 2025. ★ 16th year celebration Open house at Greater Mt Moriah Baptist Church 913 N 1st St, Richmond, VA 23219 December 20, 2025 1:00 pm – 6:00 pm



YOUR ONE STOP FOR THE RACNA 3 CONVENTION

REGISTRATION INFORMATION

HOTEL INFORMATION

RAFFLE TICKET INFORMATION

FOLLOW THE QR CODE AND

RETURN OFTEN FOR CONTINUOUS UPDATES



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 Literature 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.

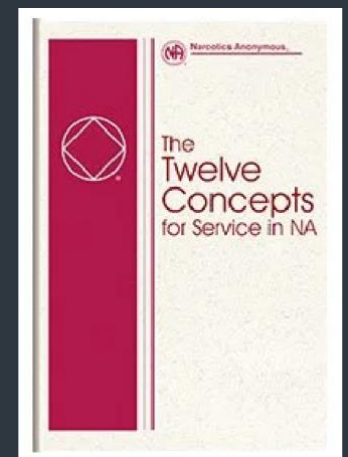
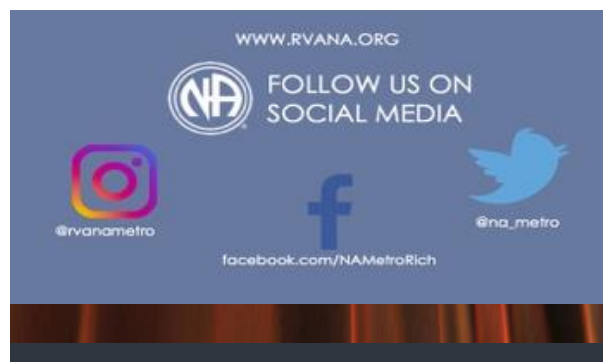
Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.

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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N O I T A T I D E M L G L W A
S P I R I T U A L W U F A Z H
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

