

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

## 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

# LET'S TALK

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## NA TODAY

### STEP ONE

***"We admitted that we were powerless over our addiction, that our lives had become unmanageable."***

As addicts, we have each experienced the pain, loneliness, and despair of addiction. Before coming to NA, most of us tried every- thing we could think of to control our use of drugs. We tried switching drugs, thinking that we only had a problem with one particular drug. We tried limiting our drug use to certain times or places. We may even have vowed to stop using altogether at a certain point. We may have told ourselves we would never do the things we watched other addicts do, then found ourselves doing those very things. Nothing we tried had any lasting effect. Our active addiction continued to progress, overpowering even our best intentions. Alone, terrified of what the future held for us, we found the Fellowship of Narcotics Anonymous.

As we examine and acknowledge all these aspects of our disease, we start to understand our powerlessness. Many of us have had problems with the idea that, as addicts, we are obsessive and compulsive. The idea that these words applied to us may have made us cringe. However, obsession and compulsion are aspects of our powerlessness.

Recovery begins when we start to apply the spiritual principles contained in the Twelve Steps of NA to all areas of our lives. We realize, however, that we cannot begin this process unless we stop using drugs. Total abstinence from all drugs is the only way we can begin to overcome our addiction.

(Complete version PG 3 It Works How and Why)

### Surrender to win!

As I've continued in my recovery over the last couple of decades, I have found it imperative to continue to surrender to the program. Keeping a sponsor, having a home group, having a service position, doing step work, working with newcomers, all keep the principles alive in my thoughts and actions. We continually renew our spirits and our minds by living ourselves into a new way of thinking. I can't, We Can! Strength through unity! Openness leads us to solutions that eluded us in the past. Getting outside of our self-obsession with helping others helps me face issues with a serene sense of purpose, focused on solutions. After all, it still works

Richard S.

***"My gratitude speaks, When I care and When I share with others the NA way."***

In our meetings, our lives, and our literature, we help each other by sharing our experience and the tools we use to live clean and recover. The Basic Text is an expression of this desire to carry our message. The first ten chapters contain our collective wisdom describing the program, and now we turn to our individual experiences living the program. Our members' lives depend on our program; our program comes to life through the voices of our members.

## 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.

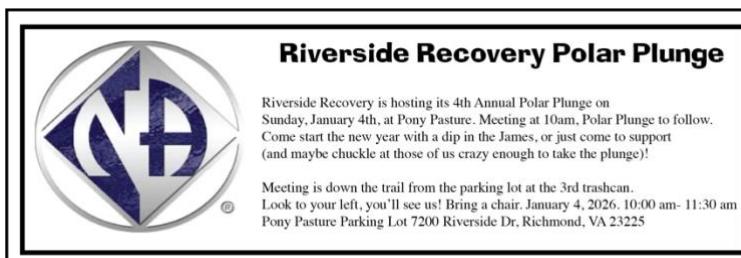
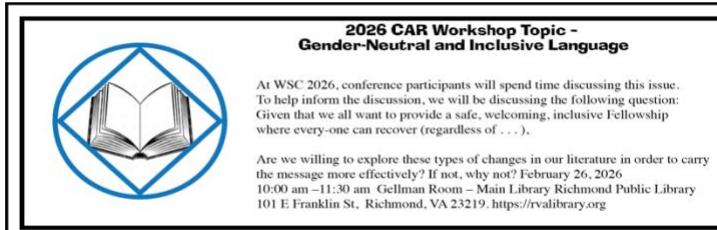
In seeking a sponsor, most members look for someone they feel they can learn to trust, someone who seems compassionate and who is active in the program.

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

VISIT IP #11 FOR MORE INFORMATION



[WWW.RVANA.ORG](http://WWW.RVANA.ORG) FOR MORE INFORMATION





## YOUR ONE STOP FOR THE RACCONA 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 1<sup>st</sup> Monday of each month. VIA Zoom: 849-0794-3584 Password: PR

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

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

**RANA Literature** Meets 2<sup>nd</sup> Sunday 3:00pm Central United Methodist Church 1211 Porter Street. Richmond, Va. 23224

**RANA Policy** Meets 2<sup>nd</sup> & 4<sup>th</sup> Thursday 6:00pm Central United Methodist Church 1211 Porter Street. Richmond, Va. 23224

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

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

**TCANA Area Service** meets 2 to 4 p.m. 1<sup>st</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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: 3<sup>rd</sup> Monday each month. VIA Zoom: 849-0794-3584 Password: PR

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

**NDANA PR** Meets 2<sup>nd</sup> 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.*

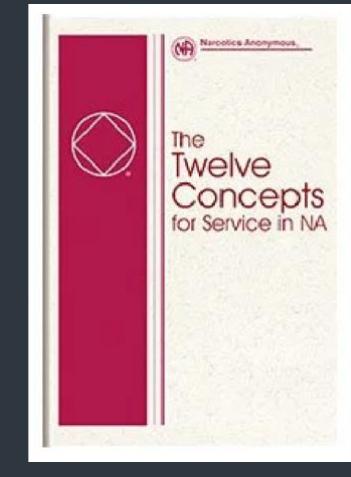
*Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.*

*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.*

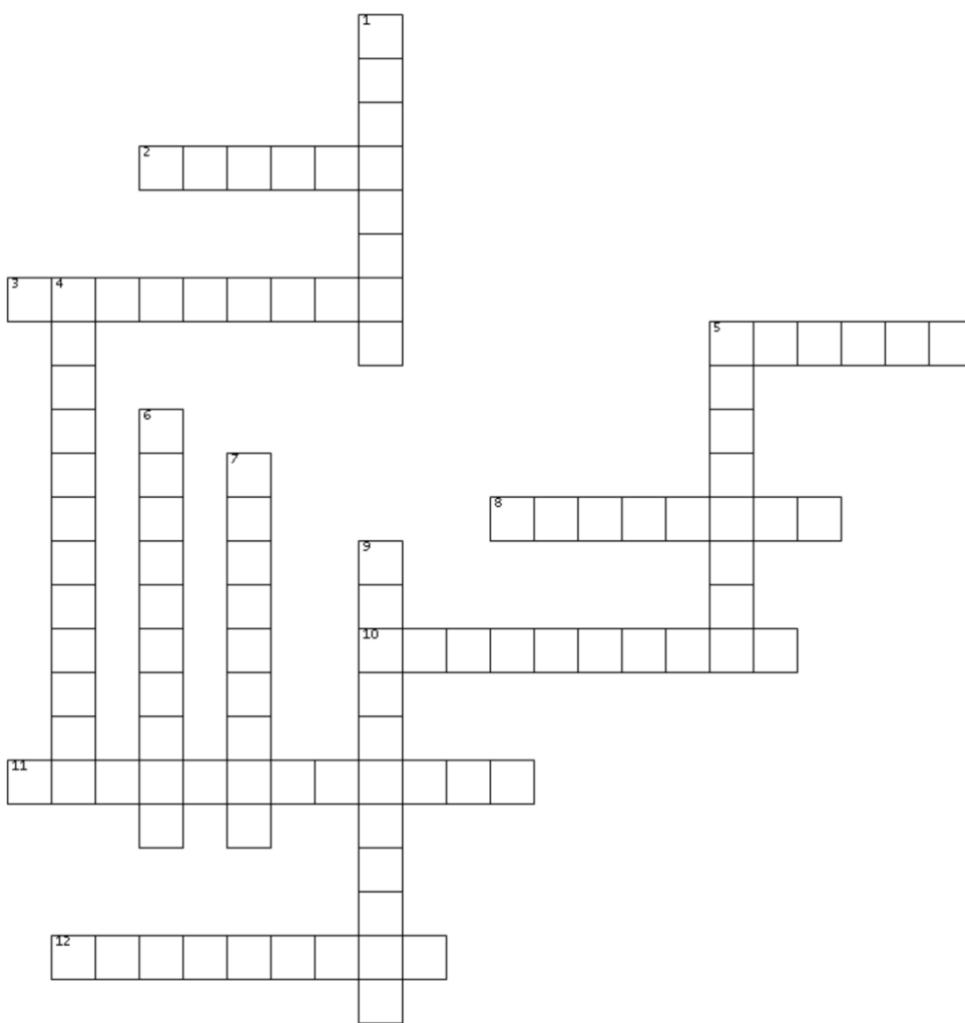
*All subcommittees are in need of trusted servants. Share your skills and knowledge.*



# JUST FOR FUN

PRINT THIS PAGE FOR YOUR FUN

THE 1<sup>ST</sup> STEP



## ACROSS

2. We have found that we cannot recover without the ability to be \_\_\_\_\_
3. As we work the First Step, we find that \_\_\_\_\_ is not what we thought it was
5. \_\_\_\_\_ is the part of our disease that makes it difficult, if not im- possible, for us to acknowledge reality
8. We simply can't get these \_\_\_\_\_ out of our minds
10. \_\_\_\_\_, we develop a compulsion to continue using
11. We begin to let go of our \_\_\_\_\_, those parts of ourselves we won't surrender to the program.
12. Alone, \_\_\_\_\_ of what the future held for us

## DOWN

1. We denied that we had a problem with drugs, regardless of all evidence to the \_\_\_\_\_
4. As we start to look at the effects of our disease, we are sure to see that our lives have become \_\_\_\_\_
5. The progression may be rapid or slow, but it is always \_\_\_\_\_
6. We may even have vowed to stop using \_\_\_\_\_ at a certain point
7. we are \_\_\_\_\_ and compulsive
9. As addicts, we have each \_\_\_\_\_ the pain, loneliness, and despair of addiction.