

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



STEP TWO

"We came to believe that a power greater than ourselves, could restore us to sanity"

Our surrender in the First Step leaves us with a deep need to believe that we can recover. This surrender makes it possible for us to feel hope. By admitting our own powerlessness, we open our minds to an entirely new idea: the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs. It is quite likely that, before coming to NA, we never believed in any power but our own willpower, and that had failed us. NA introduces us to a new understanding. We draw hope from this understanding and begin to comprehend what it means to believe that a Power greater than ourselves can restore us to sanity. We find additional hope by listening to other recovering addicts. We can relate to where they've been and draw hope from who they've become. We listen closely at meetings and become willing to apply what we hear to our own lives. As we begin to believe that there is hope for us, we also begin to trust the process of recovery.

Our White Booklet states, "There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness." This doesn't mean we must be unfailingly honest, open-minded, and willing. We just have to try as best we can to practice these principles. As we first approach Step Two, we can practice the principle of honesty by acknowledging and sharing what we do or don't believe about a Power greater than ourselves. Developing our open-mindedness requires some effort, but we can practice this principle by listening to other recovering addicts share how they came to believe. For many of us, the willingness to try something new came about simply because we were so tired of our old ways. It seemed to us that, because our own power wasn't sufficient to restore our sanity, perhaps something else could, if we let it.

LET'S TALK

THIS ISSUE

NA TODAY **P.1**

GANG LEADER TO MEETING LEADER **P.2**

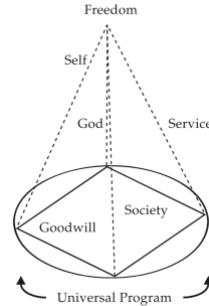
UPCOMING EVENTS **P.3**

SUBCOMMITTEE INFO / RRCNA **P.4**

JUST FOR FUN **P.5**

NA TODAY

Our Symbol



Simplicity is the key to our symbol; it imitates the simplicity of our Fellowship. All sorts of occult and esoteric connotations can be found in its simple outlines, but foremost in the minds of the Fellowship are easily understood meanings and relationships.

The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the Fellowship and the members of our society. Good will is best exemplified in service; proper service is "Doing the right thing for the right reason." When Good will supports and motivates both the individual and the Fellowship, we are fully whole and wholly free. Probably the last to be lost to freedom will be the stigma of being an addict.

It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.

From Gang Leader to Meeting Leader “ Basic Text PG. 126”

I grew up in South Central Los Angeles. As a child, I had such severe asthma that I needed shots every other week to keep it under control. I felt different from the other kids, since I couldn't run or play without suffering an asthma attack. Fist-fighting became my way of dealing with the feelings I had about being different.

In junior high, my condition got better, but my violent behavior got worse. The home I was raised in was on the border between rival street gangs. I was afraid of those guys, but I wanted them to like me. One day I found a joint on the playground. I was too afraid to smoke it, so I gave it to an older guy who was a member of one of the gangs. After that I was allowed to hang out with them. I learned their walk, their talk, and their behavior. After I hit my first joint, I really felt a part of the group. Soon smoking weed was a daily event. One night I hit what I thought was weed, but it was PCP. I started experimenting with different drugs.

Once I was introduced to freebasing cocaine, that was all that mattered. I am the father of two boys and two girls, but using cocaine was all that I focused on. I started selling all the things I had acquired, including my prized custom lowrider.¹⁹ My homies and my family tried to stop me, with no success.

From the age of thirteen I attended at least one funeral a year, sometimes two or three. With so much death around me, I always thought that I would be next, so my behavior was that of some- one who really didn't think he had a future. As the years passed,

A “lowrider” is a car or truck that has been customized to ride very my drug use and violent activity with the gang increased. I lived a life of crime, lowriders, drugs, and violence without really knowing that it was a problem.

In 1990 I was kidnapped by a rival gang, because a deal for some guns had gone wrong. The first guy put a gun to my chest and squeezed the trigger...it misfired. The driver told them to do it outside the car. I was taken out of the car, and started wres- tling with the second guy for the gun. He put the gun to the side of my head and I heard a pop, felt the heat, and saw a bright flash. I saw another flash and felt the heat from a second shot, which went into my neck. They left me for dead, but I stumbled out of that alley into a grocery store, where someone called for help. En route to the hospital I heard the paramedics say that they were losing me. This was the first time I actually believed in a Higher Power.

While in the hospital I was told that I had been shot three times, twice in the neck and once in the head. The doctors re- moved one of the bullets from the back of my head; they left one in the back of my neck, and one is still lodged under my tongue. I was released from the hospital a month later and went to stay with my mother in Atlanta, Georgia.

I stayed clean on my own for a while, but eventually I started using again. I was introduced to the program of Narcotics Anonymous, and I shared clean and lived dirty until I couldn't anymore. At eleven months clean I relapsed, and suffered months of using. I went back into treatment, and I was able to accumulate eighteen months clean. I used again, and again lost everything that I had obtained—most of all my self-respect. They told me: If the drugs don't kill you, the lifestyle will. I had to become willing to change my thought process and, more importantly, my behavior. I joined and became involved with a very loving and powerful home group in Atlanta, where I met my current sponsor, who told me that I would need to surrender to win.

Surrender up to that point had been a negative word for me. My thought was if you surrender, you automatically lose. How can you surrender and still win? Then it was explained to me that by surrendering to the program, I would not have to fight anymore. This was what I was continuously doing: fighting a losing battle. I came to realize that I could only stay clean if I surrendered to the program. The members of my home group—in fact, my entire area—took me under their wing and showed me unconditional love. I am a firm believer that my Higher Power works through people, and the people are NA. They have been entrusted to help me—to not only stay clean but become a better person overall.

I am currently enjoying eight years of recovery with my wife and children. I am a successful professional, a student about to receive a bachelor's degree, and a proud, devoted father, grand- father, and husband. With my Higher Power and the program of NA, I am living the life I always wanted. I have learned that this is a program of progress, not perfection, and I still have major changes ahead of me. The only way I will be able to obtain the freedom that so many before me have achieved is first of all not to use no matter what, to implement the Twelve Steps, and to help others by carrying the message of hope. Narcotics Anony- mous made me a promise years ago, and that promise was freedom from active addiction. Thank you, Narcotics Anonymous, for keeping your promise.

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.

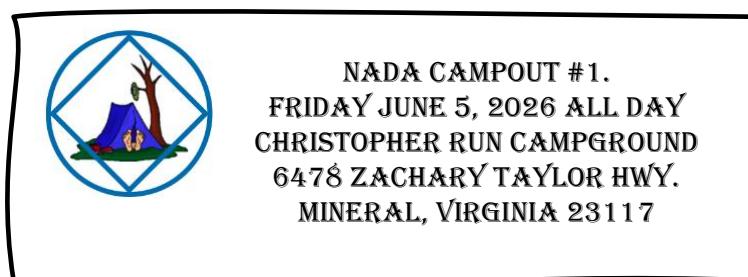
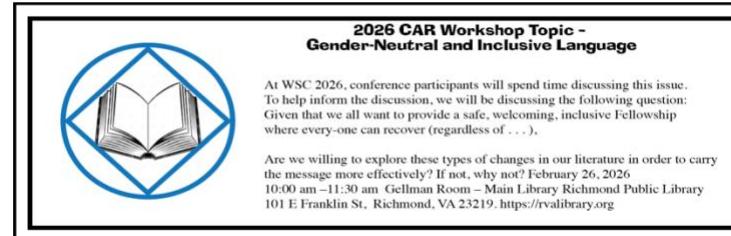
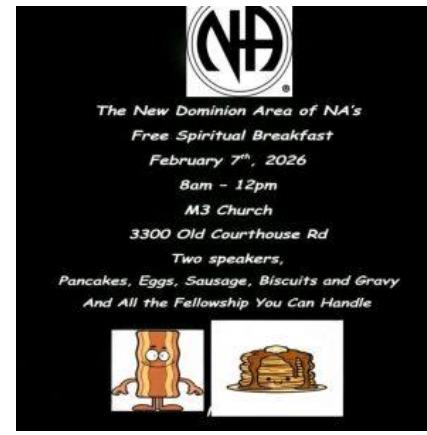
Most members, particularly those who are new to NA, consider it important to find a sponsor with more clean time than they have.

VISIT [IP #11](#) FOR MORE
INFORMATION



WHAT'S HAPPENING THIS MONTH IN NARCOTICS VISIT

WWW.RVANA.ORG FOR MORE INFORMATION



YOUR ONE STOP FOR THE RACCNA 3 CONVENTION
 REGISTRATION INFORMATION - HOTEL INFORMATION
 RAFFLE TICKET INFORMATION FOLLOW THE QR CODE
 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 Meets 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.

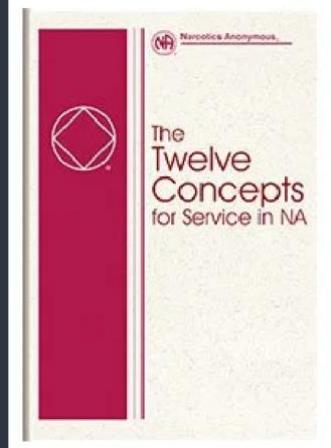
Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.

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.

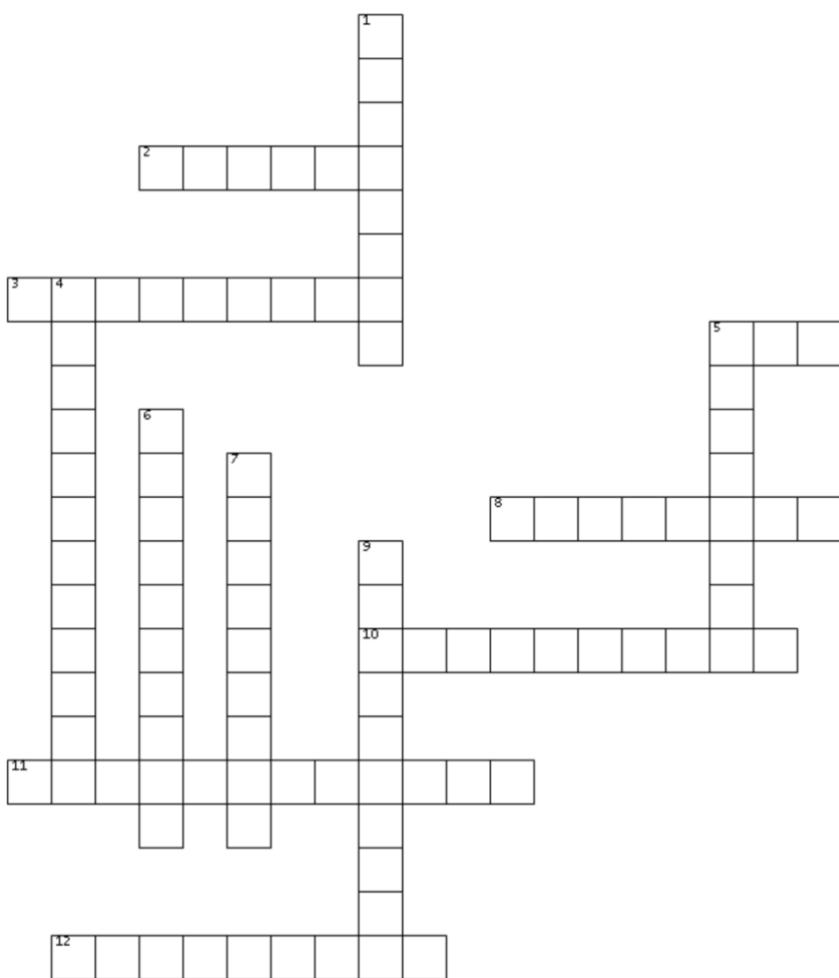
All subcommittees are in need of



JUST FOR FUN

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THE 1ST 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 impossible, 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.