

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 EIQUETTE

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

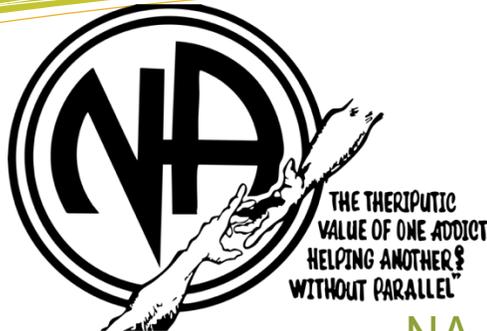
Rely on our own experience with personal recovery, non-members are asked not to share

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



## THIS ISSUE

- NA TODAY P.1.
- UPCOMING EVENTS/ANNIVERSARY P.2.
- SUBCOMMITTEE INFO P.3.
- THE VICIOUS CYCLE P.4
- JUST FOR FUN P.5

## NA TODAY

### STEP THREE“

**We made a decision to turn our will and our lives over to the care of God as we understood Him.”**

The surrender we experience in Step One, coupled with the hope and belief we find in Step Two, make us ready and willing to continue on the path toward freedom in Narcotics Anonymous. In Step Three, we put our belief in a Higher Power into action, making a decision to turn our will and our lives over to the care of the God of our understanding.

Essential to working the Third Step is our willingness to allow the God of our understanding to work in our lives. We develop this willingness over time. The willingness we experience in our early recovery is valuable even though we may be willing only to a certain degree. Although this may feel like unconditional willingness, many of us have discovered that our willingness grew as we learned to trust a Power greater than ourselves.

What began in the Second Step as belief in a Higher Power can become a fuller relationship with a God of our understanding in Step Three. The decision that we make by working this step, and the relationship that results, will revolutionize our existence.

(READ FULL VERSION PAGE 19 “IT WORKS, HOW AND WHY)

### WORLD NEWS IN DEVELOPMENT

The **Group Business Meetings** service pamphlet revision, with new sections on decision-making and delegation, is available online for review and input (R&I) until 8 January.

Your ideas matter as we strive to make this the best service pamphlet it can be.

**H&I Basics** is being updated in a three-part revision; the third part, Committees, should be up for R&I soon. The first Two parts, Corrections and Treatment, have been reviewed and are undergoing final revisions.

### THE WORLD CONVENTION

WCNA will be in Europe 2028! We are still considering information from Lisbon, Frankfurt, and Dublin, so stay tuned.

WCNA 39 will mark our 75th anniversary as a Fellowship, and we couldn't be more excited to celebrate! We will keep you posted as more information becomes available. The future of the World Convention after 2028 will depend on the outcomes of discussions and decisions at the 2026 World Service Conference.

### DAILY MEDITATION MARCH 3, 2026 RELAPSE

*"There will be times, however, when we really feel like using. We want to run, and we feel lousy. We need to be reminded of where we came from and that it will be worse this time. This is when we need the program the most."*

## 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.

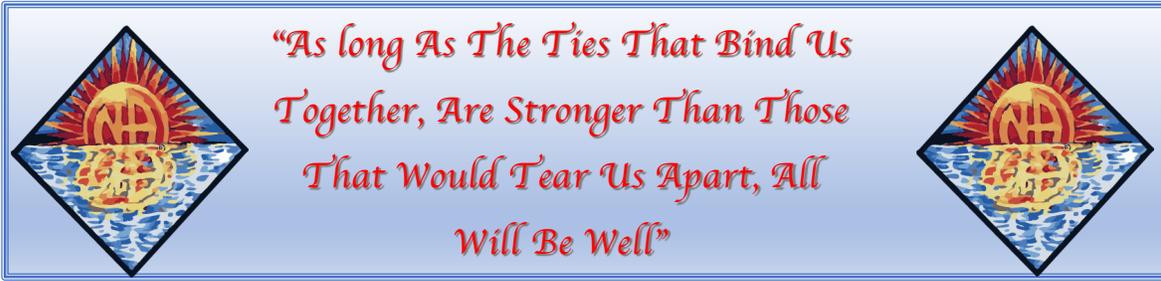
## What does sponsorship mean in NA?

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

**GRUPO ESPERANZA NARCOTICOS ANONIMOS**

**SI TIENE PROBLEMA CON LAS DROGAS UNETE A NOSOTROS**

NOS ENCONTRAMOS CADA MARTES A LAS 7:00PM  
6020 MIDLOTHIAN TURNPIKE  
2ND FLOOR SERENITY LODGE  
RICHMOND, VA 23275 CONTACTO: VAL

**TE DAMOS LA BIENVENIDA A NUESTRO PRIMER GRUPO DE NA EN RICHMOND! FEBRERO 24<sup>TH</sup>, 2026.**  
CONTACTO: VAL R. (804) 546-1928  
**SOLO POR HOY (JUST FOR TODAY)**

**PUEDES DECIRTE: (TELL YOURSELF)**

**SOLO POR HOY: PENSARE EN MI RECUPERACION VIVIENDO Y DISFRUTANDO LA VIDA SIN CONSUMIR DROGAS.**

**SOLO POR HOY: CONFIARE EN ALGUIEN DE NA QUE CREA EN MI Y QUIERA AYUDARME EN MI RECUPERACION.**

**SOLO POR HOY: TENDRA UN PROGRAMA Y TRATARE DE SEGUIRLO LO MEJOR QUE PUEDA.**

**SOLO POR HOY: A TRAVES DE NA INTENTARE TENER UNA MEJOR PERSPECTIVA DE MI VIDA.**

**SOLO POR HOY: NO TENDRA MIEDO, PENSARE EN MIS NUEVAS AMISTADES, CERTE QUE NO CONSUME Y QUE HA ENCONTRADO UN NUEVO MODO DE VIVIR. MIENTRAS SIGA ESTE CAMINO NO TENGO NADA QUE TEMER.**

**SPORT YOUR 80'S & 90'S THROWBACK GEAR**

TICKETS \$15 FOOD INC  
**SPECIAL EVENTS**  
2300 DUMBARTON RD  
**MARCH 14TH**  
6P-10P

**LET'S PLAY BINGO**

2	12	25	46	61
12	7	27	57	75
10	10	42	70	75

**SATURDAY, APRIL 18TH**  
6:30pm-10pm  
**Redeemer Lutheran Church**  
9400 Redbridge Rd, Richmond, VA 23236

**Win Cash & Gift Card Prizes!!**

- Drinks & Hotdogs \$1 each
- Games at \$1 / \$3 / \$10
- 50/50 Raffle

Questions? Call Olivia at 804-513-1966

B10 127 075

Narcotics Anonymous

Please Read your CAR before CAR/CAT workshop Very Helpful Click Here for CAR

**CENTRAL ATLANTIC REGION NA**  
CONFERENCE AGENDA REPORT (CAR)  
CONFERENCE APPROVAL TRACK (CAT)

Please Read your CAT before CAT workshop Very Helpful Click Here for CAT

IF YOUR AREA IS PART OF THE CENTRAL ATLANTIC REGION, PLEASE FILL OUT CARNA'S ELECTRONIC TALLY SHEET BELOW. THIS ALLOWS YOUR DELEGATE TEAM TO KNOW YOUR VOICE  
**DEADLINE IS APRIL 1, 2026- NOT AT THE GSR ASSEMBLY THIS YEAR**

**CAR/CAT SCHEDULE**  
For the Central Atlantic Region Facilitated by your Delegate Team

- 1** JANUARY 24, 2026  
1:15 pm AVCNA  
Crystal Ballroom-CAR
- 2** FEBRUARY 15, 2026  
VIRTUAL-CAR & CAT  
1:00 PM
- 3** 11:00 AM MARCH 28, 2026  
In-Person-CAR & CAT  
Location: Trinity Episcopal Church,  
825 College Ave,  
Fredericksburg, VA 22401

Join Zoom Meeting  
<https://us02web.zoom.us/j/86571691951>  
Meeting ID: 865 7169 1951

Sherry V. RD Discussion on results on April 15, 2026 at our GSR Assembly  
Cindy K. RDA  
Linda C. RDA2  
carnadelegateteam@car-na.org

Sherry V. RD Discussion on results on April 15, 2026 at our GSR Assembly  
Cindy K. RDA  
Linda C. RDA2  
carnadelegateteam@car-na.org

CAR Tally Sheet-For CARNA  
<https://www.surveymonkey.com/r/2026CAR>

CAT Tally Sheet-For CARNA  
<https://www.surveymonkey.com/r/CAT2026>

<https://www.surveymonkey.com/r/CAT2026>

Gateway to Freedom Area Special Events

**Chili COOK OFF**

**SATURDAY, MARCH 28, 2026**  
3:30 PM-6:30 PM FORT RECOVERY CUMBERLAND, MD 21502

Make the best chili to win prizes

Join us for our annual Chili cook off. Prizes will be given for best chili, best dessert, 50/50 raffle, and more. We also will feature an out of town speaker. Join us for the fun and food!

\$5.00 TO ENTER & \$5.00 SUGGESTED DONATION AT DOOR

For more information, Call Tracy C or Dail G  
240-727-0124  
240-609-7458

## CELEBRATIONS

**THIS AREA RESERVED FOR ANNIVERSARY ANNOUNCEMENTS, SPECIAL EVENTS, HOME GROUP CELEBRATIONS AND OPEN HOUSE WELCOMES. PLEASE FEEL FREE TO SUBMIT YOUR EVENT BY TEXT OR EMAIL TO THE EDITOR @ 804-248-0607 OR [NORMAN2812@GMAIL.COM](mailto:NORMAN2812@GMAIL.COM)**

# FOLLOW ME TO RACCNA 3



Richmond Area Convention of N.A.



DoubleTree by Hilton Richmond-Midlothian  
1021 Kroger Center Blvd, Richmond, VA 23235

October 30th, 2026-November 1st, 2026

PROGRAMMING CHAIRPERSON: Marilyn W., (804) 439-2909

SUBMIT CDs or MP3s TO: RACCNA 3, P.O. BOX 25206, RICHMOND, VA 23260

Clean Time Minimum: Main Speakers: 10 years, Workshop Speakers: 5 years, Workshop Chair: 1 year

REGISTRATION CHAIRPERSON: Edwina P., (804) 291-7289

CHECK or MONEY ORDER PAYABLE TO: Richmond Area Convention Corporation AND SEND TO: RACCNA 3, P.O. BOX 25206, RICHMOND, VA 23260

\*\* MAILED PRE-REGISTRATION MUST BE POSTMARKED BY SEPTEMBER 30, 2026 \*\*

\$30 (Cash) from July 1, 2025 until December 31, 2025

\$35 (Cash) from January 1, 2026 until September 30, 2026

ON-SITE REGISTRATION \$45 (Cash)

REGISTRATION QUANTITY: \_\_\_\_\_ NEWCOMER DONATION: \_\_\_\_\_ TOTAL: \$ \_\_\_\_\_

NAME(S): \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS include State and Zip Code: \_\_\_\_\_

PHONE: \_\_\_\_\_ ADDITIONAL NEEDS REQUEST: \_\_\_\_\_

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

**RANA Policy** Meet 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. 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 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.*

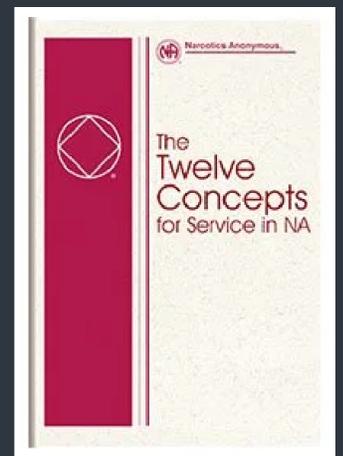
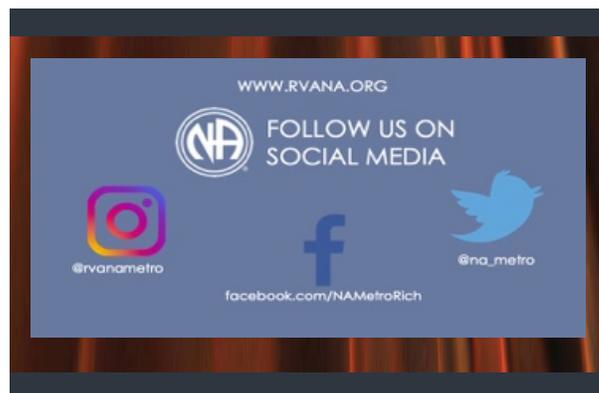
Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.

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.



## The Vicious Cycle

I am Gene and I am an addict. In writing this I hope that I can help other addicts like myself, who are trying to overcome their addiction by substituting one thing for another. That was my pattern. I started drinking, whenever possible, at the age of fourteen. With this I added weed so that I could feel at ease and be comfortable with my surroundings in the social activities in high school.

At seventeen, I started on heroin and quickly became addicted. After using heroin for one-and-a-half years, I decided to admit myself to an institution. When they accepted my application, I got scared and joined the Army after kicking at home. I thought that by being away from my environment I would be able to solve my problem.

Even here I found myself going AWOL to get more heroin. I was then shipped to Europe and thought that if I just drank, that would be the answer, but again I found nothing but trouble. Upon my release I came back home to the same environment. Again I was using heroin and various other drugs. This lasted about two years.

The rat race really began when I tried to clean up—cough syrup, bennies, fixes, etc. By now, I didn't know where one addiction left off and the other started. A year before I came to Narcotics Anonymous I found myself hopelessly addicted to cough syrup, drinking five or six four-ounce bottles a day. I needed help so I went to a doctor; he prescribed dexedrine and would give me a shot that made me feel good. I found myself going to him practically every day.

This continued for about eight months, and I was very happy with my new found legal addiction. I was also getting codeine from a different doctor. I now became insanely afraid and began drinking too. This went on around the clock for a month and I ended up in a mental institution. After being released from the hospital, I thought I was free from narcotics and now I could drink socially. I soon found out I could not. It was then that I sought help from NA.

Here I learned that my real problem did not lie in the drugs that I had been using, but in a distorted personality that had developed over the years of my using and even before that. In NA I was able to help myself with the help of others in the fellowship. I find I am making progress in facing reality and I'm growing a day at a time. I find new interests now that mean something, and realize that that was one of the things which I was looking for in drugs.

Sometimes I still find it difficult to face things, but I'm no longer alone and can always find someone to help me over the rough and confused spots. I have finally found people like myself who understand how I feel. I'm now able to help others to find what I have, if they really want it. I thank God, as I understand Him, for this way of life.

# JUST FOR FUN

PRINT THIS PAGE FOR YOUR FUN

U N D E R S T A N D I N G F R  
D U P V I Y M N S H L S R F S  
E P B C M G B T E Y T E B S N  
T G H Y C X X F Z P E U E M H  
E X S S Z O O N N D E N R O K  
R J O S L K M S O Z G O K T W  
M I I Q E W G M U N M I R D L  
I N V I I N P U I L F S R R F  
N Q W L B M G L W T R I V K D  
A G L C D K L N V V M C P N S  
T Y K K G I L A I T N E S S E  
I J D Q W M Y O B L N D N P G  
O X F N D K P X I Q L E R T M  
N J U E R E P T E G K I L L N  
A J Z C F J H Y D A E R W R M

**COMMITMENT**

**DECISION**

**DETERMINATION**

**ESSENTIAL**

**FREEDOM**

**READY**

**TRUTH**

**UNDERSTANDING**

**UNWILLINGNESS**

**WILL**

**WILLINGNESS**