

ISSUE

7

APRIL 2026

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 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

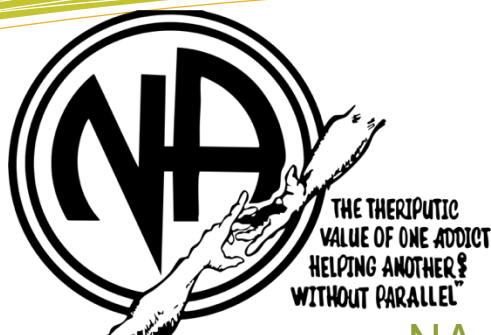
Rely on our own experience with personal recovery, non-members are asked not to share

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 FOUR

“We made a searching and fearless moral inventory of ourselves.”

By working the first three steps, we have formed a solid foundation for our recovery. Our active addiction cannot remain arrested, however, unless we build upon this foundation. As we worked the Third Step, many of us were puzzled: How can we make sure we are really turning our will and lives over to the care of God? The answer is simple: We work the remainder of the steps, starting with Step Four.

Why work the Fourth Step? After all, we’ve been able to stay clean so far. But some of us are still haunted by a driving obsession to use drugs. Others find that the feelings of discomfort are more subtle: a nagging feeling that something isn’t quite right, a sense of impending doom, or feelings of fear and anger that have no apparent reason. Still others may think we’re doing just fine without a Fourth Step. However, our experience as a fellowship has shown that, sooner or later, members who don’t work this crucial step relapse.

(READ FULL VERSION “IT WORKS, HOW AND WHY PAGE 26)

WORLD NEWS

IN DEVELOPMENT

GENDER-NEUTRAL AND INCLUSIVE LANGUAGE

Since we posted the Issue Discussion Topic on gender-neutral language (na.org/idt), it has become clear that many groups are creatively addressing this challenge, while others are seeking resources to support their efforts to welcome all members “regardless of” gender. In response to member input, we have created a gender-neutral readings page (na.org/gender) with options for group readings from our literature provided by groups around the Fellowship who have chosen readings that don’t include gendered language. The NA Fellowship has not provided NA groups the ability to unilaterally change NA recovery literature. But it is very much within the scope of group autonomy to choose which NA Fellowship-approved literature is read in a meeting:

The reading cards are a convenience, not a requirement. Many groups choose readings from elsewhere in the Basic Text or other NA literature that does not use gendered language. We have built this resource page so groups can share what is working for them. If your group uses alternative, gender-neutral readings from NA texts that are unaltered, we’d love to know what they are. If your group makes an announcement or addresses the issue in your format, please share that language with us, as well.

DAILY MEDITATION APRIL 1, 2026 “LOVE & ADDICTION BASIC TEXT PG. 7

“Some of us first saw the effects of addiction on the people closest to us. We were very dependent on them to carry us through life. We felt angry, disappointed, and hurt when they found other interests, friends, and loved ones.”

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

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

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 SEBENITY LODGE
RICHMOND, VA 23225 CONTACTO: VAL

TE DAMOS LA BIENVENIDA A NUESTRO PRIMER GRUPO DE NA EN RICHMOND! FEBRERO 24TH, 2026.
CONTACTO: VAL R. (804) 546-1978
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 TRAYARE DE SEGUIRLO LO MEJOR QUE PUEDA.

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

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

SPECIAL EVENTS PRESENTS

SPRING IS IN THE AIR

Dance Party

2300 DUMBARTON

SATURDAY, APRIL 25
DOORS OPEN AT 06:00PM
TICKET: \$15 - FOOD INC

FOOD FUN FELLOWSHIP
50/50 RAFFLE

LET'S PLAY BINGO

2	12	25	46	61
12	7	27	57	73
7	27	42	70	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
Your paragraph text
- 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
Cindy K. RDA
Linda C. RDA2
carnadelegateteam@car-na.org

Discussion on results on April 15, 2026 at our GSR Assembly

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

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

CPRCNA XXXIX
"The Steps Are Our Solution"

39 April 10 - 12, 2026

Chesapeake & Potomac Regional Convention of Narcotics Anonymous

12 - SERVICE
11 - DISCIPLINE
10 - INTEGRITY
9 - LOVE
8 - WILLINGNESS
7 - HUMILITY
6 - PATIENCE
5 - HONESTY
4 - COURAGE
3 - FAITH
2 - HOPE
1 - ACCEPTANCE


Roland E. Powell Convention Center
4001 Coastal Hwy
Ocean City, MD 21842

CELEBRATIONS

- J. westbrook will celebrate 2 years on April 3rd
- Cheryl S. will celebrate 15 years on April 17th
- Ernest R. will celebrate 1 year on April 24th
- Jennifer D. Will celebrate 1 year on May 1st

THE HARDEST PART OF RECOVERY IS THAT YOU HAVE TO KEEP CHOOSING IT, EVEN ON YOUR BAD DAYS.



Richmond Area Convention of N.A.
 **RACNA 3** 
 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: RACNA 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: RACNA 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)

***** Cut here for mail-in registration *****

REGISTRATION QUANTITY: _____ NEWCOMER DONATION: _____ TOTAL: \$ _____
 NAMES: _____ 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 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.

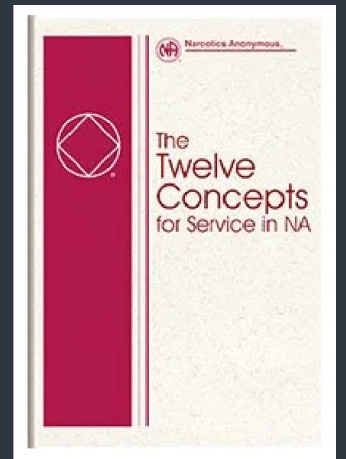
These committees perform administrative and outreach tasks on behalf of the groups that would be too complex for any single group to handle.

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

WWW.RVANA.ORG

FOLLOW US ON SOCIAL MEDIA

@vanametro facebook.com/NAMetroRich @na_metro



FROM ONE ADDICT TO ANOTHER

One third of my life

Today has been one of those days. It was Friday and Monday all together. Trying to get something done was like trying to make a connection when the heat was on. It was a panic all day, but when I got home and lay down for an hour, it felt good. I can go on a natural nod, because I have nothing up here now but a clear conscience. The old hassle is gone. I can lie down, take it easy, and be comfortable. The longer I stay clean, the better it gets for me. It's real groovy to get up in the morning and not care whether it's foggy or the sun's shining, just so long as I'm clean. No cramps and no sweats now. I remember the times when I'd be afraid to go to sleep, because I had a "git up" there on the dresser; but if I took my "git up" I'd have nothing when I got up and then I'd be sick again.

I never thought I'd feel good being out here with the squares, but now I think sometimes I feel the same things they do. I don't have all those petty little things going through my mind now, like I did when I thought I was hip—so slick. The only one I was being hip and slick with

was me. Everybody else could see right through me. I don't have a running nose anymore and no itchiness unless it's an allergy or something. I can go home now at night to clean sheets and blankets, say my little prayers, and go to sleep. It's real good for me. Yesterday was pay day. I went out and bought myself a few presents—not Christmas shoplifting you know. Now, I can go through these stores without even a temptation to steal.

This is my third Christmas on the bricks and I can't think of anything I've stolen since I've been out of the joint. I feel that I was basically honest from childhood. I stole to keep up my habit, to get my stuff, to keep my head on my chest, to keep my stomach from grinding, and to keep my nose from running. That nose! It was always running whether I was sick or not. My story is similar to many others. I hit one nuthouse when I was thirteen—I really don't remember much about it. That was on an OD of amphetamines, they thought I was a manic-

depressive till I cleaned up off the pills, and then they figured I was just a neurotic. It progressed though. I started to make the joints. I'm thirty now and there's twelve-and-a-half years gone out of my life like this. Man, I sure don't want anymore of it. Since I've been out of the joint about three years I can't say I haven't had the temptation; I can't say I haven't had some obsession; I can't say I haven't had the passing thought of wanting to use, because I have at times. Now, however, it's like the passing thought of "There is a real nice car there. I'd like one like that," and then it's gone, and so is the thought. I notice that the times and the periods are getting farther apart when they happen.

Something meaningful

I know now I am not the great leader or philosopher that I tried to make people believe I was. After fifteen years of trying to live this illusion, I now find that I am being accepted for just what I really am. All my life before this, I did things my way. If anyone else ever offered advice or suggestions, I rebuffed them with a closed mind without ever trying what they had to offer to see whether it would succeed or fail. It seems that though my way always failed, I had to use again, until repeated trips to jail began to convince me that something was wrong. I reached the point of desperately wanting to do something with my life that would be meaningful. I had to try something else that would work. I had found NA several years previous to this decision, but then I was not ready to change. And although I closed the door on NA on many occasions, I have always been welcomed back.

Since I have become willing to do something about my life with the NA program, life has been fuller and more meaningful. I could not experience life before on a daily basis without drugs. I needed these just to face each day. I know I have to alter this pattern of thinking and living if I am to stay completely clean. This I am doing through the principles of our program. Although I do not now desire or need drugs, I have to fill the void that's left with something worthwhile. I have found this in the Fellowship of NA. I have to stick with the winners and go in the same direction that they go. As long as I follow the steps of the program, I know I can make it, too. Although I don't find the program easy, it is simple enough for a complicated person like me to follow.

JUST FOR FUN

PRINT THIS PAGE FOR YOUR FUN

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



- | | | |
|------------|------------|------------|
| active | arrested | behavior |
| crucial | fellowship | Fourth |
| frightened | invented | motivation |
| outcome | perceive | profound |
| quite | relapse | remain |
| sense | sooner | unknown |



This puzzle is a word search puzzle that has a hidden message in it.

First find all the words in the list.

Words can go in any direction and share letters as well as cross over each other.

Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.