

JUNE 2026

FROM THE EDITOR

rascnaprc@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

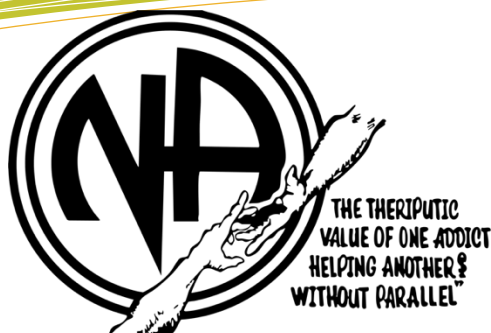
Rely on our own experience with personal recovery, non-members are asked not to share

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



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STEP SIX

“We were entirely ready to have God remove all these defects of character.”

The insight we gained in Step Five regarding the exact nature of our wrongs, while valuable, is only the beginning of the striking changes that take place in our lives as we move on to Step Six.

The admission we made of the nature of our wrongs, our character defects, is necessary if we are to be ready to have them removed. Deeply shaken by our part in the past, we can expect our attitudes to be profoundly changed by working the Sixth Step. Although some of us have not understood the critical importance of the Sixth and Seventh Steps, they are essential actions that must be taken if we expect to make any significant and lasting changes in our lives.

We cannot simply say, “Yes, I’m ready. God, please remove my defects,” and go on to Step Eight. If we gloss over the Sixth and Seventh Steps and go on to make our amends, we will only wind up owing more amends by repeating the same destructive patterns as before. **(Full Version It Works, How and Why Page 35)**

WORLD NEWS

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 discussion.

Food For Thought

“Each time we surrender, we find once more that the desperation that drives us to our knees fuels the passion that carries us forward. When hope manifests into reality, our lives change. Our experience affirms what we believe, and belief grows into faith. When our faith grows into knowledge, the program that we once struggled to practice has become part of who we are. We find here what we were looking for all along: connection to others, connection to a Higher Power, connection to the world around us—and, most surprising of all, connection to ourselves. Narcotics Anonymous, Living Clean: The Journey Continues

DAILY MEDITATION JUNE 1, 2026 “KEEP COMING BACK” Basic Text, pp. 10–11”

“We don’t have to be clean when we get here but, after the first meeting, we suggest that newcomers keep coming back and come back clean. We don’t have to wait for an overdose or a jail sentence to get help from Narcotics Anonymous.”

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

GRUPO ESPERANZA NARCOTICOS ANONIMOS

SI TIENE PROBLEMA CON LAS DROGAS UNETE A NOSOTROS

NOS ENCONTRAMOS CADA MARTES A LAS 7:00PM
6070 MIDLOTHIAN TURNPIKE
2ND FLOOR SERENITY LODGE
RICHMOND, VA 23275 CONTACTO: VAL

TE DAMOS LA BIENVENIDA A NUESTRO PRIMER GRUPO DE NA EN RICHMOND! FEBRERO 24TH, 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 SIA ENCONTRADO UN NUEVO MODO DE VIVIR. MIENTRAS SIGA ESTE CAMINO NO TENGO NADA QUE TEMER.

Cookout for a Cause!

Come support our Convention cookout

- 50/50 Raffle (must be present)
- FOOD WILL BE SOLD



- ♥ Saturday, June 27th 2026
- ♥ 4501 Vawter Ave Richmond VA 23222
- ♥ 12pm-5pm

Grab your friends, kids and join us for a day of fun, laughter, and giving back!

Bring your chair tables and games



HOSPITALS & INSTITUTIONS

LEARNING & RECRUIT DAY

ALL ARE WELCOME!

FOOD AND FELLOWSHIP

SUNDAY, JUNE 28, 2026
1:00 pm - 3:00 pm

TOPICS OF DISCUSSION

- What is Hospitals and Institutions (H&I)?
- What are the do's and don'ts?
- Facilities we serve.
- Who can serve?
- How to get involved?

1213 Porter Street, Richmond VA 23224

Saturday, June 13, 2026
Berkeley County
War Memorial Park
Martinsburg, WV
off Park St
State Farm Pavilion

New Hope Group and Start to Live Group

35th Annual Spring Fling Picnic

Volley Ball available
Basket Ball Courts
Playground Equipment

Time: 12-5:00 pm
Please bring your favorite side dish
Don't have side dish come anyway
Furnished: Hamburgers, Hot Dogs

Contributions accepted but not required

It's a Family Affair!!

New Dominion Area of Campout Committee

Building the Fire



Campout June 5-7, 2026

- Speaker meetings Friday & Saturday nights
- Breakfast & Dinner on Saturday
- Tent Camping/Cabin rental/RV spots

Questions contact: Wayne G. 804.212.5633
Katie R. 434.409.3256

Cabin rentals contact: Greg F 804.239.4923

Christopher Run Campground at Lake Anna
6478 Zachary Taylor Hwy, Mineral, VA 23117

CELEBRATIONS



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: \$ _____
 NAME(S): _____ EMAIL: _____
 ADDRESS include State and Zip Code: _____
 PHONE: _____ ADDITIONAL NEEDS REQUEST: _____

REGISTER TODAY

<https://www.raccna.org/register>

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.

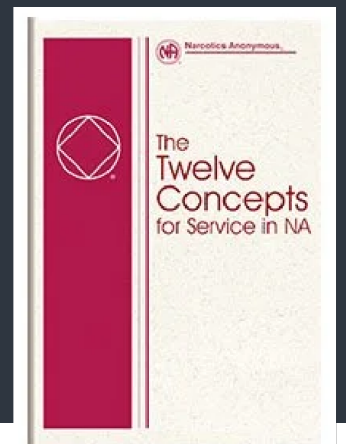
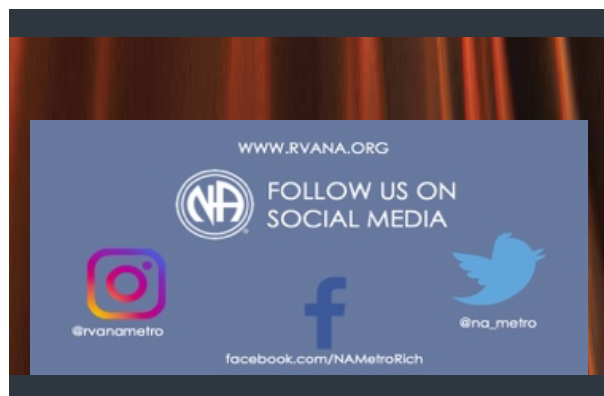
Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.

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.



My Deal with God

Reprinted from The NA Way Magazine, April 2009

I was in a recovery house and decided I was going to leave, even though I knew I would face seventeen years without parole if I left. I made a deal with god (whom I wasn't real sure about, but was coming to believe in). My deal was to go to the office and see if a van was available to take me to an NA meeting, knowing the chances of that were slim. If there was a van available, I would stay; if not, I was packing my stuff and leaving.

I got to the office and the guy behind the desk was on the phone. He paused and asked what I needed, and I told him I needed to get to an NA meeting and asked if a van was available. He said no, so my first thought was, "Aha! I'm packing!" Then he told me to hold on a minute. He said, "I'm on the phone with someone who's going to the meeting, and he says he will come by and pick you up." I said, "No, no; that's okay." But he insisted. "You just said you needed a meeting, and he's on his way."

I stood outside, pissed off and not sure what to do. My deal was a van. No van, I'm leaving. I decided to be polite and go to the meeting with this guy, and then after the meeting I would leave. I got an uneasy feeling when the guy pulled up, but I was astonished when he introduced himself. He said, "Hi, I'm Van." I laughed all the way to the meeting.

Jim B, Texas, USA

The Rooms

Into the humble and once smoke-filled rooms with rickety chairs and worn-out carpet, I stepped Banners suggesting a flicker of hope draped the walls as my new fellows shuffled in, to seek redemption No one is skipping or dancing yet smiles adorn their faces, maybe a welcome holy grail for this lost soul All welcome they said there's only one requirement at this very minute, a desire, with no apparent leader of this loving pack With my shoes and soul threadbare I didn't care so much for lectures, just hope and a glimpse of opportunity

We come from all walks, travelled a very familiar path as only we understand it, that dark and lonely time we spent in hell Biology, tragedy or trauma led me to this complex mix of nightmares, where I soothed my madness, with just one more No more I've had enough, the gift of desperation welling in my head, I can't go on like this

Like prep school for the wounded, I took a little direction and counted to 12, a few hugs and some measured love, abound Minute by minute, day by day my sanity prevailed, they walked with me and didn't let go, even when I stumbled. Eventually, I found a higher power or two first it was Flipper then I went a little deeper and found the universe She smiled upon me, I smiled back and paused to say thank you then grasped and carried that message of hope Which was so lovingly and kindly given to me.

Rod B.

JUST FOR FUN

PRINT THIS PAGE FOR YOUR FUN

R H C W T W M Y P J I E E D L
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