



MID-HUDSON AREA OF NARCOTICS ANONYMOUS NEWS & INFORMATION

NEW MID-HUDSON AREA WEBSITE

We are now able to more effectively carry the message of HOPE in our local communities. Help us with our efforts by sharing our webpage with anyone that may find it helpful.

www.mha-na.org

NEW MID-HUDSON AREA HELPLINE NUMBER

Our Public Relations Committee, in an effort to help the still sick and suffering addict that may not know that we do recover in NA, decided to change our Area Helpline Phone Number. We did this, keeping in mind our very own experience, that when we were still actively using drugs - our memory function was impaired. We decided on a vanity number that may be easier to recall if needed. Our new number is:

855-99-4HOPE



About Our Newsletter

Greetings from Narcotics Anonymous. This newsletter is being generated and maintained by the Public Relations committee of the Mid-Hudson Area. If this newsletter was forwarded to you and you would like to be added to our monthly email list - please email us at mhanapublicinformation@yahoo.com and let us know.

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H & I Committee

About Hospitals and Institutions

H & I, as it is known within the fellowship, is another committee comprised of recovering addicts. This committee ensures that people seeking recovery through Narcotics Anonymous, that do not have full access to regular NA meetings, can here our lifesaving message.

Typical H & I presentation/ meeting locations are:

- Prisons and Jails
- Rehab treatment facilities and Detox
- Adolescent institutions

Intent: to simply introduce those attending to some of the basics of the NA program. Hopes are that the individual, upon leaving the facility, will get to an NA meeting and find themselves comfortable and somewhat familiar with the NA program and the fellowship.



Typical Public Relations setup used at community gatherings & events

What does Public Relations do?

The role of the PR committee is to ensure that clear and accurate information about NA is available to the public. The demand for information about our fellowship is greater than ever.

The Narcotics Anonymous message is ***"that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live."*** Our relations with the public enable us to share this message broadly so that those who might benefit from our program of recovery can find us. We perform public relations service to increase the awareness and credibility of the NA program. We share our message openly with the public at large, with prospective members, and with professionals.



What is available on our website?

- Meeting locations and times
- Calendar events
- Information about NA
- Covid 19 and its effects on meetings
- Virtual meeting information
- Links to the NA World website
- Links to various committee contacts

www.mha-na.org

Narcotics Anonymous World Services

- Find the answers to any question you may have about NA on the world website.
- Purchase NA literature
- Find membership statistics
- Read about NA history
- Find resources for professionals
- Learn how to start a meeting
- Event calendar
- Contact information

WWW.NA.ORG

What is the Narcotics Anonymous program?

Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. NA was founded in 1953, and members hold nearly 76,000 meetings weekly in 143 countries today.

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

What happens at an NA Meeting?

"If you're new to NA or planning to go to a Narcotics Anonymous meeting for the first time, it might be nice to know a little bit about what happens in our meetings.

The information here is meant to give you an understanding of what we do when we come together to share recovery. The words we use and the way we act might be unfamiliar to you at first, but hopefully this information can help you get the most out of your first NA meeting or help you feel more comfortable as you keep coming back.

Showing up early, staying late, and asking lots of questions before and after meetings will help you get the most out of every meeting you attend.....People have all sorts of reasons for attending NA meetings, but the purpose of each meeting is to give NA members a place to share recovery with other addicts.

If you are not an addict, look for an open meeting, which welcomes non-addicts. If you're an addict or think you might have a drug problem, we suggest a meeting every day for at least 90 days to get to know NA members and our program"

(excerpts from IP #29, "[An Introduction to NA Meetings](#)")

NA literature is also a great source of information about our program.

Our Basic Text, Narcotics Anonymous, or our information pamphlets (IPs) are a good place to start. Most meetings offer IPs for free, while books are generally sold at the group's cost. Most of our literature is also available to read on this website.

To begin, we invite you to read IP #22, "[Welcome to NA](#)". Please come to our meetings and "Keep Coming Back!

The News in Narcotics Anonymous of the Mid-Hudson Area - UPDATED

Narcotics Anonymous continues to create an atmosphere where addicts can come together and share with one another how we stay clean one day at a time. That we don't have to die. We can live a life free from the horrors of addiction. We can clear the wreckage of our past and live a life full of hope.

The NA fellowship is growing back after two years of uncertainty brought on by Covid-19. Just as an addict in recovery learns to overcome obstacles in life, so the fellowship has done the same. Together we can accomplish what alone we never could.



Meetings that survived throughout the shutdowns continue to grow. New meetings are opening throughout the region and NA members are excited. NA events are being planned and are currently happening.

Covid-19 has been a horrible experience but a blessing as well. It has given many recovering addicts the ability to learn new ways to work the NA program. It has created opportunities for members to develop IT skills, graphic skills, networking skills, communication skills etc. These are all valuable assets to a fellowship that relies on connections, communication, unity and so forth.

Facilities, treatment centers, government agencies, schools etc. are opened back up which affords our Public Relations and Hospitals & Institutions committees the opportunity to deliver the message of hope out into the community.

Narcotics Anonymous is not a secret society. Our members are anonymous but our fellowship is not. We meet regularly to help each other stay clean. We are a spiritual and not a religious program. We learn to live by applying spiritual principles in our lives. It is an individual program that a member can create for themselves. We have no rules. However, many find that a path has been created by our predecessors that has proven to be the path of least resistance. They have shown that through the understanding and application of the 12 steps, peace, serenity and harmony can be attained through humility. This newfound humility creates an existence where we no longer wish to be served but to serve. We longer wish to be understood - we understand. We no longer point the finger and live in a world of blame- we now own our part. Where we were a seeker of forgiveness - we forgive.

These are some examples of the miraculous things that happen to some in Narcotics Anonymous. We come from a dark, ominous, isolated chamber filled with death and despair. We find that our lives can be filled with love, support, compassion, empathy, success, family and friends.

None of this is possible until we put down the drug. NA is a program of complete abstinence. However, "complete abstinence" is a goal. Any addict is welcome in Narcotics Anonymous whether you are still using, withdrawing, drinking alcohol, smoking weed or on replacement therapy. It doesn't matter.....you are a member if you say you are. You will be welcomed with a hug, loved and supported

because many of us have been right where you are. We only encourage you to keep coming back. Keep coming to our meetings. It cost you nothing yet the rewards are great.

Finally, the Hospitals & Institutions as well as Public Relations committees would like to make themselves available to any professionals, institutions, facilities, public officials, schools and departments.

Public Relations can meet with anyone interested in learning more about Narcotics Anonymous. Let's discuss bringing a meeting into your treatment center through our H & I efforts. Do you need NA literature to display for your clients? How about a NA presentation for your staff. We are always happy to share what NA is and isn't, how we can help or how it works.

Again, we are by no means a secret society. We are a life-saving, 12 step fellowship in the community. Many do not know that we do recover in NA. Our goal, through this newsletter, is too inform as many people as possible, that have direct contact with individuals struggling with drug addiction, that "THERE IS HOPE".



NA meetings are open in Dutchess, Ulster, Greene and Columbia counties. Please visit our Website or direct your clients there to find one close by.

Your First NA Meeting

Some suggestions and things for a newcomer to expect when attending their first NA meeting:

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- Try to get there early. Don't be surprised if you are greeted with a warm welcome hug (It's okay to decline but know that it is customary to hug in NA as opposed to shaking hands).
 - NA meetings are loaded with NA literature (it is the road map by which we find our way out of the darkness of addiction).
 - Pick up a meeting list (or a few)
 - You will hear many things quoted from one of our books called the Basic Text. It is strongly suggested to purchase one. If you cannot afford one, most groups give them out to a newcomer or a longterm member may buy you one.
 - Listen to the readings that are read at the beginning of the meeting. Again..... Listen to the readings
 - You will find that many meetings open the meeting with the Serenity Prayer. If the word "prayer" makes you feel a certain kinda way..... please keep coming back! You will soon pick up on the fact that NA is NOT a religious program. The NA program is a spiritual program. Let it develop in a way that feels right for you.
 - NA is a "12 Step Fellowship". You will hear talk about the 12 steps and how people learn to live differently through the understanding and application of the 12 steps. Again....let it unfold for you.
 - You will hear the word God or Higher Power mentioned in meetings. We are taught early on that we must rely on a power greater than ourselves to get and stay clean. Left to our own devices, we constantly failed. When we turn our will and lives over to a power greater than ourselves (many use the group or NA or the

literature) we find that we learn coping skills and alternative ways of handling things that we could not in the past.

- Listen intently to the topic of surrender. Perhaps introduce yourself and ask to hear about it. We have found that without complete surrender with no reservations, we will surely use again.
- Many meetings recognize various amounts of clean time and they do it with key tags, medallions and hugs. They are powerful tokens of accomplishment that we receive to not only feel joy in for ourselves but to also show the newcomer that we can get through a day without using and those days add up.
- We have a daily meditation book as well as a free download on your phone device. It is called "Just For Today". Many of us look at this opportunity every morning to read a positive message, educate and remind ourselves that we are an addict in recovery.
- NA is self-supporting through our own contributions. You may see a basket passed around and members are throwing a buck or two in it. If you don't have a donation - don't sweat it. We have all been there and there is no need to feel uncomfortable. Self support comes in many different forms. Picking up a chair is supporting the fellowship.
- You will hear mention of sponsorship. It is an important part of recovery. Keep your eyes and ears open and seek out someone you feel comfortable with or identify with. Say..."Hey will you sponsor me?" It may feel awkward but its an important part of recovery.
- Don't be afraid to introduce yourself when asked, "are there any newcomers?" It's a humble gesture that allows people to get to know you.
- Last but not least..... GET PHONE NUMBERS! We need a lifeline during tough periods and calling another recovering addict is just that.

GOOD LUCK AND REMEMBER.... WE JUST HAVE TO NOT USE DRUGS TODAY! THAT IS MANAGEABLE!

Personal Stories taken from:

The NA Way Magazine - April 2019

Luz y Vida

I am an addict and my name is Cesar. I was introduced to Narcotics Anonymous in 2011 on the island of Cuba, my homeland. At that time, the NA community in Cuba was very young and was in its second attempt to develop on the island—unlike me, who could no longer keep track of my attempts to stop using drugs. The only difference was that this time, everything was fine around me. My wife and I were doing okay in our marriage, and my daughter and the rest of my family didn't know anything about my problem. But I was so tired.

After two years of continuous despair, I had lost all hope. I didn't even try to say, "This was the last time," and I thought this confinement of my disease was what I could expect for the rest of my life. Thank God, in one more attempt to seek help, I went to a treatment center where I had been in the early 1990's. I didn't know it then, but there I found the support of one of the two people in the health field who supported Narcotics Anonymous in Cuba at that time. What are the chances of this happening? I do not know, but I believe that my higher power was with me, even when I didn't know of his existence in my life.

Unfortunately, I went straight from there to using drugs once again, but something was different in me. I had an NA card with an address, a phone number, and lots of hope. Thanks to you, that was the last time I used. A couple days later I arrived at my first meeting in a group in Havana called Luz y Vida (Light and Life). To my surprise, there were other addicts who, like me, didn't want to use drugs anymore. It was very

shocking to me because every addict I knew prior to this wanted the opposite. I didn't understand much, but I knew this was my last chance, and I took advantage of it.

I started attending meetings regularly in three of the four groups that existed in Cuba at that time; the fourth group was in a province outside the capital.

Experience and literature were scarce, but one addict's desire to help another one was immense. I quickly became involved in the Fellowship and did what they suggested, taking care of my recovery and serving others. Those who were already there when I arrived showed me what to do by setting an example.

Thanks to all those who have put a grain of sand in the growth of NA in Cuba, today we have eight groups in the country, seven of them in the capital, where the drug problem is more severe. There have been workshops, retreats, and small conventions and, finally, thanks to the trusted servants and to the endless desire to help another addict to stop using drugs and find a new way of life, we had our first regional convention, which exceeded the expectations all of us had in every way. I hope it has also surpassed the expectations of every person who visited our island giving us their support.

We continue working to keep the groups open and the spirit of NA alive, which was planted in Cuba in the 1990s in the first, but not last, version of Narcotics Anonymous Cuba. I am very grateful to my predecessors and especially to the members who were waiting for me in my first meeting of el Grupo Luz y Vida.

Happiness

Rock bottom and happiness are both such subjective terms, but also two intangible places most people work their whole lives to move towards or get away from. Who would have thought you could find one within the other, but that's exactly what I did.

Growing up in a white, middle to upper class town as a Korean minority sounds like it should have come with many hardships. On the contrary, my life was filled with endless opportunities to try sports, music, or anything I desired. I was adopted as a baby and raised by two of the most loving parents, who provided me with a warm and loving childhood, and an older brother who I looked up to more than anything. I went to an NSYNC concert as a kid, wore cool clothes as a teen, and got a car when I was in high school. I always thought this was the best of both worlds: I was a minority, but lived the life of white privilege. I would laugh with my friends and almost cherish the fact that I was a "bad Asian." I couldn't eat with chopsticks or speak a word of Korean, and I made myself as close to the other people in my life as possible. Blending in, being like everyone else, going unnoticed; this made me happy.

This happiness eventually led me down a very dark road. I started drinking and smoking weed when I was 13 years old. It started out as getting harmlessly stoned after school, eating too much pizza with friends, and watching silly videos, unable to control our laughter. However, over time, I went from smoking my "harmless" drug to tabs, lines, capsules, and, eventually, syringes. My downfall came quick and it came hard.

Even with all the wide-open doors available to me, I always chose drugs. My parents had no idea about this other life. I was good at lying, I was good at sneaking around, and I thrived on it. I was a functional addict and I was damn good at it. I bragged about being able to out-drink the boys, or being able to snort more lines, or trip for more days at a time. Such false and pointless accomplishments but I truly prided myself on them. I traded my body for free drugs, brought knives to drug deals, and drove hours for just one high. I shot up right before my college finals, and made dean's list for that semester. I was hopelessly in love with dope, but I wasn't an idiot. The giddiness I would feel going to pick up or when I was setting up a syringe was like nothing else, and the high itself indescribable, euphoric, surreal. But after thousands of dollars shot into my arm, I was a skeleton; I couldn't even recognize myself in the mirror, I was so sunken in. I

hid my arms, which were covered in track marks and bruises, but I thought I had found it again—happiness. Little did I know, the only thing I had found was my rock bottom.

This time, happiness led me into a detox and rehab center, meetings, and sponsorship. It led me to self-hate, which eventually turned, into self-love. I've been clean now for almost six years (as of March 2019). Some days are easier than others. I still struggle with depression and anxiety, and romanticizing a person I no longer am today. I purposefully numbed myself for so many years because I didn't want to feel anything, but I realize now how amazing life can be when I'm present not just physically, but mentally, too. I'm able to empathize and cry because of a sad story and express my emotions freely without needing a constant shield. I'm able to genuinely smile at the nature, simplicity, and beauty within this world. I'm able to laugh at the silly things my cat does without having to worry about getting my next high. As someone who has lived her whole life believing she found the secret to happiness, I've learned that there is no secret and there is no destination. Happiness is an ongoing, lifelong process.

I'm a woman, I'm a minority, and I'm a recovering addict. Not one of these defines me, but together they make up who I am. I'm perfectly imperfect; slowly but surely, though, I'm learning to love myself for exactly who I am.

Olivia L, Massachusetts, USA

To Subscribe to the NA Way click here:
<https://www.na.org/?ID=sub-new>

The NA Way is a fellowship created and distributed magazine that is free to subscribe to. Simply submit your email address and receive the e-publication

Step and Tradition of the Month

Step Four

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

The purpose of a searching and fearless moral inventory is to sort through the confusion and the contradiction of our lives, so that we can find out who we really are. We are starting a new way of life and need to be rid of the burdens and traps that controlled us and prevented our growth.

As we approach this step, most of us are afraid that there is a monster inside of us that, if released, will destroy us. This fear can cause us to put off our inventory or may even prevent us from taking this crucial step at all. We have found that fear is a lack of faith, and we have found a loving, personal God to whom we can turn. We no longer need to be afraid.

We have been experts at self-deception and rationalization. By writing our inventory, we can overcome these obstacles. A written inventory will unlock parts of our subconscious that remain hidden when we simply think about or talk about who we are. Once it is all down on paper, it is much easier to see, and much harder to deny our true nature. Honest self-assessment is one of the keys to our new way of life.

Let's face it; when we were using, we were not honest with our- selves. We are becoming honest with ourselves when we admit that addiction has defeated us and that we need help. It took a long time to admit that we were beaten. We found that we do not recover physically, mentally or spiritually overnight. Step Four

will help us toward our recovery. Most of us find that we were neither as terrible, nor as wonderful, as we supposed. We are surprised to find that we have good points in our inventory.

Anyone who has some time in the program and has worked this step will tell you that the Fourth Step was a turning point in their life.

Some of us make the mistake of approaching the Fourth Step as if it were a confession of how horrible we are—what a bad person we have been. In this new way of life, a binge of emotional sorrow can be dangerous. This is not the purpose of the Fourth Step. We are trying to free ourselves of living in old, useless patterns. We take the Fourth Step to grow and to gain strength and insight. We may approach the Fourth Step in a number of ways.

To have the faith and courage to write a fearless inventory, Steps One, Two and Three are the necessary preparation. It is advisable that before we start, we go over the first three steps with a sponsor. We get comfortable with our understanding of these steps. We allow ourselves the privilege of feeling good about what we are doing. We have been thrashing about for a long time and have gotten nowhere. Now we start the Fourth Step and let go of fear. We simply put it on paper, to the best of our present ability.

We must be done with the past, not cling to it. We want to look our past in the face, see it for what it really was and release it so we can live today. The past, for most of us, has been a ghost in the closet. We have been afraid to open that closet for fear of what that ghost may do to us. We do not have to look at the past alone.

Our wills and our lives are now in the hands of our Higher Power. Writing a thorough and honest inventory seemed impossible. It was, as long as we were operating under our own power. We take a few quiet moments before writing and ask for the strength to be fearless and thorough.

In Step Four, we begin to get in touch with ourselves. We write about our liabilities such as guilt, shame, remorse, self-pity, resentment, anger, depression, frustration, confusion, loneliness, anxiety, betrayal, hopelessness, failure, fear and denial.

We write about the things that bother us here and now. We have a tendency to think negatively, so putting it on paper gives us a chance to look more positively at what is happening.

Assets must also be considered, if we are to get an accurate and complete picture of ourselves. This is very difficult for most of us, because it is hard to accept that we have good qualities. However, we all have assets, many of them newly found in the program, such as being clean, open-mindedness, God-awareness, honesty with others, acceptance, positive action, sharing, willingness, courage, faith, caring, gratitude, kindness and generosity. Also, our inventories usually include material on relationships.

We review our past performance and our present behavior to see what we want to keep and what we want to discard. No one is forcing us to give up our misery. This step has the reputation of being difficult; in reality, it is quite simple.

We write our inventory without considering the Fifth Step. We work Step Four as if there were no Step Five. We can write alone or near other people; whatever is more comfortable to the writer is fine. We can write as long or as short as needed.

Someone with experience can help. The important thing is to write a moral inventory. If the word moral bothers us, we may call it a positive/negative inventory. The way to write an inventory is to write it! Thinking about an inventory, talking about it, theorizing about the inventory will not get it written. We sit down with a notebook, ask for guidance, pick up our pen and start writing. Anything we think about is inventory material. When we realize how little we have to lose, and how much we have to gain, we begin this step.

A basic rule of thumb is that we can write too little, yet we can never write too much. The inventory will fit the individual. Perhaps this seems difficult or painful. It may appear impossible. We may fear that

being in touch with our feelings will trigger an overwhelming chain reaction of pain and panic. We may feel like avoiding an inventory because of a fear of failure. When we ignore our feelings, the tension becomes too much for us. The fear of impending doom is so great that it overrides our fear of failure.

An inventory becomes a relief, because the pain of doing it is less than the pain of not doing it. We learn that pain can be a motivating factor in recovery. Thus, facing it becomes unavoidable. Every topic of step meetings seems to be on the Fourth Step or doing a daily inventory. Through the inventory process, we are able to deal with all the things that can build up. The more we live our program, the more God seems to put us in positions where issues surface. When issues surface, we write about them. We begin enjoying our recovery, because we have a way to re- solve shame, guilt, or resentment.

The stress once trapped inside of us is released. Writing will lift the lid off of our pressure cooker. We decide whether we want to serve it up, put the lid back on it, or throw it out. We no longer have to stew in it.

We sit down with paper and pen and ask for our God's help in revealing the defects that are causing pain and suffering. We pray for the courage to be fearless and thorough and that this inventory may help us to put our lives in order. When we pray and take action, it always goes better for us.

We are not going to be perfect. If we were perfect, we would not be human. The important thing is that we do our best. We use the tools available to us, and we develop the ability to survive our emotions. We do not want to lose any of what we have gained; we want to continue in the program. It is our experience that no matter how searching and thorough, no inventory is of any lasting effect unless it is promptly followed by an equally thorough Fifth Step.

Tradition Four

“Each group should be autonomous except in matters affecting other groups or NA as a whole.”

The autonomy of our groups is necessary for our survival. A dictionary defines autonomous as “having the right or power of self-government...undertaken or carried on without outside control.” This means our groups are self-governing, and not subject to outside control. Every group has had to stand and grow on its own.

One might ask, “Are we truly autonomous? Don't we have service committees, offices, activities, hot lines, and other activities in NA?” They are services we use to help us in our recovery and to further the primary purpose of our groups. Narcotics Anonymous is a Fellowship of men and women, addicts meeting in groups and using a given set of spiritual principles to find freedom from addiction and a new way to live. The services that we mentioned are the result of members who care enough to reach out and offer help and experience so that our road might be easier.

A Narcotics Anonymous group is any group that meets regularly, at a specified place and time, for the purpose of recovery, provided that it follows the Twelve Steps and Twelve Traditions of Narcotics Anonymous. There are two basic types of meetings: those open to the general public and those closed to the public (for addicts only). Meeting formats vary widely from group to group; some are participation meetings, some speakers, some are question and answer, and some focus on special problems discussion.

Whatever the type or format a group uses for its meetings, the function of a group is always the same; to provide a suitable and reliable environment for personal recovery and to promote such recovery. These Traditions are part of a set of spiritual principles of Narcotics Anonymous, and without them NA does not exist.

Autonomy gives our groups the freedom to act on their own to establish an atmosphere of recovery, serve their members and fulfill their primary purpose. It is for these reasons that we guard our autonomy so carefully.

It would seem that we, in our groups, can do whatever we decide, regardless of what anyone says. This is partly true. Each group does have complete freedom, except when their actions affect other groups or NA as a whole. Like group conscience, autonomy can be a two-edged sword. Group autonomy has been used to justify violation of the Traditions. If a contradiction exists, we have slipped away from our principles. If we check to make sure that our actions are clearly within the bounds of our traditions; if we do not dictate to other groups, or force anything upon them; and if we consider the consequences of our action ahead of time, then all will be well.

Local and Regional Events: Geographical Areas include but are not limited to - Ulster, Dutchess, Greene, Columbia counties. The Capital District. Southern Adirondacks. Berkshires. Green Mountain of Vermont

Never Alone Group of Narcotics Anonymous Presents
A Gathering of Miracles
 31 Yrs Of Recovery



8 am Saturday July 23, 2022 8 am
 To Prospect Park –Main Pavilion To
 6 pm Troy, NY 12180 6 pm

A Great Day Of
Fellowship, Food, Fun, Music & Meetings
 \$3.00 Suggested Donation – Family Event – Children’s Activities – Live DJ
 All Are Welcome

Please consider bring your favorite dish to help with food.
 Shirts For Sale
 No one will be turned away.

For information or directions call
 David B 518-339-3858 - Shawn M, 518-378-0887
 or visit the regional web site at www.abcdma.org

MID-HUDSON AREA OF NARCOTICS ANONYMOUS
 Public Relations along with Hospitals and Institutions present a

Learning Day



Hospitals & Institutions

The purpose of an H & I Learning Day is to educate the members of the fellowship about Hospitals and Institutions' work. Learning days are one way to prepare the member to carry the message to addicts who don't have full access to regular meetings. We have learning days so that we may benefit from the collective experience of other NA members.

Please join us to learn how H & I works and how you can get involved. We Need You!

Public Relations

The purpose of a PR learning day is to share with members of the fellowship the exciting ways we, through a committee, connect the fellowship to the public. We communicate in various ways to inform, educate and attract.

Come join us! Hear about the ways you can bring your talents to Public Relations.

POSTER DRIVE

Bring an H & I presentation into a facility

Help carry our message

161 Mansion St., Poughkeepsie, NY
 May 21, 2022
 12pm – 4pm

For more information please call:
 H & I contact: Peter K 845-764-1099
 PR contact: Rob S 518-929-0094

Please gather your support group and join us. We will have snacks and refreshments, speakers, presentations, displays and fellowshiping. (EVENT HOSTED BY EVENTS & ACTIVITIES)

THE ALBANY-RENSSELAER AREA OF NARCOTICS ANONYMOUS PRESENTS:



THE PROMISE OF FREEDOM CAMPOUT XIV

NO ADDICT WILL BE TURNED AWAY



NO RV'S ALLOWED!

Friday, June 3rd 2022 to Sunday, June 5th 2022
 24 Camp Scully Way · Wynantskill, NY 12198
 On Snyder's Lake just minutes from Albany



VISIT POFCNA.COM TO REGISTER & SCAN THE QR CODE TO DONATE
 The facility may limit the number of attendees so PLEASE REGISTER EARLY!

Mohawk River Area of Narcotics Anonymous Events & Activities Subcommittee presents

"Willingness To Serve"
Virtual Learning Day


Saturday
 March 19, 2022
 10 am - 2 pm EST

Zoom I.D. 875 2568 8071
 Password LEARN

featuring 8 speakers from around the globe sharing their experience on the various forms of NA service

SOUTH AFRICA * CANADA * SAUDI ARABIA * PUERTO RICO
 ENGLAND * PORTUGAL * UNITED STATES * ARGENTINA

contact Robert H. with any questions (518) 986-1493



What is our message?
 The message is that an addict
 any addict, can stop using drugs
 lose the desire to use and
 find a new way to live.
 our message is hope and
 the promise of freedom
 When all is said and done. Our
 primary purpose can only be to
 carry the message to the addict
 who still suffers
 because that is all we have to give

Narcotics Anonymous

CONTACT INFORMATION:

- **MID-HUDSON AREA OF NARCOTICS ANONYMOUS WEBSITE:**
WWW.MHA-NA.ORG

- **NARCOTICS ANONYMOUS:**
WWW.NA.ORG

- **ABCD REGION OF NARCOTICS ANONYMOUS (CAPITAL REGION):**
WWW.ABCDRNA.ORG

Events: <https://abcdrna.org/events-calender>

- **BERKSHIRE COUNTY AREA OR NARCOTICS ANONYMOUS:**
WWW.BERKSHIRENA.COM

Berkshire Area Events <https://berkshirena.com/coming-events>



- **GREATER NY REGION OF NARCOTICS ANONYMOUS (DOWNSTATE):**

WWW.NEWYORKNA.ORG

Events: <https://newyorkna.org/calendar>

- **NA RECOVERY LITERATURE (TO PURCHASE BOOKS AND MISC.):** www.na.org/webstore

- **FREE NA LITERATURE:**
www.na.org/?ID=ips-index

- **MID-HUDSON AREA PUBLIC RELATIONS:**
MHANAPUBLICINFORMATION@YAHOO.COM

- **MID-HUDSON AREA HOSPITALS & INSTITUTIONS:**
MHANAHANDI@YAHOO.COM

- **MID-HUDSON AREA HELPLINE (SPEAK TO AN ADDICT):**
855-99-4HOPE

