



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
- 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. 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. Lost dreams are reawakened.



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 opening 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 no 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:

-
- 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:

NA speaker tapes from conventions around the world and shared on youtube. (Narcotics Anonymous is in no way affiliated with youtube)

Listen to Tommy O. (Experience, Strength & Hope through an H & I messenger)
<https://m.youtube.com/watch?v=eNAhHpWgajw&feature=youtu.be>



Listen to Joan H. (Experience, Strength & Hope)
<https://www.youtube.com/watch?app=desktop&v=1GoGppoLUFQ>

Listen to Art & Phil (A God Of My Understanding)
<https://www.youtube.com/watch?app=desktop&v=kh8qXLclZrl>



My Story by Tony P

How long have you been clean?

As of this morning 37 days, with a more peaceful mind.

How has your life changed since you've been in recovery?

I have found hope, I have made new friends who I need to do nothing more than be honest with myself and them. I now believe and know that my addiction will no longer rule my life. My wife of 25 years tells me that I am once again the man she married. Every morning I wake up excited for the new day, and my first thought is another day clean and what meeting am I attending today. The wrong voice in my head is much quieter most of the time. I know exactly what to do if the wrong voice talks too much or insists on being too loud I know now that my addiction is a disease not a flaw in my character. Honesty means something once again (That feels really good!) I am grateful, I never really understood or knew what that meant until now. I AM TRULY GRATEFUL FOR NA, MY NEW FOUND FRIENDS AND MY LIFE NOT CONTROLLED BY MY DRUG OF CHOICE. The list goes on Thanks to everyone in NA I have a tremendous amount of respect for everyone that is committed to the best quality of life that being drug free.

How important is it to have a sponsor in your life?

I just recently found my Sponsor, it was one of the first things I heard that I needed to do when I walked into my first NA meeting. At first I was uncomfortable walking up to a stranger or someone I talked to or listened to in a meeting and to ask someone to take on the task of helping me. I didn't know who would be the right sponsor for me, I had so many questions and in the beginning I thought that a sponsor was someone you called if you were going to jump off the cliff and use again. As I attended meetings I began to ask my new friends how I choose my sponsor, I really had no clue. Then a friend gave me a suggestion that worked for me. He said find someone that had something I wanted, he gave me examples like the car they drive etc.

For me it is the length of clean time. I felt that someone clean for a substantial amount of time would most likely have experienced the many trials and challenges that I knew would be coming my way. So I found my sponsor approximately ten days ago, and I am now understanding that a sponsor is so much more than the person you call before you jump off the cliff. I talk with my sponsor every day, he gives me alternative ways to look at things. He does this with common sense and a dash of humor. Both of which I respect and appreciate.

How long have you been involve in narcotics anonymous service?

I have only had one opportunity to attend a Detox Center and I really enjoyed the experience. It felt so good to give something back. I am at the very beginning of my recovery and I feel like the majority of the time I am taking so much more than I am giving and that feels selfish to me. I want to get involved in H&I so I can give back that what I have received so kindly.

Tell us about your home group?

Mine is The No matter what club that meets every Monday, Tuesday and Friday. It was the first meeting I walked into on a Friday morning after being up all night in a state of confusion and not knowing what to do. I only was sure that I have a problem and all of my efforts on my own were not working. That first meeting everyone was so kind and supportive, many offered suggestions like people places and thing, and if I could get clean anyone can. A friend at that meeting gave me the basic text as a Christmas present, (best Christmas present I ever received)

My home group celebrates my success with me, they encourage me, they don't judge me, and they are truly some of the finest people I have ever met. The name of my home group inspires me. The No Matter What Club. To me it means that no matter what I am not using again, No matter what this disease will not control my life anymore, as I have a home in the No Matter What Club my friends there do not judge me they support me and all of us together can stay clean and live a good honest life drug free.

I am truly grateful for The No Matter What Club, my home group. They also say the program works if you let it. My 37 days of clean is a good start and it is in no small part due to my home group who took me in. Thanks for the opportunity to share!

Step and Tradition of the Month

Step Eight

“We made a list of all persons we had harmed, and became willing to make amends to them all.”

Step Eight is the test of our newfound humility. Our purpose is to achieve freedom from the guilt that we have carried. We want to look the world in the eye with neither aggressiveness nor fear.

Are we willing to make a list of all persons we had harmed to clear away the fear and guilt that our past holds for us? Our experience tells us that we must become willing before this step will have any effect.

The Eighth Step is not easy; it demands a new kind of honesty about our relations with other people. The Eighth Step starts the process of forgiveness: We forgive others; possibly we are forgiven; and finally we forgive ourselves and learn how to live in the world. By the time we reach this step, we have become ready to understand rather than to be understood. We can live and let live easier when we know the areas in which we owe amends. It seems hard now, but once we have done it, we will wonder why we did not do it long ago.

We need some real honesty before we can make an accurate list. In preparing to make the Eighth Step list, it is helpful to define harm. One definition of harm is physical or mental damage. Another definition of harm is inflicting pain, suffering or loss. The damage may be caused by something that is said, done or left undone. Harm can result from words or actions, either intentional or unintentional. The degree of harm can range from making someone feel mentally uncomfortable to inflicting bodily injury or even death.

The Eighth Step presents us with a problem. Many of us have difficulty admitting that we caused harm for others, because we thought we were victims of our addiction. Avoiding this rationalization is crucial to the Eighth Step. We must separate what was done to us from what we did to others. We cut away our justifications and our ideas of being a victim. We often feel that we only harmed ourselves, yet we usually list ourselves last, if at all. This step is doing the legwork to repair the wreckage of our lives.

It will not make us better people to judge the faults of another. It will make us feel better to clean up our lives by relieving ourselves of guilt. By writing our list, we can no longer deny that we caused harm. We admit that we hurt others, directly or indirectly, through some action, lie, broken promise or neglect.

We make our list, or take it from our Fourth Step, and add additional people as we think of them. We face this list honestly, and openly examine our faults so we can become willing to make amends.

In some cases, we may not know the persons that we have wronged. While using, anyone that we contacted was at risk. Many members mention their parents, spouses, children, friends, lovers, other addicts, casual acquaintances, co-workers, employers, teachers, landlords and total strangers. We may also place ourselves on the list, because while practicing our addiction, we have slowly been killing ourselves. We may find it beneficial to make a separate list of people to whom we owe financial amends.

As with each step, we must be thorough. Most of us fall short of our goals more often than we exceed them. At the same time, we cannot put off completion of this step just because we are not sure that our list is complete. We are never finished.

The final difficulty in working the Eighth Step is separating it from the Ninth Step. Projections about actually making amends can be a major obstacle both in making the list and in becoming willing. We do this step as if there were no Ninth Step. We do not even think about making the amends but just concentrate on exactly what the Eighth Step says: make a list and become willing. The main thing this step does for us is to

help build awareness that, little by little, we are gaining new attitudes about ourselves and how we deal with other people.

Listening carefully to other members share their experience regarding this step can relieve any confusion that we may have about writing our list. Also, our sponsors may share with us how Step Eight worked for them. Asking a question during a meeting can give us the benefit of group conscience.

The Eighth Step offers a big change from a life dominated by guilt and remorse. Our futures are changed, because we don't have to avoid those who we have harmed. As a result of this step, we receive a new freedom that can end isolation. As we realize our need to be forgiven, we tend to be more forgiving. At least, we know that we are no longer intentionally making life miserable for people.

The Eighth Step is an action step. Like all the steps, it offers immediate benefits. We are now free to begin our amends in Step Nine.

Tradition Eight

“Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

The Eighth Tradition is vital to the stability of NA as a whole. In order to understand this tradition we need to define “nonprofessional service centers” and “special workers.” With an understanding of these terms, this important tradition is self-explanatory.

In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrists, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employed professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another.

We recognize and admire the professionals. Many of our members are professionals in their own right, but there is no room for professionalism in NA.

A service center is defined as a place where NA service committees operate. The World Service Office or local, regional, and area offices are examples of service centers. A clubhouse or half-way house, or similar facility, is not an NA service center and is not affiliated with NA. A service center is, very simply, a place where NA services are offered on a continuing basis.

The tradition states, “Service centers may employ special workers.” This statement means that service centers may employ workers for special skills such as phone answering, clerical work, or printing. Such employees are directly responsible to a service committee. As NA grows, the demand for these workers will grow. Special workers are necessary to ensure efficiency in an ever-expanding fellowship.

The difference between professionals and special workers should be defined for clarity. Professionals work in specific professions that do not directly service NA, but are for personal gain. Professionals do not follow the NA Traditions. Our special workers, on the other hand, work within our Traditions and are always directly responsible to those they serve, to the Fellowship.

In our Eighth Tradition, we do not single out our members as professional. By not placing professional status on any member, we ensure that we remain “forever nonprofessional.”

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

REAL DEAL GROUP ANNIVERSARY

POTLUCK DINNER SPEAKER MEETING
 FRIDAY, AUGUST 26TH FROM 6 PM TO 9 PM
 BRING YOUR FAVORITE DISH



@ POUGHKEEPSIE UNITED METHODIST CHURCH
 2381 NEW HACKENSACK RD (RT. 376), POUGHKEEPSIE, NY 12603
 CONTACTS:
 GINNY M. 805-217-5674 / LAURA C. 845-518-6625

\$8 Suggested Donation

SATURDAY, SEPTEMBER 3, 2022

Twin Rivers Area Annual Picnic

11 AM TO DUSK
 Family Friendly - Playground at the Park! (Sorry no dogs)

FOOD • FUN • FELLOWSHIP

12PM SPEAKER • 1PM SPEAKER
 2PM JFT MEETING • 3PM SPEAKER • 4PM SPEAKER

Walters Park @The Pavilion
 1 Meyner Rd, Phillipsburg, NJ 08865
 A NARCOTICS ANONYMOUS EVENT



Center 100 Hotel,
 Delta by Marriott
 7736 Adrienne Dr.
 Breinigsville, PA 18031
 610.391.1000

Room Rate
 \$112 + tax
 Room Reservation
 Please make room reservations directly
 with the hotel: 610.391.1000
 Mention "LAACNA LVXI"
 when making room reservation
 (discounted rate valid until 9/26/22)
 Free Parking • Free WiFi

Make all checks payable to LAACNA
 Little Apple Convention Center
 ATTN: Registration Chair
 PO Box 391, Whitehall, PA 18052

CONVENTION REGISTRATION

Name: _____
 Address: _____
 Email: _____
 Phone: _____

Before 7.31.22

Registration: \$25 x _____ = \$ _____
 Banquet: \$42 x _____ = \$ _____
 Spiritual Breakfast: \$15 x _____ = \$ _____
 OR
 Full Package: \$82 x _____ = \$ _____
 Newcomer Donation: \$ _____
 Total Enclosed: \$ _____
 No Refunds

After 7.31.22

Registration: \$30 x _____ = \$ _____
 Banquet: \$47 x _____ = \$ _____
 Spiritual Breakfast: \$15 x _____ = \$ _____
 OR
 Full Package: \$92 x _____ = \$ _____
 Newcomer Donation: \$ _____
 Total Enclosed: \$ _____
 No Refunds

CONTACT INFO CHAIR: Andrew M. 610.653.9164 REGISTRATION: Christian S. 484.623.3644
 PROGRAMS: Timmy F. 484.767.8275 MERCH/ FACILITIES: Dave J. 215.582.5708

Campout Activities:

- Volley Ball
- Swimming
- (Lake and Kiddie pool)
- Many Meetings
- Special Speakers
- Music & Fun for All



THIS IS A SUBSTANCE FREE EVENT.

THERE IS TO BE NO DRUGS,
 ALCOHOL, OR PARAPHERNALIA
 IN YOUR POSSESSION
 WHILE ON THE PROPERTY.

THIS IS FOR EVERYONE'S SAFETY
 AND RESPECT FOR THE
 PROPERTY OWNER
 THANK YOU

Directions

Gps users:
 341 Boys Club Rd Richmond MA

From the East: Boston

Take Mass Pike to exit 1 Weststockbridge
 Turn right on GT Barrington rd. in .1 mile
 turn left on Stockbridge Rd. In .4 mi. turn
 onto Swamp rd in 5.4 mi turn left onto
 Boys Club Rd.

From the West : New York

Take 187 toward NY/ MA Pike take exit B2
 onto taconic Pkwy; toward NY 295 in .6 mi
 exit onto Cady rd Turn left onto Upper
 Cady Rd. toward E Chatham. in 1 mi turn
 left on 295. In 10 miles turn left and
 immediate turn right on Summit rd. in 3.9
 miles turn left onto swamp rd. in .3 mi
 turn left onto Boys Club Rd.

From the South: Connecticut

From I91 take exit 14 to I90 Masspike. take
 I90 West toward Albany. In 43 Miles take
 exit 1 onto MA 41 toward Stockbridge rd. In
 .4 mi turn right onto W. Housatonic St. In
 5.4 mi turn left onto Boys Club Road.

Local : Pittsfield

At Park Square head South on South st. in
 .1 mile turn right onto W. Housatonic St. In
 .8 Miles turn left onto Barker Rd. in 4.2
 miles turn right on Boys Club rd.



32nd Annual Campout

Aug 26th-28th 2022

A Berkshire County Area
 Narcotics Anonymous Event

Camp Russell
 341 Boys Club Road
 Richmond MA
 www.berkshirena.com

By attending this campout, you are agreeing to NOT HOLD the Back to Basics Campout, or any of its volunteers, liable for injury, illness (including COVID-19 related illness) or any damage to persons or property by any attendees, which result from accident, damages, or injuries. Attendees agree to adhere to all State, local and CDC guidelines.

It is the support of each member's pre-registration or donation that helps make our camp out a success. There are **NO REFUNDS** on pre-registrations.

Swimming is allowed at your own risk. Campers are responsible for supervising their children. There is NO lifeguard, so please monitor your children.

Photos/Social Media – Please make sure you receive permission to take someone's picture as well as permission for posting any picture(s) on any social media. We are an anonymous program and we need to remain mindful of everyone's right to personal anonymity.

FIREWOOD
Please be mindful of Vermont state regulations when transporting firewood across state borders.

ABSOLUTELY NO PARKING ALONG EITHER SIDE OF THE ROAD INTO THE CAMPOUT AT ANY TIME.

NO DRUGS, ALCOHOL OR PARAPHERNALIA IN YOUR POSSESSION WHILE ON THE PROPERTY. THIS IS A SUBSTANCE FREE EVENT

Directions:

From the South:
-Take Rt 7 north from the Mass/VT border all the way to the center of Wallingford.
-There at the traffic light, go left onto Route 140.
-Follow that over the iron bridge then take your first left.
-Follow 1/2 mile then take the first right to Wallingford Lodge.

Or
-Take Interstate 91 North to exit 6. Then follow directions from the East.

From the East:
-Take Rt 103 N from the intersection of Rt 91 (Exit 6)
-Follow to the intersection of Rt 140 in Cuttingsville, VT.
-Take a left on Rt 140 and follow it to the traffic light.
-Go straight and follow to the iron bridge (see Directions from South)

From the North:
-Take Rt 7 South into Wallingford.
-At the traffic light take a right (see directions from South)

OR

-Take Rt 91 South to exit 6 in VT.
-Take Rt 103 N (same as directions from the East)

ABSOLUTELY NO ARRIVALS BEFORE THURSDAY so that vendor deliveries can be made as well as waste management facilities can be set up.

GREEN MOUNTAIN AREA



BACK TO BASICS



XXXVII

CAMPOUT
AUGUST 18-21, 2022

AT THE WALLINGFORD BOY'S CAMP
386 Waldo Lane
WALLINGFORD, VT 05773
RAIN OR SHINE

Methods of payments:

VENMO PAYMENTS ONLY

We are requiring each VENMO registrant to email the Campout Committee and provide your name and two points of contact information (email, phone number). This information will be used to contact you for confirmation purposes. If you are registering MULTIPLE people, we will still need all parties' names referenced in this email. If you are registering a child, we ONLY need the child's name. We do not need contact information for any children. If you do not complete this process, we will not accept your payment. No Exceptions. Please reference any additional t-shirt/ sweatshirt purchases, or donations, you wish to make. Please send your email to:

campout@gmana.org

Please use our Venmo ID of:

@back-to-basics-12

If asked for the last four digits of a phone number, please reference 1381.

If mailing a check/money order, please make checks payable to:
To: GMANA Back To Basics
Mail To: GMANA- B2B
PO Box 6414 Brattleboro, VT 05302.

Please do not mail any checks after July 15, 2022, as we may not receive them in time to fulfill your registration.

Cash will be accepted this year. We will need a filled out registration form along with payment directly to committee member or at Campout.

REGISTRATION FORM

Name _____
Address _____
Phone _____
Email _____

# of Adults	\$ per Adult	Total
	\$50 (Pre Reg)	\$
	\$60 (after July 15)	\$
	\$25 (Day Package Saturday only)	\$
	\$10 (full package)	\$
# of Children under age 12		\$
	Total Registration Fees	\$
	7 th Tradition Donation:	\$
	Registration Subtotal	\$

Orders for campout t-shirts and sweatshirts will need to be referenced on your registration email for VENMO payments. Orders for campout t-shirts and sweatshirts must be submitted by July 15th, 2022

T-shirts- \$15	Hooded Sweatshirts- \$35	Size	Total
		S	\$
		M	\$
		L	\$
		XL	\$
		Other	\$
			\$
Subtotal			\$
TOTAL AMOUNT ENCLOSED:			\$

You will receive a wristband upon checking in with registration. You must wear your wristband **AT ALL TIMES** during the campout.

Willing to CHAIR _____ SPEAK _____
Main Meeting _____ Workshop _____
Clean Date _____

Grills, PB & J and refreshments will be available at the lodge at 5pm Friday
Two (2) meals will be provided on Saturday. Campers must provide their own food for Thursday and Friday.

**** There will be no Breakfast on Sunday and ALL attendees must be off the premises by noon (12) on Sunday****

Campout Committee Contact:

Email: campout@gmana.org

Tents or RV's welcome, No hookups
RV's in designated areas ONLY! **NO GENERATORS ON AFTER 10PM**

Dogs are welcome and must be leashed and controlled at all times

No fires are allowed on the lodge's front yard. (Camp stoves and charcoal grills only). Above ground fires are permitted in all other camping areas on camp property and field.

For more flyers go to our website www.gmana.org

BERKSHIRE COUNTY AREA OF NARCOTICS ANONYMOUS BIENNIAL CONVENTION-JIMINY PEAK MOUNTAIN RESORT

OCTOBER 28, 29th , & 30th 2022

Registration

Register online @ berkshirena.com

or
Mail into :
Berkshire County Area Convention PO Box 2404 Pittsfield MA 01202

CONTACT US
Convention Chair DAN D. (413) 441-3291

Registration DEB G. (413) 441-9385

Programming John T. (413) 441-9468

Programming is looking for members to chair and speak please email us

Troiano37@GMAIL.COM

Clean time to Chair is 1 year
Workshop Speaker is 3 years
Main Speaker is 10 years

Please send speaker cd's by July 1st to
PO Box 359
Pittsfield MA 01202



JIMINY PEAK MOUNTAIN RESORT
37 COREY ROAD
HANCOCK MA 01237
(413) 738-5500
EXTENDED ROOM RATES AVAILABLE
ROOM RATES \$129.00 +tax PER NIGHT
MENTION BCANA
WHILE BOOKING YOUR ROOM

Convention Information

Hospitality Room

For Refreshments

Friday

Opening Meeting

Workshop Meetings

Marathon Meetings

Saturday

Workshop Meetings

Banquet

Main Meeting

Marathon Meetings

Sunday

Closing Meeting

Entertainment

Friday & Saturday Night

Included in registration fee.

Mountain Coaster Screaming Eagle and other amenities avail

@ resort for an additional fee

Registration is Important

Money collected for convention Registration is used for all convention related expenses. Without financial support, the planning and execution of this event would not be possible. Your support and donations are deeply appreciated and help make our convention a success.

Name _____
Address _____
City _____
State _____ Zipcode _____
Email _____
(please print legibly)

Directions

**** GPS users. 37 Corey Road Hancock MA**

From Boston/Eastern MA

Take I-90W - exit to US 20W Housatonic St
Towards LEE /Pittsfield. Continue onto US-7N
North st Follow US 7N 8.5 Miles. Turn left at
Corey rd the destination will be on the left.

From Western Connecticut

I-91N to I-90 W ,
then follow directions above from Boston.

From New York City

Taconic Parkway to route 295 E to Route 22N to
route 43 E. Follow 43 E for 4 miles to Brodie
Mountain Road, Turn right , Destination is on right.

From Up State New York

NY 43E toward Defreestville 10.5 miles
Turn right at NY 43 E/ NY 66 S 13.5 miles
Continue onto MA 43E- turn right at Brodie
Mountain road- 2nd right onto grey road and
destination is on the left.

Pre-Registration. \$28 _____
After 9-20-22 \$33 _____
Buffett (Vegetarian avail) \$38 _____
Newcomer Donation. \$ _____

Total Inclosed \$. _____

Mail Payment to
Berkshire Area Convention
PO Box 359
Pittsfield MA 01202

For online Registration
(PayPal credit or debit card)

Visit : Berkshirena.com

CONTACT INFORMATION:

• **MID-HUDSON AREA OF NARCOTICS ANONYMOUS WEBSITE:**

WWW.MHA-NA.ORG

• **NARCOTICS ANONYMOUS:**

WWW.NA.ORG

The Seaway Trail Area of Narcotics Anonymous Presents:



Life is Better by the Campfire
2022 Summer
Recovery Camp Out



Fri., August 19th through Sun., August 21st

Location:

Robert Moses State Park
32 Beach Marina Road, Massena, NY



Come join us for a family-friendly campout located along the beautiful St. Lawrence River.
Children and dogs welcome!
NA meetings to be held Friday & Saturday night at 8PM.



Cost: \$25 per adult, register by July 19th

Late registration: \$35 per adult

Family rate: \$50 for 2 adults & children

Fee includes campsite & dinner each night; bring your own gear
Remit payment to your NA home group's GSR or Elian E.
(Paypal, Facebook, Cash, Check)

Questions or concerns? elian.f.ericson@gmail.com

- **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

