



## 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](http://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**



### 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](mailto:mhanapublicinformation@yahoo.com) and let us know.

### 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.



## 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 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 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](http://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](http://WWW.NA.ORG)**



**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

Narcotics Anonymous Meetings in the area are open for in-person as well as hybrid (include streaming via Zoom). The zoom platform has been a saving grace in creating an ability for addicts to share with one another their - experience, strength and hope. Zoom has also given us the ability to meet recovering addicts from all parts of the world. A recovering addict can experience a meeting in Japan, Turkey, Norway or France with a few keystrokes of a computer or smartphone. The amazing thing is despite our difference in geographical location, we have the same thing in common - *addiction*.



*Our area has a website. It is [mha-na.org](http://mha-na.org) and is the best way to find a meeting location near you. Our website also has links to virtual meetings. There are also many Narcotics Anonymous meetings that meet virtually 24/7 and are hosted on a variety of platforms. One can also find meetings that are dial up for the individual with no ability to access a computer or smartphone.*

*The reason we plug our website so much is because it is updated regularly and will have the most up to date meeting information. We have found that paper form meeting list are possibly sending a struggling drug addict to a meeting location that has closed since that meeting list was printed. This is a dangerous scenario that we try to avoid.*

*We have decided to add into our newsletter - NA Events. These events are events that are put on by groups, committees, areas or regions. They are opportunities for addicts to experience a social setting put together to have fun as well as hear a message of hope. They also allow members to network, learn, be a part of, work through un-comfortability, share their experience with a large audience etc. We encourage treatment facilities to bring their clients to NA events or simply let them know they are happening. Many recovering addicts have a story about the first events they went to in recovery. These are monumental moments that have led to pivotal changes in peoples recovery. It's all about the unity we feel on top of learning that we can have fun in recovery.*

*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 zoom 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.

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.**

## 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 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 - January 2019**

### ***Facing the challenge***

***I first got clean back in 1992, and I felt out of place, probably like you. Dropped off at noon, broken, at the church on Fair- fax and Fountain. Out on the front steps, drinking coffee, smoking, glaring, joking; bikers, punks, spiked hair, and junkies. Some laughing, some nodding and talk- ing, welcoming without being overbearing. Inside, I sat in the middle row, because the bad-asses were in the back, the cheerful ones took up the front, and I guess I was neither of those. For about the first month, the readings seemed like they must've been in Latin, but then I guess they changed them to English so I could understand them. I heard people sharing but couldn't remember what they said; the voices in my head were so much louder than theirs. And then one day I heard what you were saying. It's hard to explain, but somehow my head and heart opened. I thought there'd be no place for me with- out the drugs and my pals who all used, but I felt at home for the first time ever here with all of you who managed to be schooled by "old-timers" with six months or even a few years clean. I loved your laughter and caring and lunches and sponsorship. And then I got to make coffee and you trusted me to be treasurer, secretary, and even GSR. You took me in and showed me how to take in others, God, and then myself. We share gratitude, Steps, secret jokes, trials, victories, and how to be human and live just for today. With perseverance, staying clean, relapses, and making it back if you're lucky like me, hopefully we'll all stay. Thanks to my Higher Power, my sponsor, and the folks at Pass Ave. Thanks for always being there, and for the wonderful life that I have!***

***Tom K, California, USA***

***Reprinted from Never Alone, San Fernando Valley Area, California, December 2018***

### **A dream**

**I had a vivid dream last night, similar to dreams from the past that I don't have often these days. It was graphic and horrific, violent and wrought with rampant substance abuse. I had destroyed my life and the lives of others in the course of a single evening, betraying everything I valued and believed in. I had given up everything I had worked so hard for— not just material goods, but also my very soul.**

**In the dream, I had turned my back on the life I created in recovery, the life of knowing and expressing my true nature of love.**

**In that space between being asleep and awake, fear, anger, and loathing were palpable. I was empty, shrouded in darkness, being torn apart in the vacuum of an endless void. I awoke confused, heart racing; it took a few moments to get oriented.**

**Then, I came to my senses. My heart slowed a little, and my mind came back to this world. I was in my warm bed, next to my beautiful wife. I had not betrayed my very being. I had not destroyed lives. It was just a dream. I wept tears of gratitude. I was so grateful to have awakened from that horrible dream. Those manufactured**

thoughts and emotions were nothing more than distant emotional memories, so far removed that they could only manifest in the hazy other-world of dreams.

That distant life didn't go away on its own. It took hard work, practice, and introspection. It took—and takes—accepting the help of my community. It takes willingness, honesty, open-mindedness, and hope. One day, you too may awaken and realize that hell is but a distant and fleeting dream, and find yourself in a single moment, where love and peace flourish. And you may weep because it is beautiful.

**Anonymous**

Reprinted from Edmonton Area Monthly, Alberta, Canada, May 2018

## **LGBT meetings**

Since coming into recovery, I have struggled to have a sense of identity. When I came into the rooms last year, I had no problem admitting to myself and others that I was, in fact, an addict. But since entering recovery, I have had so much trouble growing on that sense of identity. I had so lost my way that I didn't know what made me happy or even what kind of person I was.

I used to be very involved in the LGBT community before my addiction manifested, and being involved always gave me a sense of being home. I was free to be myself without fearing judgment or feeling less than. It's been a long time since I've had that feeling, but I've found it again at LGBT NA meetings.

These meetings have helped me gain a sense of identity again. They've given me a place where I can share honestly and openly without fear of judgment. I've been able to share my darkest or brightest and deepest thoughts, which has allowed me to connect with people with similar experiences. I didn't feel comfortable enough to even tell the men's meeting the day my partner of six years offered me his hand in marriage, for fear of homophobic responses on my magical day. I even hid the ring. I had to wait a few days until the LGBT meeting, and only shared the great news there and with my support network. I went through my first-ever breakup from my fiancé in recovery, and the only place I felt I could express my experience honestly was at the LGBT meetings. It was great to have the whole meeting offer me support with understanding, which I feared I wouldn't get at other meetings. Eight months later, the same meeting has helped me with all the obstacles I've faced while learning to date in a healthy way all over again.

**Ryan**

Reprinted from NA Today, Australia, November 2018

**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**

**Local and Regional Events:**

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 518-339-3956 - Shawn M, 518-378-0887  
 or visit the regional web site at [www.abodrna.org](http://www.abodrna.org)

Mid Hudson Area E&A  
 Bring Newcomer Presents  Speaker Jam  
 Dance

**Gift OF HOPE**

Saturday April 2 2022  
 161 Mansion Street  
 Poughkeepsie NY 12601  
 Speaker Jam & Dance  
 3:00pm - 11:00pm  
 Advance Tickets: \$7 - \$10 @ Door  
 \$\$ Food & Beverages will be sold \$\$  
 Food - Fun - Fellowship  
 Tyrone B. 945-505-3914  
 Steven J 845-290-4106

 **16th Annual Women’s Sponsorship Weekend Retreat**  
 May 6 - 8, 2022  
 4:00 PM Friday through 11 AM Sunday  
 Sponsored by the Straight from the Hip Group  
**Incarnation Retreat Center**  
 253 Bushy Hill Rd, Iverton, CT, 06442

**REQUIRED BY RETREAT CENTER: PROOF OF COVID-19 VACCINATION OR NEGATIVE TEST DATED BETWEEN MAY 3-6, 2022**

Dinner 6:00 PM Friday, Meeting 8:00 PM  
 3 FULL Meals Saturday and Sunday Breakfast  
 Comfortable rooms, excellent food, beautiful grounds!  
 Meetings, Meditation, Other Activities

 **HUGE RAFFLE! - RAFFLE DONATIONS WELCOME!** 

For next year’s newcomer packages and to help lower the retreat package price!  
 Due to Covid-19 precautions, there will be no Saturday night open meeting.  
 Retreat Committee Meetings are on Zoom every 3rd Monday @ 8:30 PM  
 For info: Nicole C (Registration Chair) 203-213-2324 or Sue S (Chair) 203-592-1072

Full Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 Phone(s) \_\_\_\_\_ Email: \_\_\_\_\_  
 Willing to share? (must be registered): \_\_\_\_\_ Clean Date: \_\_\_\_\_ # of Steps: \_\_\_\_\_  
 One interesting fact about you for the “Get to Know You” event: \_\_\_\_\_

Please Note Changes: ROOMS WILL BE ASSIGNED IN ORDER OF RECEIPT (BY POSTMARK)  
 Double or Triple Room Price: \$185 \_\_\_\_\_ OR Single Room Price: \$200 \_\_\_\_\_  
 Choice of Roommate(s) \_\_\_\_\_  
 Need a Newcomer Pkg? \_\_\_\_\_ Contribute a Newcomer donation? \$ \_\_\_\_\_  
 Registration Deadline: **May 2 NO REFUNDS!!!**

Make out check (TOTAL) to **Straight from the Hip** - MONEY ORDERS ONLY AFTER APRIL 1  
 Mail Registration form to: Straight from the Hip, PO Box 4033, Meriden, CT 06450  
**NEWCOMER PACKAGE REQUEST DEADLINE: post-marked March 7**

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


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Fall Into Open Arms IV  
Convention Committee  
Presents  
Sponsor & Sponsee  
Speakers  
**Spaghetti Dinner**  
Fundraiser  
March 26, 2022  
2:00pm - 8:00pm  
33 Park Place  
Goshen NY 10924

Advance Tickets:  
\$12- \$15 @ Door  
Merchandise,  
Raffles & Beverages  
\$ will be sold \$

Alexce R (914) 426-7955  
Barry T (845)728-2123



Mid-Hudson area Narcotics Anonymous  
February 9 at 7:01 AM · 📍  
Homemade Sauce & Meatballs !!

Unity Presents:  
Diversity is our Strength  
**A Virtual Fundraising  
Speaker Jam**



**Saturday  
19 March 2022  
12 PM - 9 PM EST**  
ZOOM ID: 840 0336 3264  
PW: Unity123

Unity is a special interest fundraising and events committee that serves the Manhattan area.  
In keeping with our 3rd Tradition, we encourage all members to attend.

**LHVA**  
**Welcome Home**  
Zoom ID  
6618024399  
Speaker Jam  
March 26th 1PM -  
5PM EST  
Password  
050426

Please check out our website - [www.mha-na.org](http://www.mha-na.org) for the latest updates on meeting dates, times and location

New meetings are opening and the NA events are being planned!

## CONTACT INFORMATION:

- MID-HUDSON AREA OF NARCOTICS ANONYMOUS WEBSITE:  
[WWW.MHA-NA.ORG](http://WWW.MHA-NA.ORG)

- NARCOTICS ANONYMOUS:  
[WWW.NA.ORG](http://WWW.NA.ORG)

- ABCD REGION OF NARCOTICS ANONYMOUS (CAPITAL REGION):  
[WWW.ABCDRNA.ORG](http://WWW.ABCDRNA.ORG)

- BERKSHIRE COUNTY AREA OR NARCOTICS ANONYMOUS:  
[WWW.BERKSHIRENA.COM](http://WWW.BERKSHIRENA.COM)



- GREATER NY REGION OF NARCOTICS ANONYMOUS (DOWNSTATE):  
[WWW.NEWYORKNA.ORG](http://WWW.NEWYORKNA.ORG)

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

- FREE NARCOTICS ANONYMOUS LITERATURE:  
[www.na.org/?ID=ips-index](http://www.na.org/?ID=ips-index)

- MID-HUDSON AREA PUBLIC RELATIONS:  
[MHANAPUBLICINFORMATION@YAHOO.COM](mailto:MHANAPUBLICINFORMATION@YAHOO.COM)

- MID-HUDSON AREA HOSPITALS & INSTITUTIONS:  
[MHANAHANDI@YAHOO.COM](mailto:MHANAHANDI@YAHOO.COM)

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

