



# 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 has continued adapting to the current state of the pandemic. Meetings in the area are open for in-person as well as hybrid (include streaming via Zoom). The pandemic and its effects have closed many meeting locations. On the positive note, many meetings survived and new meetings have been born. 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 2020**

### ***No matter what***

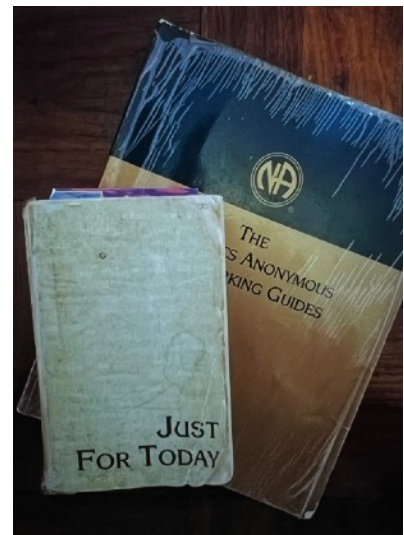
**Nineteen years ago today (28 July 2000), I woke up in rehab. I had reached the beginning of my end. My soul was broken, hopeless, and desperate. Every Monday night this mismatched bunch of weirdos would come to the rehab for an NA meeting—but I loved those weirdos! They saw me. They knew me. They were me.**

**I saw someone celebrate 100 days clean, and I could not for the life of me fathom how a person could not use for that long. The idea seemed preposterous and impossible.**

**A lot of time has passed and a lot of things have changed since I came to NA 19 years ago. The first book I bought back then was the Fifth Edition Basic Text. I gave it away to someone years ago. I now have a Sixth Edition, which is not as old as these two books—Just for Today and the NA Step Working Guides. The Just for Today is from 2000.**

**When I first got here, it would take another ten months and four relapses for me to finally concede defeat, but I never left NA. I stayed. I was always welcome even when I was high and talking bullshit, even when I was eleven years clean and a danger to others and myself because I would allow the disease to manifest in other ways. No matter what. No matter what. No matter what.**

**Leanne B, Durban, South Africa**



### ***Help and hope***

**It has been no less than six years since I got clean and started practicing the Twelve Steps. My path from addiction to NA is not different from that of addicts around the world—the highs and the pain. I can hardly recollect the days when I had progressed to becoming a full-blown addict because every time I used I would tell myself, “I am just using to enjoy this moment.” Soon, I found ten years of “moments” had passed.**

**The search for the first high made me use again, but I could never find it; all I got was some bitter experiences of life, which was no better than hell. Every time my addiction got deeper, it took away every bit of my morality, leaving me emotionally broken, helpless, and frustrated. I was so sick and tired that I wanted to**

**end the cycle, but I did not know how to do it. I tried every means from medical treatment, suppressing the dose and shifting chemicals, but nothing I tried worked.**

**Then I came across this NA Twelve- Step program. Initially I did not believe it would be helpful, but I just gave it a try—and yes, it worked. It worked slowly, but it worked. Sometimes it was hard, but always another recovering addict like me pulled me up. This cycle of helping one another helped me a lot, so as time passed, I learned to be freer and more open to the program, and a time came when I started enjoying being clean and free. I started to dream of a better life for the future like that of so many others, hoping I could bring my life back; but life had bitter plans for me.**

**Suddenly, I started having health problems. I had a severe intestinal problem, which broke me again. I could not think properly, and all I was doing was visiting one doctor after another. Medicine was not working, and the illness made me feel frustrated, helpless, and hopeless. However, the hope I had built up through the NA program helped me to believe that this, too, would pass.**

**And it did pass—not completely, but I am back on my feet again, trying to regroup the pieces of my life. I am very thankful to the program because it was the only thing that motivated me—and, of course, my higher power, which always pushed me ahead whenever I felt broken.**

**Anonymous, Darjeeling, India**

## ***Be the we***

**I recently celebrated one year clean. At a meeting I went to in Washington, DC, last night, something amazing happened that made me really feel the hand of my Higher Power in my life.**

**A friend carved the message “Be the We” on a billiard ball for me for my one-year anniversary. I took it with me to my meeting last night to show to people and pass around. And I noticed that the meeting leader was wearing a pin that also said “Be the We.”**

**Toward the end of the meeting, I thanked the leader for his share and I talked about how much I loved that particular meeting because my mom had gotten clean in DC in the 1980s. I could imagine her being at this meeting. She died 5 May 2011, while still clean. I was there holding her hand when she died after she had been in a coma for three and a half weeks.**

**When I talked with the leader after the meeting, he said that at some point toward the end of the meeting the pin had fallen off his shirt without him even noticing. I had an overall feeling of peace and serenity that night, and I believed that the “coincidence” of the leader wearing the pin and it falling off were signs of my**

mom being in that meeting with me. I always feel like she is around, but I really believe she and my HP had a part to play in that pin falling off that night. After the meeting, I wrote a poem about how I feel my mother and my Higher Power working in my life.

This past year has changed my life and me so much. I don't normally open up to people in my life about the fact that I'm in recovery or about myself in general, but I just wanted to share the magic I felt last night. I feel this NA magic in my life every day by working a program and being guided by something greater than myself, which has helped me to stay clean this past year.

Rachel D, Virginia, 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

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 518-339-3958 - Shawn M, 518-378-0987  
 or visit the regional web site at [www.abcdna.org](http://www.abcdna.org)

Mid Hudson Area E&A  
 Bring Newcomer Presents  Speaker Jam  
**Gift OF HOPE** Dance   
 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



**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](tel:855-99-4HOPE)

