



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

MID-HUDSON AREA OF NARCOTICS ANONYMOUS

HELPLINE NUMBER

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.

PLEASE FEEL FREE TO PRINT AND DISTRIBUTE

[Table of Contents](#)

- What does Public Relations do?
- H & I Committee
- What is the Narcotics Anonymous Program
- What Happens at an NA Meeting?
- The News in Narcotics Anonymous of the Mid-Hudson Area
- Your First NA Meeting
- Q & A with Tony P
- Some misconceptions about Narcotics Anonymous meetings
- Step and Tradition of the Month
- Local and Regional Events
- Contact Information



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 and help each other recover.

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 via links.

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 is thriving again in the Mid-Hudson Area of NY. We have many meetings open, NA events are happening, PR is attending community events and H&I is bringing meetings into facilities.

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 or end up in jail. 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.

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 without the use of drugs 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 path has been proven to offer the most success. 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. This seems fitting given the disease of addiction is cored by our self-obsession. 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 drug 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 to 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!

Q & A with 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 of 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!

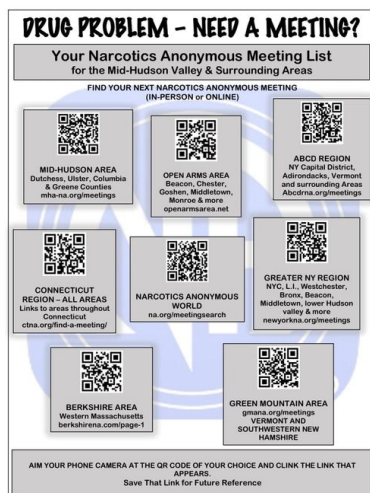
Some misconceptions about Narcotics Anonymous meetings - *based on some questions Public Relations has received*

"If a person is high, can they go to a meeting?" **Of Course! They are the most important person in the room. They are encouraged to "Keep coming back!"** see: [NA 3rd Tradition](#)

"On a television show, I saw an NA meeting happening and they closed the meeting with the Lord's Prayer. Is NA a religious program?" **What you possibly witnessed was a Hollywood producers idea of what happens in NA. In NA, you will hear words such as prayer and God. These words usually refer to a form of communication and a higher power. NA is a spiritual not religious program. Our Basic Text tells us "Many of us understand God to be simply whatever force keeps us clean." (pg 25, 6th edition). We are free to believe in God or not. As long as we are willing to live by spiritual principles we will be able to benefit from the program. Whatever your belief you are welcome in NA.**

"I was told at an NA meeting, by another member, that I was not clean because I am on a replacement drug".
NA has no opinion on whether or not you personally are clean or not. NA does not have control over an individuals understanding of who is clean or who is not. We have a service pamphlet titled [Narcotics Anonymous and Persons Receiving Medication-Assisted Treatment](#) which states: "While maintaining an emphasis on the importance of total abstinence, still-using addicts are welcomed into our meetings with special encouragement to keep coming back." (It Works, "Tradition Three") Even though any addict is welcome to attend NA meetings, those attending NA while receiving medications to treat drug addiction may be met by welcoming, accommodating members or sometimes by members who express strong opinions about medically assisted treatment. Persons may want to remember that there are usually a host of NA meetings in a community, and we encourage them to attend several different meetings to find one that they feel comfortable in.
"Tradition Ten restricts NA, as a fellowship, from stating opinions on outside issues. However, it places no such restriction on the individual member." (It Works, "Tradition Ten")

**Additional information for our readers: Click on link or visit [NA.org](#)
NA Groups and Medication
Narcotics Anonymous and Persons Receiving Medication-Assisted Treatment**



QR code meeting list link (Feel free to print and distribute)

Step and Tradition of the Month

From our Basic Text

Step Eleven

“We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

The first ten steps have set the stage for us to improve our conscious contact with the God of our understanding. They give us the foundation to achieve our long-sought, positive goals. Having entered this phase of our spiritual program through practicing the previous ten steps, most of us

welcome the exercise of prayer and meditation. Our spiritual condition is the basis for a successful recovery that offers unlimited growth.

Many of us really begin to appreciate our recovery when we get to the Eleventh Step. In the Eleventh Step, our lives take on a deeper meaning. By surrendering control, we gain a far greater power.

The nature of our belief will determine the manner of our prayers and meditations. We need only make sure that we have a system of belief that works for us. Results count in recovery. As has been noted elsewhere, our prayers seemed to work as soon as we entered the Program of Narcotics Anonymous and we surrendered to our disease. The conscious contact described in this step is the direct result of living the steps. We use this step to improve and maintain our spiritual condition.

When we first came into the program, we received help from a Power greater than ourselves. This was set in motion by our surrender to the program. The purpose of the Eleventh Step is to increase our awareness of that Power and to improve our ability to use it as a source of strength in our new lives.

The more we improve our conscious contact with our God through prayer and meditation, the easier it is to say, "Your will, not mine, be done." We can ask for God's help when we need it, and our lives get better. The experiences that some people talk about regarding meditation and individual religious beliefs don't always apply to us. Ours is a spiritual, not a religious program. By the time we get to the Eleventh Step, character defects that caused problems in the past have been addressed by working the preceding ten steps. The image of the kind of person that we would like to be is a fleeting glimpse of God's will for us. Often our outlook is so limited that we can only see our immediate wants and needs.

It is easy to slip back into our old ways. To ensure our continued growth and recovery, we have to learn to maintain our lives on a spiritually sound basis. God will not force His goodness on us, but we will receive it if we ask. We usually feel something is different in the moment, but don't see the change in our lives till later. When we finally get our own selfish motives out of the way, we begin to find a peace that we never imagined possible. Enforced morality lacks the power that comes to us when we choose to live a spiritual life. Most of us pray when we are hurting. We learn that if we pray regularly we won't be hurting as often, or as intensely.

Outside of Narcotics Anonymous, there are any number of different groups practicing meditation. Nearly all of these groups are connected with a particular religion or philosophy. An endorsement of any one of these methods would be a violation of our traditions and a restriction on the individual's right to have a God of his understanding. Meditation allows us to develop spiritually in our own way. Some of the things that didn't work for us in the past, might work today. We take a fresh look at each day with an open mind. We know that if we pray for God's will, we will receive what is best for us, regardless of what we think. This knowledge is based on our belief and experience as recovering addicts.

Prayer is communicating our concerns to a Power greater than ourselves. Sometimes when we pray, a remarkable thing happens; we find the means, ways and energies to perform tasks far beyond our capacities. We grasp the limitless strength provided for us through our daily prayer and surrender, as long as we keep faith and renew it.

For some, prayer is asking for God's help; meditation is listening for God's answer. We learn to be careful of praying for specific things. We pray that God will show us His will, and that He will

help us carry that out. In some cases, he makes His will so obvious to us that we have little difficulty seeing it. In others, our egos are so self-centered that we won't accept God's will for us without another struggle and surrender. If we pray for God to remove any distracting influences, the quality of our prayers usually improves and we feel the difference. Prayer takes practice, and we should remind ourselves that skilled people were not born with their skills. It took lots of effort on their part to develop them. Through prayer, we seek conscious contact with our God. In meditation, we achieve this contact, and the Eleventh Step helps us to maintain it.

We may have been exposed to many religions and meditative disciplines before coming to Narcotics Anonymous. Some of us were devastated and completely confused by these practices. We were sure that it was God's will for us to use drugs to reach higher consciousness. Many of us found ourselves in very strange states as a result of these practices. We never suspected the damaging effects of our addiction as the root of our difficulty and pursued to the end whatever path offered hope.

In quiet moments of meditation, God's will can become evident to us. Quieting the mind through meditation brings an inner peace that brings us into contact with the God within us. A basic premise of meditation is that it is difficult, if not impossible, to obtain conscious contact unless our mind is still. The usual, never-ending succession of thoughts has to cease for progress to be made. So our preliminary practice is aimed at stilling the mind, and letting the thoughts that arise die a natural death. We leave our thoughts behind as the meditation part of the Eleventh Step becomes a reality for us.

Emotional balance is one of the first results of meditation, and our experience bears this out. Some of us came into the program broken, and hung around for awhile, only to find God or salvation in one kind of religious cult or another. It is easy to float back out the door on a cloud of religious zeal and forget that we are addicts with an incurable disease.

It is said that for meditation to be of value, the results must show in our daily lives. This fact is implicit in the Eleventh Step: "...His will for us and the power to carry it out." For those of us who do not pray, meditation is our only way of working this step.

We find ourselves praying, because it brings us peace and restores our confidence and courage. It helps us to live a life that is free of fear and distrust. When we remove our selfish motives and pray for guidance, we find feelings of peace and serenity. We begin to experience an awareness and an empathy with other people that was not possible before working this step.

As we seek our personal contact with God, we begin to open up as a flower in the sun. We begin to see that God's love has been present all the time, just waiting for us to accept it. We do the footwork and accept what's being given to us freely on a daily basis. We find relying on God becomes more comfortable for us.

When we first come to the program, we usually ask for a lot of things that seem to be important wants and needs. As we grow spiritually and find a Power greater than ourselves, we begin to realize that as long as our spiritual needs are met, our living problems are reduced to a point of comfort. When we forget where our real strength lies, we quickly become subject to the same patterns of thinking and action that got us to the program in the first place. We eventually redefine our beliefs and understanding to the point where we see that our greatest need is for knowledge of God's will for us and the strength to carry that out. We are able to set aside some of our personal preference, because we learn that God's will for us consists of the very things we most value. God's will for us becomes

our own true will for ourselves. This happens in an intuitive manner that cannot be adequately explained in words.

We become willing to let other people be who they are without having to pass judgment on them. The urgency to take care of things isn't there anymore. We couldn't comprehend acceptance in the beginning; today we can.

We know that whatever the day brings, God has given us everything we need for our spiritual well-being. It is all right for us to admit powerlessness, because God is powerful enough to help us stay clean and to enjoy spiritual progress. God is helping us to get our house in order.

We begin to see more clearly what is real. Through constant contact with our Higher Power, the answers that we seek come to us. We gain the ability to do what we once could not. We respect the beliefs of others. We encourage you to seek strength and guidance according to your belief.

We are thankful for this step, because we begin to get what is best for us. Sometimes we prayed for our wants and got trapped once we got them. We could pray and get something, then have to pray for its removal, because we couldn't handle it.

Hopefully, having learned the power of prayer and the responsibility prayer brings with it, we can use the Eleventh Step as a guideline for our daily program.

We begin to pray only for God's will for us. This way we are getting only what we are capable of handling. We are able to respond to it and handle it, because God helps us prepare for it. Some of us simply use our words to give thanks for God's grace.

In an attitude of surrender and humility, we approach this step again and again to receive the gift of knowledge and strength from the God of our understanding. The Tenth Step clears away the errors of the present so we may work the Eleventh Step. Without this step, it is unlikely that we could experience a spiritual awakening, practice spiritual principles in our lives or carry a sufficient message to attract others to recovery. There is a spiritual principle of giving away what we have been given in Narcotics Anonymous in order to keep it. By helping others to stay clean, we enjoy the benefit of the spiritual wealth that we have found. We must give freely and gratefully that which has been freely and gratefully given to us.

Tradition Eleven

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

This tradition deals with our relationship to those outside the Fellowship. It tells us how to conduct our efforts at the public level. Our public image consists of what we have to offer, a successful proven way of maintaining a drug-free lifestyle. While it is important to reach as many people as possible, it is imperative for our protection that we are careful about advertisements, circulars and any literature that may reach the public's hands.

Our attraction is that we are successes in our own right. As groups, we offer recovery. We have found that the success of our program speaks for itself; this is our promotion.

This tradition goes on to tell us that we need to maintain personal anonymity at the level of press, radio, and films. This is to protect the membership and the reputation of Narcotics Anonymous. We do not give our last names nor appear in the media as a member of Narcotics Anonymous. No individual inside or outside the Fellowship represents Narcotics Anonymous.

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

28th Annual
(Previously referred to as "Thanksgiving Dinner @ Dinner")

Turkey & Cranberry Festival

Brought to you by The We Do Recover Group & The Mid-Hudson Area E&A Subcommittee of Narcotics Anonymous

Saturday, November 19th
Doors: 4pm / Meeting/Speakers: 5pm
St. Paul's Episcopal Church, 161 Mansion Street, Poughkeepsie, NY
Suggested Donation: \$5
Free admission if you bring a covered dish to pass.

Food, Fun, Fellowship, Speakers, Dancing, Clean Time Countdown!

5pm
Episcopal Church, 161 Mansion Street, Poughkeepsie
Suggested Donation: \$5

Mohawk River Area of Narcotics Anonymous Events & Activities subcommittee presents:

"FALL INTO RECOVERY"

Speaker Jam

*** ALL ATTENDING MUST WEAR A MASK ***


FOOD FUN FELLOWSHIP

Food Plates \$10
Soda & Water \$1

no addict will go unfed

Saturday November 19, 2022
1 pm to 6 pm
970 State St.
Schenectady, NY 12307

contacts: Wendy (518) 708-9393
Joey D. (518) 918-5003



Hospitals & Institutions with Public Relations Present

A Learning Day

In the Mid-Hudson Area

Come hear speakers share about their experience doing H & I and PR service in Narcotics Anonymous

Learn to share in Facilities and the Community, "What NA is, What we do and How to find us"

Nov 12th, 2022 1:30-5:30 pm
The Ryan House
19 Barclay Street
Saugerties, NY 12477
SUBS + BEVERAGES + SNACKS

FOR INFO CALL: Peter K. 946-764-1099 Rob S. 813-928-0094

RECOVERY BY THE RIVER ANNUAL GRATITUDE BRUNCH THANKSGIVING DAY!



THURSDAY, 24th OF NOVEMBER


10 AM - 1 PM

EBENEZER BAPTIST CHURCH
76 FIRST ST, NEWBURGH, NY

BRING A DISH IF YOU WISH

FOOD - FUN - FELLOWSHIP

BARRY T. (845) 728-2123
SCOTT H. (845) 796-8424



MID-HUDSON AREA NARCOTICS ANONYMOUS
FOR THE LOVE OF SERVICE III PRESENTS
A ONE DAY CONVENTION FUNDRAISER

Speaker Jam & Dance!

Saturday, December 17th, 2022
1pm - 5pm: Speaker Jam
Dance follows at 5PM
161 Mansion Street, Poughkeepsie
Food, Soda & Water will be sold
Tickets are \$5
Contact: Kelly B (845.902.0506)
Barry T (845.728.2123)



BE PRESENT FOR THE GIFT!

SAVE THE DATE

'UNITY IS ATTRACTIVE'

CHAMPLAIN VALLEY AREA'S 33RD CONVENTION OF NARCOTICS ANONYMOUS

NOV. 11 - 13, 2022

BURLINGTON, VT

CVANA.ORG

802.862.4516

TOLL FREE

866.580.8718

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

