



## 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)

### 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](mailto: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
- 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](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 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 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 by applying spiritual principles in our lives. It is an individual program that a member can create for themselves. We have no rules. However, many find that, a path has been created by our predecessors that has proven to be the path of least resistance. They have shown that through the understanding and application of the 12 steps, peace, serenity and harmony can be attained through humility. This newfound humility creates an existence where we no longer wish to be served but to serve. We longer wish to be understood - we understand. We no longer point the finger and live in a world of blame- we now own our part. Where we were a seeker of forgiveness - we forgive.



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

None of this is possible until we put down the drug. NA is a program of complete abstinence. However, "complete abstinence" is a goal. Any addict is welcome in Narcotics Anonymous whether you are still using, withdrawing, drinking alcohol, smoking weed or on replacement therapy. It doesn't

matter.....you are a member if you say you are. You will be welcomed with a

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

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

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

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

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

### **Your First NA Meeting**

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

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- Try to get there early. Don't be surprised if you are greeted with a warm welcome hug (It's okay to decline but know that it is customary to hug in NA as opposed to shaking hands).
- NA meetings are loaded with NA literature (it is the road map by which we find our way out of the darkness of addiction).
- Pick up a meeting list (or a few)
- You will hear many things quoted from one of our books called the Basic Text. It is strongly suggested to purchase one. If you cannot afford one, most groups give them out to a newcomer or a longterm member may buy you one.
- Listen to the readings that are read at the beginning of the meeting. Again..... Listen to the readings
- You will find that many meetings open the meeting with the Serenity Prayer. If the word "prayer" makes you feel a certain kinda way..... please keep coming back! You will soon pick up on the fact that NA is NOT a religious program. The NA program is a spiritual program. Let it develop in a way that feels right for you.
- NA is a "12 Step Fellowship". You will hear talk about the 12 steps and how people learn to live differently through the understanding and application of the 12 steps. Again....let it unfold for you.
- You will hear the word God or Higher Power mentioned in meetings. We are taught early on that we must rely on a power greater than ourselves to get and stay clean. Left to our own devices, we constantly failed. When we turn our will and lives over to a power greater than ourselves (many use the group or NA or the literature) we find that we learn coping skills and alternative ways of handling things that we could not in the past.
- Listen intently to the topic of surrender. Perhaps introduce yourself and ask to hear about it. We have found that without complete surrender with no reservations, we will surely use again.
- Many meetings recognize various amounts of clean time and they do it with key tags, medallions and hugs. They are powerful tokens of accomplishment that we receive to not only feel joy in for ourselves but to also show the newcomer that we can get through a day without using and those days add up.
- We have a daily meditation book as well as a free download on your phone device. It is called "Just For Today". Many of us look at this opportunity every morning to read a positive message, educate and remind ourselves that we are an addict in recovery.
- NA is self-supporting through our own contributions. You may see a basket passed around and members are throwing a buck or two in it. If you don't have a donation - don't sweat it. We have all been there and there is no need to feel uncomfortable. Self support comes in many different forms. Picking up a chair is supporting the fellowship.
- You will hear mention of sponsorship. It is an important part of recovery. Keep your eyes and ears open and seek out someone you feel comfortable with or identify with. Say..."Hey will you sponsor me?" It may feel awkward but its an important part of recovery.
- Don't be afraid to introduce yourself when asked, "are there any newcomers?" It's a humble gesture that allows people to get to know you.
- Last but not least..... GET PHONE NUMBERS! We need a lifeline during tough periods and calling another recovering addict is just that.

# 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 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.**

*"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**

**DRUG PROBLEM - NEED A MEETING?**

Your Narcotics Anonymous Meeting List for the Mid-Hudson Valley & Surrounding Areas

FIND YOUR NEXT NARCOTICS ANONYMOUS MEETING (IN-PERSON or ONLINE)

- MID-HUDSON AREA**  
Dutchess, Ulster, Columbia & Greene Counties  
[mh-na.org/meetings](#)
- OPEN ARMS AREA**  
Beacon, Chester, Goshen, Middletown, Monroe & more  
[openarmsarea.net](#)
- ABCD REGION**  
NY Capital District, Adirondacks, Vermont and surrounding Areas  
[Abcdna.org/meetings](#)
- CONNECTICUT REGION- ALL AREAS**  
Links to areas throughout Connecticut  
[ctna.org/find-a-meeting/](#)
- NARCOTICS ANONYMOUS WORLD**  
[na.org/meetingssearch](#)
- GREATER NY REGION**  
NYC, L.I., Westchester, Bronx, Beacon, Middletown, lower Hudson valley & more  
[newyorkna.org/meetings](#)
- BERKSHIRE AREA**  
Western Massachusetts  
[berkshirerna.com/page-1](#)
- GREEN MOUNTAIN AREA**  
[gma.org/meetings](#)  
VERMONT AND SOUTHWESTERN NEW HAMPSHIRE

AIM YOUR PHONE CAMERA AT THE QR CODE OF YOUR CHOICE AND CLINK THE LINK THAT APPEARS.  
Save That Link for Future Reference

**[QR code meeting list link](#) (Feel free to print and distribute)**

## Step and Tradition of the Month

### Step Ten

**“We continued to take personal inventory and when we were wrong promptly admitted it.”**

Step Ten frees us from the wreckage of our present. If we do not stay aware of our defects, they can drive us into a corner that we can't get out of clean.

One of the first things we learn in Narcotics Anonymous is that if we use, we lose. By the same token, we won't experience as much pain if we can avoid the things that cause us pain. Continuing to take a personal inventory means that we form a habit of looking at ourselves, our actions, attitudes and relationships on a regular basis.

We are creatures of habit and are vulnerable to our old ways of thinking and reacting. At times it seems easier to continue in the old rut of self-destruction than to attempt a new and seemingly dangerous route. We don't have to be trapped by our old patterns. Today, we have a choice.

The Tenth Step can help us correct our living problems and prevent their recurrence. We examine our actions during the day. Some of us write about our feelings, explaining how we felt and what part we might have played in any problems which occurred. Did we cause someone harm? Do we need to admit that we were wrong? If we find difficulties, we make an effort to take care of them. When these things are left undone, they have a way of festering.

This step can be a defense against the old insanity. We can ask ourselves if we are being drawn into old patterns of anger, resentment or fear. Do we feel trapped? Are we setting ourselves up for trouble? Are we too hungry, angry, lonely or tired? Are we taking ourselves too seriously? Are we judging our insides by the outside appearances of others? Do we suffer from some physical problem? The answers to these questions can help us deal with the difficulties of the moment. We no longer have to live with the feeling that we have a “hole in the gut.” A lot of our chief concerns and major difficulties come from our inexperience with living without drugs. Often when we ask an old-timer what to do, we are amazed at the simplicity of the answer.

The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, reactions, and motives. We often find that we've been doing better than we've been feeling. This allows us to examine our actions and admit fault, before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them.

We work this step continuously. This is a preventive action. The more we work this step the less we will need the corrective part of this step. This step is a great tool for avoiding grief before we bring it on ourselves. We monitor our feelings, emotions, fantasies and actions. By constantly looking at ourselves, we are able to avoid repeating the actions that make us feel bad.

We need this step even when we're feeling good and when things are going well. Good feelings are new to us, and we need to nurture them. In times of trouble, we can try the things that worked during the good times. We have the right to feel good. We have a choice. The good times can also be a trap; the danger is that we may forget that our first priority is to stay clean. For us, recovery is more than just pleasure.

We need to remember that everyone makes mistakes. We will never be perfect. However, we can accept ourselves by using Step Ten. By continuing a personal inventory, we are set free, in the here and now, from ourselves and the past. We no longer justify our existence. This step allows us to be ourselves.

## Tradition Ten

*“Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.”*

In order to achieve our spiritual aim, Narcotics Anonymous must be known and respected. Nowhere is this more obvious than in our history. NA was founded in 1953. For twenty years, our Fellowship remained small and obscure. In the 1970’s, society realized that addiction had become a worldwide epidemic and began to look for answers. Along with this came change in the way people thought of the addict. This change allowed addicts to seek help more openly. NA groups sprang up in many places where we were never tolerated before. Recovering addicts paved the way for more groups and more recovery. Today NA is a world-wide Fellowship. We are known and respected everywhere.

If an addict has never heard of us, he cannot seek us out. If those who work with addicts are unaware of our existence, they cannot refer them to us. One of the most important things we can do to further our primary purpose is to let people know who, what and where we are. If we do this and keep our good reputation, we will surely grow.

Our recovery speaks for itself. Our Tenth Tradition specifically helps protect our reputation. This tradition says that NA has no opinion on outside issues. We don’t take sides. We don’t have any recommendations. NA, as a Fellowship, does not participate in politics; to do so would invite controversy. It would jeopardize our Fellowship. Those who agree with our opinions might commend us for taking a stand, but some would always disagree. With a price this high, is it any wonder we choose not to take sides in society’s problems? For our own survival, we have no opinion on outside issues.

## 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**

**Fall Into Open Arms Convention**

*In The Spirit of Unity.. We Can...*

**October 7-9 2022**

LOCATION:  
**CROWN PLAZA HOTEL \* 3 EXECUTIVE BLVD. \* SUFFERN, NY 10901**  
 FOR MORE INFORMATION OR QUESTIONS CONTACT:  
 GINA B. (845)494-6815  
 MICHELE D. (845) 476-0183  
 WANDA M. (845)313-8476  
 ALEXCE R. (914)426-7955

<https://www.eventbrite.com/myevent/354508684017/copy/>

BERKSHIRE COUNTY AREA OF NARCOTICS ANONYMOUS  
 BIENNIAL CONVENTION-JIMINY PEAK MOUNTAIN RESORT  
 OCTOBER 28, 29th, & 30th 2022

**Registration**  
 Register online @ [berkshirena.com](http://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  
 Programing John T.  
 (413) 441-9468  
 Programming is looking for members to chair and speak please email us  
 Troiano37@GMAIL.COM

**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**

JIMINY PEAK MOUNTAIN RESORT  
 37 COREY ROAD  
 HANCOCK MA 01237  
 (413) 782-5500  
 EXTENDED ROOM RATES AVAILABLE  
 ROOM RATES \$129.00 +tax PER NIGHT  
 MENTION BCANA  
 WHILE BOOKING YOUR ROOM

**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 Defreesville 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](http://Berkshirena.com)





**HORROR**  
**HOPE in HUDSON** GROUP  
PRESENTS: THE SUMMONING OF A HIGHER POWER

2<sup>nd</sup> Annual



**SPOOKER JAM & FOOD**

52 Green St. Hudson, NY 6pm - 9pm • Always a free event & Family friendly •  
Please help us celebrate recovery by wearing your best costume. Bring your favorite dish.  
All the ghouls and goblins in your support group are most definitely welcome - EVIL LAUGH  
Together we will eat food, have fun, fellowship and summon a Higher Powers  
message of HOPE with the help of multiple speakers



## **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)

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

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

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

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

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

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

- **FREE NA 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**

