



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

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H & I Committee

About Hospitals and Institutions

H & I, as it is known within the fellowship, is another committee comprised of recovering addicts. This committee ensures that people seeking recovery through Narcotics Anonymous, that do not have full access to regular NA meetings, can here our lifesaving message.

Typical H&I presentation/meeting locations are:

- Prisons and Jails
- Rehab treatment facilities and Detox
- Adolescent institutions

Intent: to simply introduce those attending to some of the basics of the NA program. Hopes are that the individual, upon leaving the facility, will get to an NA meeting and find themselves comfortable and somewhat familiar with the NA program and the fellowship.



Typical Public Relations setup used at community gatherings & events

What does Public Relations do?

The role of the PR committee is to ensure that clear and accurate information about NA is available to the public. The demand for information about our fellowship is greater than ever.

The Narcotics Anonymous message is ***"that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live."*** Our relations with the public enable us to share this message broadly so that those who might benefit from our program of recovery can find us. We perform public relations service to increase the awareness and credibility of the NA program. We share our message openly with the public at large, with prospective members, and with professionals.



What is available on our website?

- Meeting locations and times
- Calendar events
- Information about NA
- Virtual meeting information
- Links to the NA World website
- Links to various committee contacts

www.mha-na.org

Narcotics Anonymous World Services

- Find the answers to any question you may have about NA on the world website.
- Purchase NA literature
- Find membership statistics
- Read about NA history
- Find resources for professionals
- Learn how to start a meeting
- Event calendar
- Contact information

WWW.NA.ORG

What is the Narcotics Anonymous program?

Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. NA was founded in 1953, and members hold nearly 76,000 meetings weekly in 143 countries today.

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

What happens at an NA Meeting?

"If you're new to NA or planning to go to a Narcotics Anonymous meeting for the first time, it might be nice to know a little bit about what happens in our meetings.

The information here is meant to give you an understanding of what we do when we come together to share recovery. The words we use and the way we act might be unfamiliar to you at first, but hopefully this information can help you get the most out of your first NA meeting or help you feel more comfortable as you keep coming back.

Showing up early, staying late, and asking lots of questions before and after meetings will help you get the most out of every meeting you attend.....People have all sorts of reasons for attending NA meetings, but the purpose of each meeting is to give NA members a place to share recovery with other addicts.

If you are not an addict, look for an open meeting, which welcomes non-addicts. If you're an addict or think you might have a drug problem, we suggest a meeting every day for at least 90 days to get to know NA members and our program"

(excerpts from IP #29, "[An Introduction to NA Meetings](#)")

NA literature is also a great source of information about our program.

Our Basic Text, Narcotics Anonymous, or our information pamphlets (IPs) are a good place to start. Most meetings offer IPs for free, while books are generally sold at the group's cost. Most of our literature is also available to read on this website.

To begin, we invite you to read IP #22, "[Welcome to NA](#)". Please come to our meetings and "Keep Coming Back!

The News in Narcotics Anonymous of the Mid-Hudson Area - **UPDATED**

Narcotics Anonymous continues to create an atmosphere where addicts can come together and share with one another how we stay clean one day at a time. We don't have to die 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:

- 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.

Personal Stories taken from:

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

Troy S. - NA Speaker - "Escaping from the Prison of Addiction"
<https://www.youtube.com/watch?v=S0R68Qz0I0c>



Relationships - Kelsey R. (Narcotics Anonymous Speaker Tapes)
<https://www.youtube.com/watch?v=gaxFSkdoOHg>

NA Speaker T-Bone's Humorous Story of Unmanageability and Recovery - "It's What Real Mean Do!"
https://www.youtube.com/watch?v=NCAb4Cwx_0U



Anyone can get clean from drugs: anonymous

I came from a wealthy, educated family. My grandfather was a judge of the Supreme Court, and my father ran his own law firm. I attended private school, and went on to university where I obtained two degrees; a Bachelor of Science and a Bachelor of Commerce. After graduating, I setup my own accounting firm. It was a great success, and I found myself with more money than I knew what to do with. I bought a house with my girlfriend, drove a new car, had nice furniture, went on extravagant overseas holidays, and was looking to get married in the coming months. I had grown tired of accounting, and so made a decision to sell the firm and go back to university to study medicine. I had just been accepted into medical school, and was negotiating the sale of my business.

On paper it all sounds pretty damn good. But what I failed to mention is that I would shoot up meth under the desk with my secretary in the room, because I couldn't wait the 2 minutes it would take for her to leave. Nor did I mention the long-standing clients I would fire due to suspicion that they were spies for the Australian Federal Police. And the insanity wasn't just confined to the office. The rare occasions I did come home would often be spent explaining to my distraught girlfriend why "someone else" was stashing their needles under our sink, or why I was wondering the streets naked at 4am pulling apart fridges on the side of the road (listening devices, obviously). My whole family witnessed me overdose at my mum's house, and then watched in horror as I shouted that the paramedics – who had saved my life – had no right to take me to hospital. And perhaps I was shouting because I didn't want my life to be saved. I can't say I was suicidal, but I certainly wanted to be dead.

I remember feeling betrayed by society. I had been sold this idea that with enough external stuff – the house, the girlfriend, the education, the money – I would be happy. But here I was with everything, and all I felt was an excruciating emptiness. I knew that something had to change, I

wanted to get clean from drugs so badly, and so I sent myself to a 12 step rehab in Thailand. Our rooms were cleaned and restocked with fresh fruit every morning, the smoothie bar was open from 10am – 3pm, and we got massages twice a week. As cushy as it was, I learned from that rehab how crucial NA meetings were going to be if I wanted a better life. I promised myself I would start going regularly.

I graduated rehab, finalized the sale of my business, and moved from Perth to the Gold Coast to begin my medical degree. As promised I started attending regular meetings. But these addicts weren't like the cashed up foreigners I'd met in Thailand. They had neck tattoos and wore gold chains. They spoke of homelessness, long jail sentences, and multiple admissions to the psych ward. I watched as people struggled to read the Just For Today out loud, and got teased when using the word "laborious" in one of my shares. People at meetings were sharing how they'd finally found their tribe, but I couldn't have felt more differently.

Despite this sense of separateness, I adhered to the cliché and kept coming back. After all, what other choice did I have? It was clear that NA was my last chance at a good life, and I wasn't about to throw that away just because I felt different. I knew if I wanted to get clean and stay clean, NA was my best chance. Slowly but surely I started chatting to people after the meetings, went for coffee, got a home group, took on a service position, and even started getting invited to birthday dinners. Granted, if you saw us walking down the street together it would've looked a bit odd. But through developing those relationships I learned a most valuable lesson.

I've never so much as been charged with possession, let alone gone to prison. Although I've been in psychosis, I have no idea what the inside of a psych ward looks like. And while I've been to rehab, it could perhaps be better described as a 5-star resort. I don't have tattoos or wear gold chains, and I can't relate to homelessness, financial insecurity, or illiteracy. But what I can relate to is the dishonesty and manipulation we practiced on a daily basis to stop people from getting in our way. What I can relate to are the soul destroying measures we would take to get our drugs. And what I can relate to is the sense of hopelessness, despair, and excruciating emptiness we would have done anything to alleviate. And I have found that to be more than enough.

It is not where I have been or what I have done that has earned me my seat in NA; I have paid for that privilege with my pain. Thanks to NA I am now clean from drugs.

Step and Tradition of the Month

Step Nine

"We made direct amends to such people wherever possible, except when to do so would injure them or others."

This step should not be avoided. If we do, we are reserving a place in our program for relapse. Pride, fear and procrastination often seem an impossible barrier; they stand in the way of progress and growth. The important thing is to take action and to be ready to accept the reactions of those persons we have harmed. We make amends to the best of our ability.

Timing is an essential part of this step. We should make amends when the opportunity presents itself, except when to do so will cause more harm. Sometimes we cannot actually make the amends; it is neither possible nor practical. In some cases, amends may be beyond our means. We find that

willingness can serve in the place of action where we are unable to contact the person that we have harmed. However, we should never fail to contact anyone because of embarrassment, fear or procrastination.

We want to be free of our guilt, but we don't wish to do so at the expense of anyone else. We might run the risk of involving a third person or some companion from our using days who does not wish to be exposed. We do not have the right or the need to endanger another person. It is often necessary to take guidance from others in these matters.

We recommend turning our legal problems over to lawyers and our financial or medical problems to professionals. Part of learning how to live successfully is learning when we need help.

In some old relationships, an unresolved conflict may still exist. We do our part to resolve old conflicts by making our amends. We want to step away from further antagonisms and ongoing resentments. In many instances, we can only go to the person and humbly ask for understanding of past wrongs. Sometimes this will be a joyous occasion when old friends or relatives prove willing to let go of their bitterness. Contacting someone who is still hurting from the burn of our misdeeds can be dangerous. Indirect amends may be necessary where direct ones would be unsafe or endanger other people. We make our amends to the best of our ability. We try to remember that when we make amends, we are doing it for ourselves. Instead of feeling guilty and remorseful, we feel relieved about our past.

We accept that it was our actions that caused our negative attitude. Step Nine helps us with our guilt and helps others with their anger. Sometimes, the only amend we can make is to stay clean. We owe it to ourselves and to our loved ones. We are no longer making a mess in society as a result of our using. Sometimes the only way we can make amends is to contribute to society. Now, we are helping ourselves and other addicts to recover. This is a tremendous amend to the whole community.

In the process of our recovery, we are restored to sanity and part of sanity is effectively relating to others. We less often view people as a threat to our security. Real security will replace the physical ache and mental confusion that we have experienced in the past. We approach those we have harmed with humility and patience. Many of our sincere well-wishers may be reluctant to accept our recovery as real. We must remember the pain that they have known. In time, many miracles will occur. Many of us who were separated from our families succeed in establishing relationships with them. Eventually it becomes easier for them to accept the change in us. Clean time speaks for itself. Patience is an important part of our recovery. The unconditional love we experience will rejuvenate our will to live, and each positive move on our part will be matched by an unexpected opportunity. A lot of courage and faith goes into making an amend, and a lot of spiritual growth results.

We are achieving freedom from the wreckage of our past. We will want to keep our house in order by practicing a continuous personal inventory in Step Ten.

Tradition Nine

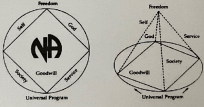
“NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.”

This tradition defines the way that our Fellowship functions. We must first understand what NA is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so. Our meetings are a gathering of members for the purpose of staying clean and carrying the message of recovery. Our steps and traditions are set down in a specific order. They are numbered, they are not random and unstructured. They are organized, but this is not the type of organization referred to in the Ninth Tradition. In this tradition, “organized” means having management and control. On this basis, the meaning of Tradition Nine is clear. Without this tradition, our Fellowship would be in opposition to spiritual principles. A loving God, as He may express Himself in our group conscience, is our ultimate authority.

The Ninth Tradition goes on to define the nature of the things that we can do to help NA. It says that we may create service boards or committees to serve the needs of the Fellowship. They exist solely to serve the Fellowship. This is the nature of our service structure as it has evolved and been defined in the NA service manual.

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

Albany Rensselaer Area of Narcotics Anonymous
Presents:
Learning Day 2022
Saturday - September 17, 2022
11:00am - 2:00pm
1336 First Avenue
Watervliet, NY 12189
Pizza & Light Refreshments Provided



Narcotics Anonymous

ARANA Events & Activities Subcommittee presents
THE TIES THAT BIND PICNIC
Sunday September 11th, 2022
11 am to 5 pm

Hudson Shores Pavilion
2 Selkè Dr.
Watervliet, NY 12189

FOOD
FUN
FELLOWSHIP
LIVE DJ
2 SPEAKERS

\$5 suggested donation
NO AGENCY WILL BE TURNED AWAY

LAACNA CONVENTION LVXI
9.23-9.25, 2022

Center 100 Hotel, Delta by Marriott
7736 Adrienne Dr.
Breinigsville, PA 18031
610.291.1000

Room Rate \$112 + tax
Room Reservation: Please make room reservations directly with the hotel: 610.291.1000
Mention "LAACNA LVXI" when making room reservation (discounts may not apply)
Free Parking • Free WiFi

Make all checks payable to LAACNA
LVA - Local Convention Committee
ATTN: Registration Chair
PO Box 391, Whitehall, PA 18052

CONVENTION REGISTRATION

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

Before 7.31.22	Registration: \$25 x _____ = \$ _____	After 7.31.22	Registration: \$30 x _____ = \$ _____
	Banquet: \$42 x _____ = \$ _____		Banquet: \$47 x _____ = \$ _____
	Spiritual Breakfast: \$10 x _____ = \$ _____		Spiritual Breakfast: \$15 x _____ = \$ _____
	OR		OR
	Full Package: \$82 x _____ = \$ _____		Full Package: \$92 x _____ = \$ _____
	Newcomer Donation: \$ _____		Newcomer Donation: \$ _____
	Total Enclosed: \$ _____		Total Enclosed: \$ _____

No Refunds

CONTACT INFO CHAIR: Andrew M. 610.683.3464 REGISTRATION: Christen S. 484.523.3644
PROGRAMS: Tommy F. 484.787.8275 MERCH FACILITIES: Dawn J. 215.642.5788

SAMMA MOUNTAIN MIRACLES MINI CONVENTION
September 23-25, 2022

End your summer in beautiful Lake George, NY!
Main Speaker Saturday Night, Campfire Meetings, Workshops, Meditation, Yoga, and more!

Package includes: _____
Location: _____

2 nights lodging, double occupancy
All Meals (D)
Convention Registration
Activities

Register Online www.sammamountainmiracles.com

87 Drive Bay Road
Saratoga Springs, New York

From start @ **\$250**/person

NARCOTICS ANONYMOUS MOHAWK RIVER AREA EVENTS & ACTIVITIES

2022 LABOR DAY BBQ
Monday September 5, 2022
Central Park Pavilion
Schenectady, NY
12pm - 6pm

\$10 pp \$30 family of 4

FOOD, MUSIC, GAMES, MEETING, FELLOWSHIP & MORE
COME AND SUPPORT OUR AREA - BRING A SALAD OR DESSERT
Water & Soda for Sale
Contact: Pat H. (518) 878-7021, Wendy (518) 708-9393

No Addict Will be Turned Away

\$8 Suggested Donation

SATURDAY, SEPTEMBER 3, 2022

Twin Rivers Area Annual Picnic

11 AM TO DUSK

Family Friendly - Playground at the Park! (Sorry no dogs)

FOOD • FUN • FELLOWSHIP

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

Walters Park @The Pavilion
1 Meyner Rd, Phillipsburg, NJ 08865

A NARCOTICS ANONYMOUS EVENT

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

Registration
Register online @ berkshirena.com

Mail into :
Berkshire County Area
Convention PO Box 2404
Pittsfield MA 01202
CONTACT US
Convention Chair DAN D.
(413) 441-3291
Registration DEB G.
(413) 441-9385
Programming John T.
(413) 441-9468

Programming is looking for members to chair and speak please email us
Troiano37@GMAIL.COM

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

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

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) 730-5900

EXTENDED ROOM RATES AVAILABLE
ROOM RATES \$129.00 +tax PER NIGHT
MENTION BCANA
WHILE BOOKING YOUR ROOM

NARCOTICS ANONYMOUS MOHAWK RIVER AREA EVENTS & ACTIVITIES

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Water & Soda for Sale
Contact: Pat H. (518) 878-7021, Wendy (518) 708-9393

No Addict Will be Turned Away

Fall Into Open Arms Area
Convention Committee IV
Presents
Prom Night

LOST DREAMS AWAKEN

September 10th 2022
5:00pm - Midnight
111 Schlipps Lane
Maybrook NY 12543
Advance Tickets \$25*

\$30 @ The Door (Limited Tickets)
Hors d'oeuvres - Dinner Included
Contact: Alexce 914-426-7955
Barry 845-728-2123

Music BY DJ CHAZ X
King & Queen Of Service Crowning
Raffles Merchandise Will be sold

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 at 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

Fall Into Open Arms Convention

CAACNA IV

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/mayevent/354508684017/copy/>



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