



# North Bay And Area NA Newsletter

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June 2020

## The Rooms

Caught in a rainy daze,  
 torn between tomorrow and yesterday,  
 I can never seem to just stand still,  
 so I drown my sorrows in the bottle and my pain in the  
 pill,  
 I've gone to extraordinary measures just to feel,  
 I just want something to grasp that's real,  
 my whole life I have searched for this feeling I thought I  
 would never find,  
 I drove myself crazy, line after line,  
 I watched the days turn into years as I slowly lost my  
 mind,  
 searching for a feeling that was lost in time,  
 I just wanted back what was once mine,  
 I spent a long time stuck in the life I chose,  
 where I had gone, nobody would truly know,  
 but from beneath the bottom I arose,  
 and through the dirt, I would grow,  
 from a dying weed into a beautiful rose,  
 And as every rose has its thorns,  
 it was through the pain of change I was born,

In the process what I would discover is much more than  
 I had ever imagined,  
 who knew by walking into a room I would find  
 compassion,  
 It was in that room I learned to take action,  
 and in those same rooms I found my passion,  
 A passion which grew into love,  
 and that love is what set me free,  
 from the disease that had manifested in me,  
 Now I know why they say keep coming back,  
 for it is through the people that we find what we lack,  
 a room free of judgment and disgrace,  
 where religion is not a topic, and your journey is not a  
 race,  
 love is shared and membership is free,  
 just give it a chance and you will see,  
 that between those 4 walls is where you are meant to  
 be,  
 and that feeling I had searched for so desperately,  
 I have found waiting in that room for me,

M.D.

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Editor Shalen R.

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*"The full fruit of a labour of love lives in the  
 harvest, and that always comes in its right  
 season . . ."*

*Jimmy K*

## CALENDAR OF EVENTS

### April

Faye M 4 years Online  
BW 5 years Online  
Amy P 1 year Online  
Dan Z 1 year and Verne T 27 years  
celebrating together TBD at a later date  
Janie Ann 29 years Online

### May

Billy C 1 year Online

Newsletter Meeting Online

ORCNA 2020 Online

### June

Area meeting Saturday June 6<sup>h</sup> Online @  
3:30pm

PR Public Relations/Information Week June  
1-7, 2020

Nikki P 3 years June 14<sup>th</sup> Online @ 7:30pm

### July

Karli W 5 years July 20<sup>th</sup> Online @ 7:30pm

## STAGES OF RECOVERY



**JUST FOR TODAY** my thoughts will be on my recovery, living and enjoying life without the use of drugs.

**JUST FOR TODAY** I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

**JUST FOR TODAY** I will have a program. I will try to follow it to the best of my ability.

**JUST FOR TODAY** through N.A. I will try to get a better perspective on my life.

**JUST FOR TODAY** I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.

So long as I follow that way, I have nothing to fear.