



# North Bay And Area NA Newsletter

Volume 1, Issue 1

May/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.

## INSIDE THIS ISSUE

<b>1</b>	Poem
<b>1</b>	Quote
<b>2</b>	Calendar of Events / Announcements
<b>2</b>	Flyers / Posters and Release of info Form

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

Newsletter Meeting Sat/May/9/20 at 3 PM on  
Zoom 122731547

### ORCNA 2020

ZOOM ONLINE # 6568462095.

MAY 16-20 FROM SATURDAY 10 AM TO 1 AM  
SUNDAY


Online Convention Workshops, Main  
Speakers, and Dance.

### June

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

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

# STAGES OF RECOVERY



**ORCNA 2020**  
ONTARIO REGIONAL CONVENTION  
NARCOTICS ANONYMOUS  
ONLINE EVENT

**Grateful**

**5/16/20 | 12 PM - 1 AM EST**

12:00	OPENING	6:00	Tracy I. (London, ON)
12:20	Brian S. (St. Catharines, ON)	6:30	Cenna B. (Kitchener, ON)
12:40	Julia V. (Toronto, ON)	7:00	Anthony F. (California)
1:00	Rodney B. (Kentucky)	7:30	Tom M. (Hawaii) *ASL AVAILABLE
1:30	Samantha F. (New York)	8:00	Dutch F. (Pennsylvania) *ASL AVAILABLE
2:00	Roberto S. (Florida) *ASL AVAILABLE	9:00	Liz M. (Kitchener, ON)
3:00	Johnny B. (Florida)	9:30	Blair G. (Ottawa, ON)
3:30	Sarah Q. (Georgia)	10:00	Jimmy Jam (California)
4:00	Manon C. (Guelph, ON)	10:30	Jimmy K. (New Jersey)
4:30	Gregory P. (Barbados)	11:00	Adam S. (Mississauga, ON)
5:00	Joan F. (Pennsylvania) *ASL AVAILABLE	11:30	Noah G. (British Columbia)

**ZOOM ID: 656 846 2095**  
**DANCE PARTY 12AM - 1AM WITH DJ PHOSSL**



**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.