

Clean Living Newsletter

June 2020

Niagara Area Of Narcotics Anonymous



Excerpt From "The Key" Newsletter
Public Health Services Lexington Kentucky May 17th 1953

It is easy to be pleasant when life flows by like a song

But the man worth while is one that will smile..

When everything goes dead wrong

For the test of the heart is trouble and it always comes
with the years .

And the smile that is worth the praises of earth is the
smile that shines through the tears .



ANIVERSERIES THIS MONTH

Let us know, help us
celebrate success in
the rooms

Resilient Addicts

Finding ways to Get together when the rooms are closed

CONTACT US

Toll-Free:
1-888-811-3887

Mailing Address:
NASCNA
125 Carlton St.
PO Box 29088
St. Catharines,
ON L2R 1R5

In March 2020 the Covid 19 virus brought down many of our meeting locations. Government precautions limited the number of people who could gather in one place. We the respectable, acceptable and responsible members of society did our part to flatten the curve, but only we know the angst caused by not having our regular dose of NA live in the rooms.

Recovering addicts around the world found ways and means to keep carrying the message, truly resourceful. Being that we are self supporting, anonymous and not attached to any outside organization I will not mention any of these social media platforms. We did what we needed to do to carry the message and actually got pretty good at it . Special thanks to all the addicts out there who hosted "Way to dig in the corners"

COVID 19 brought us the opportunity to visit rooms around the world and see what our fellowship is like in different cultures and dialects for some of us much more was revealed.

Area Meetings on social media I thought were very efficient, especially when the chair has the all powerful mute button, right down to business no breaks we can get in done.

The longer we stick around and keep coming back this will be part of the NA story line something we will share with the newcomers of the future. Going to any lengths to get your recovery may mean staring at a screen that looks like the opening credits from the brady bunch , trimming any nose hairs , and keeping a four by four area clean behind your camera . Oh Yes make sure you have a mic that works

Thanks for my recovery Bill M.

Online NA

You are not alone during this pandemic. Below is a list of local online NA meetings:

- Sundays at 8PM:** <https://us02web.zoom.us/j/2994057270>
- Mondays at 12PM:** <https://us02web.zoom.us/j/2994057270>
- Tuesdays at 7PM:** <https://zoom.us/j/989107592>
Password: 490275
- Tuesdays at 8PM:** <https://zoom.us/j/822214653>
- Wednesdays at 7PM:** <https://zoom.us/j/233854789>
Password: 030363
- Thursdays at 12PM:** <https://us02web.zoom.us/j/2994057270>
- Thursdays at 7PM:** <https://zoom.us/j/711467393>
Password: 025527
- Fridays at 7PM:** <https://zoom.us/j/88285452686>
Password: 504277
- Saturdays at 7PM:** <https://zoom.us/j/5298132668>
Password: 12345
- Saturdays at 7:30PM:** <https://zoom.us/j/9033337156> Password: 12steps
- Saturdays at 8PM:** <https://zoom.us/j/814165497>
Password: 025527

You can also call in using your phone at [+1 647 374 4685](tel:+16473744685).

For additional online meetings, visit <https://www.zoom.nastuff.com>

NA WORLDWIDE



An international online speaker meeting of Narcotics Anonymous

Saturdays
9PM AST, 8PM EST,
7PM CST, 6PM MST,
5PM PST, 4PM AKST

More time zone conversions:
timeanddate.com
Questions? Contact
pr@orscna.org



LINK: ZOOM.US/JOIN

MEETING ID: 814-165-497

PASSWORD: 025527

Thank you for Your Service

Hospitals & Institutions, Public Relations, and Phone line
(a combined subcommittee)

This combined subcommittee meets at 7:00 p.m. the 1st Wednesday of every month at:
Westview Christian Fellowship Church
124 Queenston St.

NASCNA

12:00 p.m. the 2nd Saturday of every month at:
Christ Church 4750 Zimmerman Ave
Niagara Falls, On

Recovering

© Selena Odom

Published: November 22, 2018

I'm all alone and feel I'm smothering.
 It's because of the addiction I've been covering.
 Why does the chaos never cease?
 All I need is just a little peace!
 I feel so beaten down and weak-
 Yet all day long it's drugs I seek.

Today I'll try a brand new scene.
 It's to my Heavenly Father I'll lean.
 I prayed so hard with all my heart.
 I heard Him say, "You'll have a fresh start."
 For now I'm held in His hand.
 Life is a lot easier to understand.
 I'm not alone and no longer smothering.
 I'm just an addict truly recovering.

**Niagara area Campout Update****18th ANNUAL FUN IN THE SUN CAMPOUT****HELD AT KNIGHT'S BEACH RESORT. JULY 31ST – AUGUST 3RD, 2020****Official Notice the 2020 Camp out has been Cancelled The deposit has be used to reserve our spot for 2021 same weekend**

Got a great NA story , song, poetry Let us hear it.

Group anniversaries' we can publish those , Let us know.

Jimmy Kinnon

James Patrick Kinnon, commonly known as Jimmy Kinnon or "Jimmy K.", was the primary founder of Narcotics Anonymous, a worldwide fellowship of recovering addicts. During his lifetime, he was usually referred to as "Jimmy K." due to NA's principle of personal anonymity on the public level.

Born: April 5, 1911, Paisley, United Kingdom

Died: July 9, 1985, California, United States

Kinnon died of lung cancer on 9 July 1985, in California. Prior to his death he said, if he ever had a headstone it would read, "All we did was sow some seeds and work and wrought to make this work, so that we and others could live. In Peace, in Freedom and in Love" He was clean for thirty five years at the time of his death.

Sunday

7:30 pm Steps 4 Miles St. John's Anglican Church 3428 Portage Rd Niagara Falls O/D/ST/WC

8:00 pm Men's Discussion Meeting Niagara Health Men's Withdrawal Management 264

Welland Ave St. Catharines O/D/WC

8:00 pm Never Alone Sacred Heart Church 72 Empire St (side door) Welland O/D/BT/JFT

Monday

12:00 pm Sharing and Caring First Lutheran Church 688 Elm St Port Colborne O/D/IWHW

8:00 pm Freedom Road Christ Church 4750 Zimmerman Ave Niagara Falls O/D/LC/SS/WC

Tuesday

8:00 pm Real Deal Grace Anglican Church 238 Geneva St St. Catharines O/D/ST/LC

8:00 pm New Hope St. Andrews United Church 5645 Morrison St Niagara Falls O/D/IWHW

Wednesday

7:30 pm Pure Life Arid House 89 Queen St Fort Erie O/D/JFT

8:00 pm Easy Does It Westview Christian Fellowship Church 124 Queenston St St. Catharines O/D/BT/WC

Thursday

7:00 pm The Survivor's Club Christ Church 4750 Zimmerman Ave Niagara Falls O/D/L/WC

8:00 pm Never Alone Sacred Heart Church 72 Empire St (side door) Welland IWHW/O/D/WC

Friday

11:00 am Pure Life Arid House 89 Queen St Fort Erie O/D

7:30 pm Attitudes of Gratitude Port of Grace Church 26 Charlotte St Port Colborne O/D//JFT Speaker last Friday each month

8:00 pm Easy Does It Westview Christian Fellowship Church 124 Queenston St St. Catharines O/D/JFT/WC

8:00 pm Freedom Road Christ Church 4750 Zimmerman Ave Niagara Falls O/D/JFT/SS/WC

Saturday

7:00 pm No Matter What Club Silver Spire United Church 366 St. Paul St (back entrance) St. Catharines O/D

7:30 pm Serenity By The River First Baptist Church 165 Bertie St Fort Erie O/LC/D

8:00 pm Saturday Night Live St. Andrews United Church 5645 Morrison St Niagara Falls O/SS/D/WC

8:00 pm Better Days Christ Our Savior Lutheran Church 448 Main St West Grimsby O/D/WC

LEGEND

O -Open (anyone can attend) C -Closed (addicts only) D- Discussion ST- Step and Tradition Study SS- Step Study JFT- Just For Today BT -Basic Text Q&A- Question and Answer WC- Wheelchair Access IWHW- It Works How & Why LC -Living Clean Our Service Meetings locations may vary