



Manitoba Area Newsline



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newsline@mascna.org

"Carrying the Message into Hospitals & Institutions"

Submitted by Rory B.

(With excerpts from the IP #20; 'Hospitals and Institutions Service' and the NA Member,)

Why?

'Hospitals and institutions service offers addicts an opportunity to demonstrate gratitude, fulfill responsibility, and share the NA message without expectations. It is also an effective tool that helps us stay clean, and keeps us coming back.' Sharing my experience, strength and hope with addicts in hospitals and institutions has made a huge contribution to my recovery. Every time I participate in an H&I panel, I am filled with gratitude for the fellowship and appreciation for the new way of life have found in NA.

What?

The H&I message is the same as the NA message: That an addict, any addict, can stop using, lose the desire to use, and find a new way to live. At an H&I panel, meeting, members carry this message to addicts in a hospital or institution and introduce them to the basics of the NA program.

Who?

Any NA member who wants to carry the message can get involved. There's no clean time requirement to attend the H&I Committee meetings/orientations. However, to participate in panels, the clean time requirement is 90 days to observe and 6 months to speak.

Where?

NA's primary purpose is to carry the message to the addict who still suffers. Therefore carrying the NA message into hospitals and institutions is one of our priorities. H&I hold regularly scheduled panel meetings at Pritchard House, Detox, River House, and HSC Detox unit.

When?

There is H&I panel meetings scheduled monthly. Please contact the H&I Committee chair if you are interested in attending and to carry the message at the panel meetings or have questions, please contact H&I chair at hichair@mascna.org

- Main Street Project Women's detox, every Thursday at 7:00
- Riverhouse: the last Tuesday of the month
- Pritchard House: every Friday at 6:30
- HSC: every Saturday at 12:30

The Basic Do's and Don'ts:

DO's:

- Do Remember that this is a "we" program. No addict should feel that he/she is being preached to.
- Do remember that an addict is an addict, regardless of age.
- Do tell them that there is fun in recovery, i.e., social events, fellowship, etc.
- Do acknowledge and validate their feelings and emotions.
- Do acknowledge and validate their clean time.

DON'TS

- Don't Glorify your past.
- Don't Say, "I feel like I'm talking to my kids." Don't compare your bottom to theirs.
- Don't patronize adolescents.
- Don't use profanity.

For more information on these guidelines and for orientation contact H&I chair at hichair@mascna.org



Birthdays, Events & Announcements

- **Sat. Jan. 26th** – Kory W. – 3 years at SOS; 7:00pm at 125 Sherbrook St.
- **Thurs. Feb. 7th** – Suzanne J – 3 years at WINA; 6:30pm at 130 Nassau St. N
- **Mon. Feb. 11th** – Zach F. – 4 years at Genesis; 7:00pm at 187 Kilbride St.
- **Thurs. Feb. 14th** – Laura C. – 3 years at WINA; 6:30pm at 130 Nassau St. N
- **Sat. Feb. 16th** – MASC (Manitoba Area Service Committee) meets at 12:00 noon at 430 Langside St.
- **Mon. Feb. 18th** – Dieter J. – one day at Genesis; 7:00pm at 187 Kilbride St.
- **Tues. Feb. 19th** – Tina Q. – 2 years at Equinox; 7:30pm at 195 Colligate St.
- **Mon. Feb. 25th** – Erin D. – 4 years at Genesis; 7:00pm at 187 Kildbride St.
- **Tues. Feb. 26th** – Rich A. 1 year at Road to Recovery; 8:00pm at 146 Magnus St.

MASC Happenings: (Manitoba Area Service Committee)



We would like to congratulate the following members on being voted into positions:

- Terrance S. – A&E chair
- Robert R. – MASC Treasurer
- Dean W. - RCM

WINA Group: are no longer holding meetings on Sundays; their new meeting times is Thursdays at 6:30pm.

H&I is looking interested members to carry the message into facilities. Please contact hichair@masnca.org

Phoneline: Needs a chair person to carry the phone and answer calls! For more info, ask the chairperson at any meeting or attend the next MASC meeting.



Outreach is planning a trip to the NA Thunder Group in Sagkeeng First Nation. We will leave Winnipeg from the Tim Horton's on Main St./Semple (by the Genesis Group) on Monday, February 18, 2019 at 5:00 PM as it takes 1.5 hours to get there. The meeting starts at 7:00 PM and I want to stop for Tim's before we leave the city and arrive well before the meeting starts.

If interested, email the outreach chair at outreach@mascna.org with the following info:

- Your name and contact info
- If you are bringing your own car and how many people will be coming with you or if you are willing to take additional passengers.

I will do my best to make things happen. I only have room for 3 additional people in my car. Anyone bringing their own car will be doing this service voluntarily and will not be supplied with gas or lodgings. This is selfless service and will be done with the desire to carry the message. The aim is to try to build connection with and unite the isolated out-of-town fellowship with the fellowship in Winnipeg.

December 18

The message of our meetings

"The fact that we, each and every group, focus on carrying the message provides consistency; addicts can count on us."

Basic Text, p. 68

Tales of our antics in active addiction may be funny. Stories of our old bizarre reactions to life when using may be interesting. But they tend to carry the mess more than the message. Philosophical arguments on the nature of God are fascinating. Discussions of current controversies have their place—however, it's not at an NA meeting.

Those times when we grow disgusted with meetings and find ourselves complaining that "they don't know how to share" or "it was another whining session" are probably an indication that we need to take a good, hard look at how we share.

What we share about how we got into recovery and how we stayed here through practicing the Twelve Steps is the real message of recovery. That's what we are all looking for when we go to a meeting. Our primary purpose is to carry the message to the still-suffering addict, and what we share at meetings can either contribute significantly to this effort or detract greatly. The choice, and the responsibility, is ours.

Just for today: I will share my recovery at an NA meeting.