

The Messenger



PR Revival: Post COVID



Public Relations subcommittee is Narcotics Anonymous' tool for reaching the community in order to carry the message to the addict who is still suffering, educate the community about NA and give people hope of a better way to live free from active addiction. The actions of this committee in forming relationships with the public can have a profound effect on whether an addict finds NA. PR can help accomplish our primary purpose in detoxification centers, treatments centers and correctional institutions. When the global pandemic began to impact the Treasure Valley Area in the Spring of 2020, it became increasingly difficult for this committee to carry out its duties. Priorities shifted; current trusted servants could no longer serve, goals were put on hold and an outside issue began to really impact the fellowship of NA.

In October 2022 Tina S. was elected as the new Chair of the PR Subcommittee in the Treasure Valley Area. Tina successfully created an atmosphere of attraction that has continued to increase during the last 6 months. She along with other members of NA began the work to rebuild the committee and to reestablish the relationships with the community. The committee started out with a chair and has since grown to have all positions on the committee filled with trusted servants. During the monthly subcommittee meeting on May 4, 2023 15 addicts were in attendance.

Every committee meeting is held on the first Thursday of the month at the Peer Wellness Center at 7091 E. Emerald Street Boise, ID 83704 from 7:30pm to 8:30pm. Prior to the meeting there is a potluck style dinner and fellowship that starts at 7:00pm. After the meeting the committee hosts H&I training. The training is orchestrated by the Committee's Vice Chair Aubrie G.; this training includes the requirements of Narcotics Anonymous for members to share the message in Hospitals and Institutions. This is a great opportunity to help NA members become aware of their role in the public image and how a message of recovery should be shared when we are representing Narcotics Anonymous to the newest of newcomers.



In March 2023 a motion was brought to TVANA requesting a one time increase in the budget. Literature within facilities had become depleted over the past two years. The motion was brought back to the homegroups and passed at the April 2023 Area meeting. Approving the purchase of 120 6th Edition NA Basic Texts and 40 Just for Today: Daily Meditation for Recovering Addicts to be evenly distributed to institutions in PR's purview. The literature was secured by the committee's Literature Chair Joanne W. (see picture).

Distribution talks began at PR Committee meeting on July 6, 2023. An emphasis on evenly distributing the literature through the Treasure Valley was the consensus. I was also given one more opportunity to speak with Tina.

I asked her what kind of support the committee is seeking from the fellowship. She said would love attendance from more members in their committee meetings, more members completing training to be ready to take the message into facilities, assistance with outreach and the phone lines . Tina is eligible for another term as PR chair and is willing to run for the position this Fall.

Upcoming events to be aware of is the prison training on August 17th 5-9pm at 1301 Orchard Street Boise, ID 83705. If interested please show up and participate in the training. Or if one would like to learn more about PR or how they can participate and be of service come to a monthly PR committee meeting. This Fall will also be the return of the PR-BQ an event that is akin to a PR learning days where anyone can come and learn more about PR while fellowshiping. Details to be determined. The newsletter committee would like to give a huge thanks to the PR committee for allowing us to learn more about their current and future endeavors.

Treasure Valley Area

Boise, Idaho City, McCall, Meridian, Mountain Home

Help Line 208-391-3823

“It is through the unity of members in their service efforts, and a cooperative attitude toward the public, that helps the NA message of recovery grow.” -NA PR Handbook



For the Newcomer:

Am I an Addict?

This is NA Fellowship-approved literature.

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Only you can answer this question.

This may not be an easy thing to do. All through our usage, we told ourselves, “I can handle it.” Even if this was true in the beginning, it is not so now. The drugs handled us. We lived to use and used to live. Very simply, an addict is a person whose life is controlled by drugs. Perhaps you admit you have a problem with drugs, but you don’t consider yourself an addict. All of us have preconceived ideas about what an addict is. There is nothing shameful about being an addict once you begin to take positive action. If you can identify with our problems, you may be able to identify with our solution...

Addiction is a disease which, without recovery, ends in jails, institutions, and death. Many of us came to Narcotics Anonymous because drugs had stopped doing what we needed them to do. Addiction takes our pride, self-esteem, family, loved ones, and even our desire to live. If you have not reached this point in your addiction, you don’t have to. We have found that our own private hell was within us. If you want help, you can find it in the Fellowship of Narcotics Anonymous.

New Meetings In The Treasure Valley Area

Spring is the time for growth and the Treasure Valley area is growing with new meetings!

Not High Noon now meets 3 days a week!

**Monday, Wednesday and Friday at Noon – 1pm
2201 W Woodlawn Ave, Boise ID 83702
In the basement**

Wednesday Night Women’s Meeting just started!

**Wednesday at 6pm-7pm
4821 Franklin Road, Boise ID 83705
In the basement, except the 4th Wednesday is upstairs**

Overheard

by Beth M.

Overheard is a collection of insightful, interesting, and humorous statements made by recovering addicts, before, during, and after Narcotics Anonymous meetings and activities.

Whether inspired by our literature, step work, conversations with other members, or seemingly unrelated sources, these quotes can become an intrinsic part of our recovery journey. The origins of many recovery sayings have been lost to time, repetition, and anonymity. Though the following quotes were overheard, or read, by me directly, it's unlikely that their true origin will ever be known. Enjoy!

“The only thing I can take credit for is my willingness.”
-T.M.

“If I’m blissed out all of the time, the mundane sh*it will never get done.”
- M.W. in reference to a spiritual awakening.

“Willingness without action is fantasy.”
- Living Clean, Ch. 6, “Commitment”

“I thought my self-worth was dependent on me having all the answers.”
- J.M.

“Lean into growth, not comfort.”
- J.N.

“If you want the things, you have to do the things.”
- A.T.

SAY WHAT?!



NewsLetter Announcements:

For questions on email subscription, service on the newsletter committee or for submissions on upcoming content please email TVANnewsletter@gmail.com. Digital copies of the newsletter will be available on www.sirna.org