



THE RECOVERY POST



BRONX AREA NEWSLETTER

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Volume V Issue 4

KEEPING UP WITH TECHNOLOGY IN N.A.

December 2024

Dear Readers:

So much has changed in Narcotics Anonymous since I came around in November of 2013. Back then, all meetings were in person. We had to get there either on foot, by car, train, or bus in order to be there. We had to set up the room, make coffee, and then break it all down and put everything back in its place.

Today, we are able to make meetings in a number of different ways – from our computers, our phones, and our tablets. We can be “in a meeting” while driving, shopping, or tucked away in our beds while hearing the message of recovery. For many of us this was a great relief and was quite useful. Especially if you became ill or couldn’t get around. However, for others this was unsettling. It’s not an easy thing to learn something new that is completely foreign. Some of us have learned to use computers and technology on the job. Some of us have these devices in our homes and became interested in learning how to use them. However, others of us had privacy issues. In the “What is the Narcotics Anonymous Program?” reading it says that we “*are under no surveillance at any time*” and some of us did not have confidence that anonymity was possible on virtual platforms. Many addicts did not know how to turn off their camera or rename themselves and decided not to have anything to do with virtual meetings.

Thankfully, our Area has a Website that can help. Our Website Committee is divided into two parts: The Website itself and a Virtual Coordinator Committee. The website has useful information like meeting lists, a calendar of events, contact information for the body of Bronx Area, and much more. Our Virtual Coordinator can help guide you through navigating our virtual meetings on the Zoom platform. Our Website address is: <https://bxasna.org/>



It has been an honor and a pleasure to be the Bronx Area Newsletter Chairperson this year. Thank you for allowing me to serve.

In loving service,
Bronx Area Newsletter Chairperson, *Dina H.*

The Technological Importance of Narcotics Anonymous Websites



Barrington R.
Bronx Area Website Chairperson

In the age of digital transformation, technology has become a cornerstone of various aspects of our lives, including healthcare, education, and social interactions. One area where technology has made a significant impact is in the realm of addiction and recovery, particularly through Narcotics Anonymous (NA) websites. These platforms have become essential tools for individuals seeking support, connections, and resources in their journey toward recovery. This article explores the importance of technology within Narcotics Anonymous websites and how it enhances the effectiveness of the NA community.

1. Accessibility and Reach

One of the most significant advantages of technology in Narcotics Anonymous websites is its ability to increase accessibility and reach. Traditionally, NA meetings were confined to physical locations, which could be a barrier for individuals living in remote areas, those with mobility issues, or those who might be reluctant to attend in-person meetings due to stigma. NA websites, however, break down these barriers by providing a virtual space where individuals can access support groups, literature, and other resources from the comfort of their homes. This accessibility is crucial in ensuring that help is available to anyone who needs it, regardless of their location or circumstances.

2. 24/7 Availability

Addiction is a relentless struggle that doesn't adhere to a 9-to-5 schedule. Cravings, triggers, and moments of vulnerability can strike at any time, day or night. NA websites, equipped with forums, chat rooms, and access to online meetings, provide around-the-clock support. This 24/7 availability means that individuals can reach out for help, find a meeting, or simply connect with someone who understands their situation whenever they need it. This constant availability is a lifeline for many, offering immediate support during critical moments.

3. Anonymity and Privacy

Anonymity is a core principle of Narcotics Anonymous, and technology plays a pivotal role in upholding this value in the digital age. Many people hesitate to seek help due to the fear of judgment or exposure. NA websites allow individuals to participate in meetings, engage in discussions, and access resources without revealing their identity. The use of screen names and the option to keep video and audio off during virtual meetings ensure that participants can maintain their privacy while still benefiting from the support of the community. This sense of security encourages more people to take the first step toward recovery.

4. Comprehensive Resources

NA websites are not just platforms for meetings; they are comprehensive hubs of information and resources. These websites often include a wealth of literature, including the NA Basic Text, pamphlets, and personal stories from members. They also provide information on the 12 Steps and 12 Traditions of NA, which are fundamental to the recovery process. Additionally, many websites offer links to external resources, such as mental health services, crisis hotlines, and information on substance abuse treatment facilities. By providing a wide array of resources, NA websites empower individuals to take control of their recovery journey.

5. Global Community and Connection

Addiction can be an isolating experience, but NA websites help to foster a sense of global community and connection. Through online meetings, forums, and social media integration, individuals in recovery can connect with others from around the world who are facing similar challenges. This global network provides a broader perspective on recovery, as participants can share experiences, advice, and encouragement across cultural and geographical boundaries. The sense of belonging and understanding that comes from being part of a worldwide community is invaluable in sustaining long-term recovery.

6. Adaptability During Crises

The COVID-19 pandemic highlighted the importance of technology in maintaining continuity of care and support for individuals in recovery. With in-person meetings canceled or severely restricted, NA websites became a critical tool for ensuring that individuals could still access the support they needed. Virtual meetings surged in popularity, and many NA groups quickly adapted to the new reality by expanding their online presence. This adaptability demonstrated the resilience of the NA community and underscored the importance of having robust technological infrastructure in place to support recovery efforts during times of crisis.

Conclusion

The integration of technology within Narcotics Anonymous websites has revolutionized the way individuals in recovery access support, resources, and community. By providing greater accessibility, anonymity, and a wealth of resources, these platforms have become indispensable tools in the fight against addiction. As technology continues to evolve, so will the capabilities of NA websites, ensuring that they remain a vital resource for those seeking a path to recovery. Whether through virtual meetings, online forums, or digital literature, technology is helping to bridge the gap between those in need and the support that can change their lives.

We implore you to attend our Bronx Area Website and Virtual Platform Learning Days. More information will be announced soon.

BY THE BOOK



The following excerpt is from
Living Clean – The Journey Continues

Death, Dying, and Living with Grief

Addicts die. We talk about it in our literature, we remind ourselves at every meeting that the ends of our disease are “jails, institutions, and death,” but when one of us dies we generally respond the way anyone else would: with shock, surprise, and anguish. When we lose a member to the disease, we may go back through the same reservations we experienced in early recovery that the program doesn’t really work. Many of us experience other reservations at this point as well—the feeling that it doesn’t pay to care so much about people, the sense that loving addicts only results in loss and hurt. For some of us, staying in the fellowship after a painful loss can be very difficult. It’s not unusual to feel that others are grieving wrong, that people aren’t responding appropriately. When we are hurt and angry it is easy to lash out, harder to feel compassion and connection. But experience has taught us that these are the things that make it easier to get through difficult times clean—even grief.

Of course, losing addicts to the disease of addiction isn’t the only way we experience death in recovery. Addicts die clean, too. We lose members of our family, we lose friends; sometimes it seems like the more connected we are, the more opportunities there are to experience loss. And in a sense, it’s true: We love more, we care more, we share more than we ever have, and perhaps more than people who are not members of a fellowship like ours. One of the rewards of recovery is that our lives are so rich and full of people we care about, but we do lose some of them, and it’s hard. Sometimes what we feel is the guilt of having survived: We may never understand why some of us live long, full lives and some of us are gone so early. For many of us, the answers we find in the steps carry us through the very real moments of doubt. But they are very particular, and can be different for each of us. The grief process forces us to make peace with unanswered questions, and in that way, it is a gift.

Some of us find that a death we experience in recovery triggers feelings left over from earlier losses that we never really had the chance to grieve. We have learned through working the steps that emotions we don’t feel in the moment often wait and catch up with us later; the experience of walking through a loss in the present can bring back long-forgotten losses from our past. We have been surprised by the force of our emotion at the loss of a friend, or even a pet. We may have thought we could get through the feelings relatively easily and find that we are floored by the experience. Others of us find that there is still some distance between ourselves and the world, or that our reactions are not so immediate. Sometimes our feelings aren’t as deep as we think they should be; we think we are supposed to be having a particular experience, and we are feeling something very different. Giving ourselves permission to have our feelings and not judge them is a powerful gift we can give ourselves. Whatever our response, it is ours, and we can own it without allowing it to swallow us or define us. We have the freedom to fully experience a range of emotions, and to know at the same time that our emotions are not the limit of ourselves or of our world.

COMMENTARY

We meet many people as we get clean and make meetings. Some of us are fortunate to make friends with other recovering addicts; and others of us make friends that are as close as family. Here is one addict's thoughts on her sister in recovery, Debra D.

How did you meet and how long did you know Debra D.?

I have known Debra for over 30 years. I met Debra in the rooms of Narcotics Anonymous, in a meeting called "Searching for Freedom". That meeting was held twice a week on Wednesdays at 8:00 p.m. and Saturdays at 7:30 p.m. I remember they had something called the ABCs: "ashtrays, brooms, and chairs". That was a commitment to introduce the newcomer to service. Smokers sat on one side of the room and non-smokers on the other side. We had breaks after the speaker shared. It was during one of those breaks that I met Debra. Debra and I were more than friends. We became sisters. When I got here, family was what I needed, and Debra became my big sister.

How would you describe Debra?

Debra was a kind and loving person who fed not only the spirit, but also your stomach. She could cook her ass off! That was one of the ways she did service for this fellowship. Her fried chicken is something I could never get right. But the funny thing is, she could never get my oxtails and grits down like me. We used to laugh about that all the time.

What did you learn from Debra?

Debra taught me to be a nicer person. Back in the day, at some meetings, we were told to shut the f*ck up and sit down. Old timers took recovery seriously in those days and wanted newcomers to pay attention. But today, we are more loving and caring. Debra was a loving and caring person who will always have a place in my heart.

Imani
Bronx Area

In loving memory, these are just a few of our members we have lost along the way.

| | | |
|------------|---------------|--------------------------|
| Alvin | Jabari | Ms. Pat |
| Abdul | Jacquel | Mt. Vernon Mike |
| Abdullah | James W. | Myrna H. & Charlie |
| Barry O. | Jasmine | Omar from the Park Bench |
| Bob | Jason | Otilio |
| Bubba | Jerome | Pat B. |
| Carey | Jimmy K. | Pretty Joe |
| Clarence | John | Reggie |
| David J. | John K. | Robert |
| David M. | Joyal W. | Robert S. |
| Debbie | Julius | Robert S. |
| Debra D. | Kenneth B. | Rondu |
| Denise A. | Lewis | Shane |
| Evelyn S. | Little Herman | Sonia |
| Evelyn T. | Lorie M. | Stan |
| George R. | Marla W-T. | Tito |
| Goodie | Marlon | Trinna C. |
| Greg | Melvin C. | Val C. |
| Gregory M. | Mike G. | Wanda B. |
| Grote | Mike G. | William H. |
| Hector | Mike W. | Ziggy |



August 21

Friendships

"Our friendships become deep, and we experience the warmth and caring which results from addicts sharing recovery and a new life."

IP No. 19 "Self-Acceptance"



Most of us come to Narcotics Anonymous with few genuine friends. And most of us arrive without the slightest understanding of what it takes to build lasting friendships. Over time, though, we learn that friendships require work. At one time or another, all friendships are challenging. Like any relationship, friendship is a learning process.

Our friends love us enough to tell us the truth about ourselves. The old saying, "The truth will set you free, but first it will make you furious," seems especially true in friendship.


This can make friendships awkward. We may find ourselves avoiding certain meetings rather than facing our friends. We have found, though, that friends speak out of concern for us. They want the best for us. Our friends accept us despite our shortcomings. They understand that we are still a work in progress.

Friends are there for us when we're not there for ourselves. Friends help us gain valuable perspective on the events in our lives and our recovery. It is important that we actively cultivate friendships, for we have learned that we cannot recover alone.

Just for today: I will be grateful for the friends I have. I will take an active part in my friendships.







Various Group Presents Holiday Marathons

**MARATHON STARTS THANKSGIVING EVE - 11/27/2024 - 9 PM
NON STOP UNTIL THANKSGIVING NIGHT - 11/28/2024 - 10 PM**

**STARTS CHRISTMAS EVE - 12/24/2024 - 9 PM
NON STOP ENDS CHRISTMAS NIGHT - 12/25/2024 10 PM**

**STATS NEW YEARS EVE - 12/31/2024 - 9 PM
NON STOP UNTIL NEW YEARS NIGHT-1/1/2025 10 PM**

**760 SOUNDVIEW AVENUE
FOR MORE INFORMATION OR DONATIONS**

Contact
Alan K. 347-313-3533

Narcotics Anonymous

Thank you for reading The Recovery Post.



SUBSCRIBE TODAY!

Please join us if you can. You can also find information for other Bronx Area Committees on the calendar of the Bronx Area website, <https://bxasna.org/>.

If you have any questions, suggestions, or would like to contribute to the newsletter, we'd love to hear from you.

BASC Newsletter 2024 Chairperson: *Dina H.* newsletter@bxasna.org

If you are interested in doing service at the Bronx Area Service Committee, the following commitments are open.

Co-Treasurer
Policy Vice Chairperson
RCM
RCM Alternate
Correspondence Secretary
Literature Review Chairperson
Newsletter Chairperson
Newsletter Vice Chairperson
H&I Vice Chairperson
E&A Chairperson
E&A Vice Chairperson
Virtual Coordinator Vice Chairperson

