



The Chinook Messenger

Chinook Area of Narcotics Anonymous®

Experience ▪ Strength ▪ Hope



IN THIS ISSUE



Feature Story:

Surrender: Changing the Battle Plan ▪ Anonymous Member



Poetry Corner:

The Price of Agreement ▪ Carey M



Member Reflections



Being of Service in N.A.



N.A. Crossword Puzzle



***Our message is that
an addict, any addict,
can stop using drugs,
lose the desire to use,
and find a new way to live.***



Printable Meeting List

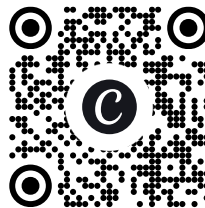


Scan for current meetings

chinookna.org



Chinook Area Events



Scan for upcoming events

chinookna.org/events



The Chinook Messenger

Chinook Area of Narcotics Anonymous



FEATURE STORY

Surrender: Changing the Battle Plan

Submitted by an Anonymous Member

One of the greatest misconceptions I had about recovery was believing that surrender meant defeat. I couldn't have been more wrong. Long before I found Narcotics Anonymous, I had been trying to surrender the reality of the guerra. Whether I was serving in the armed forces, stepping out of an aircraft, descending beneath the surface of the ocean, or riding a motorcycle down an open highway, hesitation could have consequences. Confidence, preparation, and self-reliance weren't just admirable qualities—they were necessary ones.

So, when I came to recovery, I brought those same tools with me. I believed I could outwork addiction. I believed I could outthink it. I believed I could fight my way to recovery. The harder I fought, the more exhausted I became.

In military planning, one of the most dangerous mistakes is becoming so committed to the original battle plan that you ignore the reality unfolding in front of you. Pride convincing you that the enemy is much stronger than I can handle. I'm not sure when the mission has changed. That was my experience with addiction. Everything that had helped me succeed in other areas of life became part of what kept me sick. My determination became stubbornness. My confidence became self-reliance. My independence became isolation.

“ The First Step wasn't asking me to surrender to addiction. It was asking me to surrender my belief that I could defeat addiction on my own. ”

The First Step wasn't asking me to surrender to addiction. It was asking me to surrender my belief that I could defeat addiction on my own. That distinction changed everything. For me, surrender wasn't a white flag raised in defeat. It was laying down the weapons that had never worked in the first place. Instead of fighting reality, I try to accept it. Instead of relying only on myself, I reach out to another addict. The battle won't be by being the strongest person in the room. It's won by becoming willing. Looking back, surrender wasn't the end of my fight. It was the moment I finally started fighting the right one.



POETRY CORNER

The Price of Agreement

Carey M

**My addiction follows me and whispers with
malevolence rending my soul...**

**Give me truth and you will feel nothing -
I agree, and now I lie**

**Give me friendship and you will sleep -
I agree, and now I am alone**

**Give me your happiness and
I will give you freedom -
I agree, and now my soul is in anguish**

Whispers change to relentless demand

**I want your hope -
now I find only despair
I want your peace -
my hours are filled with terror
I want your family -
now they are gone
I want your life...**



World Unity Day

Saturday | 5 September 2026 | 12:30pm PDT (19:30 GMT)
Zoom ID: 862 3150 9876 Passcode: 1953

A sampling of worldwide times for Unity Day



**Our
Common
Welfare**



Member Reflections

Experience, strength, and hope from members in the Chinook Area Fellowship.



1) Andre M. — B.L. — 6 Months

Step Reflection:

"Making direct amends gives me freedom from guilt and shame over the harms I have caused."

Experience, strength, and hope:

"I couldn't control my drug use. I'd use more than I intended to and couldn't stop. I found a solution in N.A. I know I cannot get clean alone."



2) Camden P. — Rage — 6 Months

Step Reflection:

"Step 9 is about self forgiveness. It has lifted a backpack of shame rocks off my shoulders and given me the opportunity to live guilt free."

Experience, strength, and hope:

"N.A. has given me a life worth living, given my parents their son back. I have connection, passion, and hope."



3) Cody P. — M.I.R. — 6 Months

Experience, strength, and hope:

"I kept using until I was miserable and hopeless. I found strength and a solution in the rooms of N.A. I want to stay humble and I'll always need the support I have found in N.A."



4) Ryan A. — AMNA / B2M — 90 Days

Step Reflection:

"Demonstrates my willingness through humility in the sense that I cannot remove my own shortcomings."

Relapse and Return:

"Relapse is not a part of my recovery, it's a part of my story in addiction. Now I am honestly practicing the principles through working the steps."



5) Braeden — B2M — 9 Months

Favourite Step 12:

"I have sponsees and carry a message to newcomers. I believe you have many spiritual awakenings and being there for others is one of them. I think I have found my purpose."

Experience, strength, and hope:

"I used to be not all there — now I am."



6) Shane H. — Rage — 1 Year

Favourite Steps 4 & 5:

"I got to tell someone the wreckage and I don't have to carry that weight alone anymore. I wasn't judged — I was met with love."

Experience, strength, and hope:

"My life was ruined, I burned everything. Finding N.A. gave me a sense of self back and a loving and caring community."

Want to share your Experience, strength, and hope, please send us your submissions to:

NewsletterSubmissions@chinookna.org

We welcome all stories, poems, events, cleantime celebrations, or notes from your experience.



Being of Service in N.A.

Service is how we carry the message and build the fellowship. There are many ways to get involved with the Chinook Area and make a difference while strengthening your own recovery.



Public Relations (PR)

Helps professionals and the public learn what N.A. is and how to connect with meetings.

Area Service Committee (ASC)

Supports groups so they can focus on carrying the message by coordinating area services tasked to them by the fellowship.

Literature

Supports the distribution and availability of approved N.A. Literature and products.

Outreach

Helps connect with groups and members across the area, supporting fellowship growth and unity.

Hospitals & Institutions (H&I)

Carries the N.A. message into treatment centres, hospitals, and correctional facilities.

Activities

Helps plan events such as campouts and dances to foster unity and fun in recovery.

Newsletter

Works with the fellowship to create and distribute the Chinook Area Newsletter "the Chinook Messenger"

How to Get Involved

- ✓ Talk to your GSR or Home Group trusted servant
- ✓ Attend an Area Meeting or Subcommittee meeting
- ✓ Visit Chinookna.org/subcommittees
- ✓ Bring willingness - Service experience grows one commitment at a time

How to Be of Service for Newcomers

- ☕ Make coffee
- 🗣️ Speak up at a business meeting
- 🪑 Offer to put away chairs
- 🧹 Help clean up after meetings
- 🗨️ Share when asked
- 👋 Welcome someone new
- 👥 Stay after and chat with others

AREA SERVICE CONTACTS

ROLE

Area Chairperson
Area Treasurer
Area Secretary
Regional Committee Member
Public Relations Chair
Hospitals and Institutions Chair
Literature Chair
Activities Chair
Outreach Chair
Convention Chair
Newsletter Chair

CONTACT

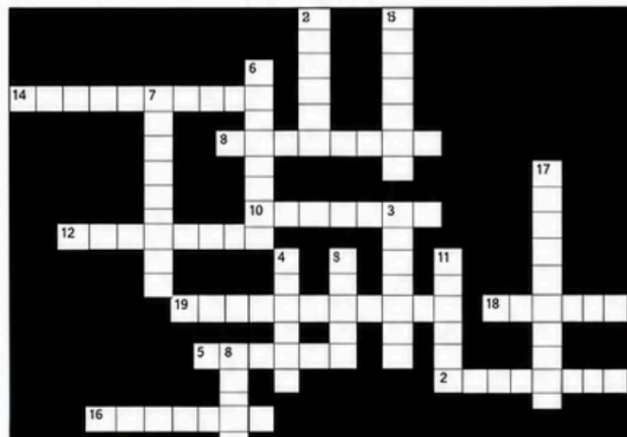
Amber S
Greg B
Melanie E
Sam O
Troy Q
Josh J
Theresa B
Devon G
Jo G
TBD
Vincenzo

EMAIL

asc.chair@chinookna.org
asc.treasurer@chinookna.org
asc.secretary@chinookna.org
chinookarearcm@gmail.com
public.relations@chinookna.org
hospitals.institutions@chinookna.org
asc.literature@chinookna.org
outreach@chinookna.org
convention@chinookna.org
newsletter@chinookna.org

N.A. Crossword Puzzle

Test your knowledge of N.A. steps, traditions, and recovery language.



ACROSS

2. The Twelve ____ guide how NA groups and members relate to each other and the outside world
5. Step Nine asks members to make direct ____ wherever possible
9. Living free from drug use, one day at a time
10. A return to drug use after a period of abstinence
12. Step Seven asks a Higher Power to remove shortcomings, requiring this quality
13. A small token given to mark clean time milestones

DOWN

1. The Twelve ____ are the core actions of N.A. recovery
3. An experienced member who guides a newcomer through the steps
4. State of calm acceptance sought in the well-known recovery prayer
6. The lifelong process of healing from addiction
7. The disease N.A. members share a desire to recover from
8. A gathering of N.A. members held to share experience, strength, and hope

Answers next issue.