



Vigorous Steps

PR News & Ideas for the Ohio Region and Beyond

NAOhio.org

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Hello Again!

In our NA literature It Works we are reminded:

“To be of maximum service to the still-suffering addict, we must energetically seek to carry our message throughout our cities, towns, and villages...The better and broader our public relations, the better we will be able to serve.” (Tradition 11, page 152)

PR Week is June 1-7. Scan code right or click link below for a video of 2021 PR Week activities from around the world. <https://www.youtube.com/watch?v=UIR1peHqtso>

In the video you will see information tables in the US, Middle East, Central and South America, and Japan, among others. You'll see billboards and murals and fliers, and awesome posters from Quebec. You'll clearly see PR members having fun through service!

And, you'll even catch a glimpse of Ohio!

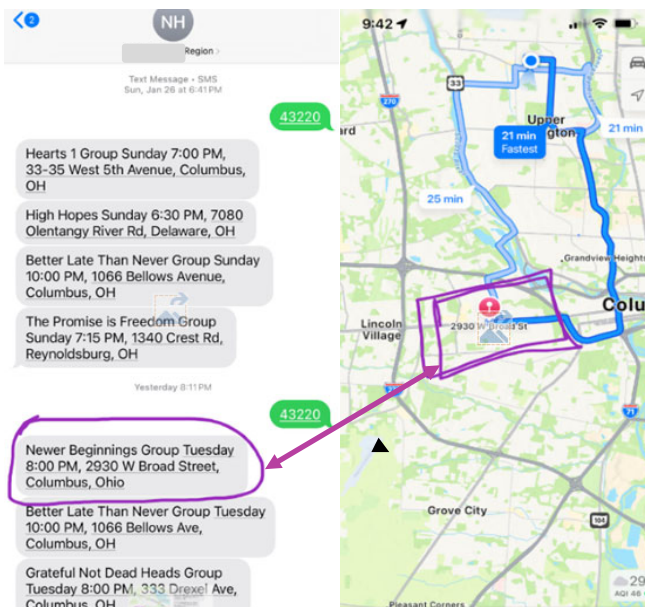
Take a look, get inspired, grab another service enthusiast, and head out to let your community know that NA is here as a reliable and credible program.

And remember, we are all PR all the time. No need to wait until PR week to let the still sick and suffering know that we are here. There's no better time than now to let them know that our rooms are filled with our first-hand experiences of hope, freedom, spiritual awakening, and a new way of life.

We do recover!



Helplines: Find a Meeting Fast - Anytime, Anywhere!



Did you know? Many NA Regions worldwide have helplines that text you the five closest meetings based on zip code (43220 in the picture on the left). Each listing includes a map link, making it easy to get directions on your phone.

QR codes on billboards, fliers, palm cards, and newsletters can connect users directly to 24/7 virtual and phone meetings—so people can tap in during the drive to work, or going to an appointment, walking to a friend's house, etc.

Want to explore these and other service-oriented resources? See our past newsletters that highlight conferences, creative service efforts, and helpful links to info that support NA communities worldwide! NAOhio.org > [PR Subcommittee](#).

NA. Never Alone, Never Again. Any addict, anywhere.



41st Ohio Convention

OCNA 41 will bring in members from all over Ohio and neighboring states like Indiana and Kentucky. Join us for one, two, or all three days as we celebrate our recovery. (NAOhio.org > Events)

We plan to have a couple of workshops on Public Relations and H&I. There's so much to share! Trusted servants have been very active in Ohio and beyond. You will leave the workshops with more resources and tools to effectively carry

our NA message of recovery.

Join us May 23-25 in Hamilton, OH at the [Warehouse Hotel at Champion Mill](#), 600 N. B Street, 45013! Check out the room pic above, and the gym pic below!

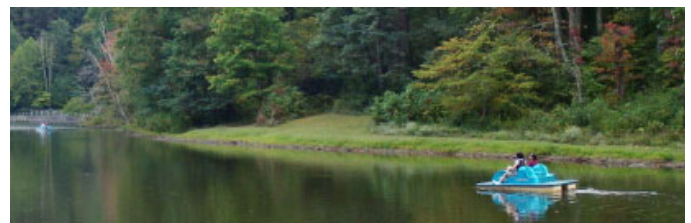
"I had the opportunity to attend my first local NA convention and my first regional European convention. I went back to Norway, started an NA meeting in my hometown, and became active in trying to spread the message about NA to the public." Basic Text, page 225

Basic Text, page 316

"I began to stick around the rooms. We were a small group. We would hang together: go to a meeting, a movie, to the diner. We'd drink coffee all night and talk. We'd call each other and check in before bed, and wake up to another day clean. I put some days together. I went to gatherings in our region, and I realized that people on other islands were clean. **Then I went to a convention and I found there were people in other states, and even in other countries, who are clean!** My life in recovery began to expand, and the darkness could not stay. I was letting in the light of recovery."



"In recovery, our ideas of fun change. We are now free to enjoy the simple things in life, like fellowship and living in harmony with nature." BT, pg 107



Spring Traditions Spiritual Retreat

Tar Hollow State Park — 16396 Tar Hallow Rd
Laurelville, OH 43135 — May 9-11, 2025

<https://wordpress.naohio.org/narcotics-anonymous-ohio/events/>

See pics above of fire tower and lake!
Register by 04/21 to ensure accommodations.



Incarcerated member's virtual share at speaker mtg

On January 13th, Ben R. from Allen Oakwood Correctional Institution shared a powerful message at a Central OH Area speaker meeting. Listen to it here.

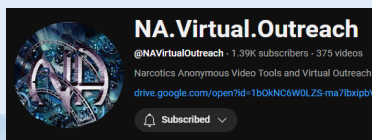
<https://www.youtube.com/watch?v=0eBlnhkDCwM>



Narcotics Anonymous Virtual Outreach

Wish you had access to a cache of videos about NA, where you could get ESH on a variety of PR topics?

Go to YouTube and check out NA.Virtual.Outreach!



Virtual Service Basics Input Survey

This is the next step in the development of a tool for virtual services in NA. Closes 03/31.

<https://na.org/news-projects-and-surveys/>



Serve With Art M. on the Virtual SoCal Public Relations Parolee Meeting!

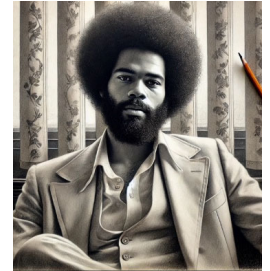
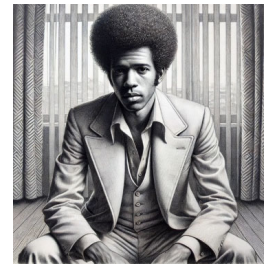
This is Art M. - Or at least, three AI attempts at a pencil sketch based on a real picture of him taken in 1972. (AI totally missed the mark lol. Nailed the hair, though.)

As part of the Southern California PR Subcommittee, Art M, Kenny J, & many others have been facilitating a virtual parolee meeting since the pandemic began. It's a service powerhouse, with over 75,000 participants so far (yes, 75k!). Early attendees are now trusted servants.

Art's a super friendly guy. Help him & SoCal PR by sharing your ESH on the meeting! It's just 30 minutes of your time, and will impact hundreds of parolees.

And while you're at it, ask him to show you the *real* 1972 picture. You'll thank us later (maybe).

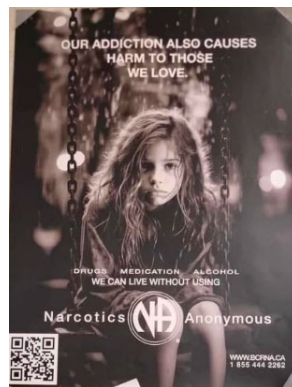
Email Art M. at 1restoration@gmail.com today!



Seven days without a meeting makes one weak.

Posters from the Quebec Region

The Quebec Region made some stunning and eye-catching posters. They feature images of people who love addicts, and are affected by their active using. The original posters are in French, and have been translated to many other languages for service bodies around the world. Email COASCNA@gmail.com to get connected.



Regardless of...

Our literature says anyone may join us, but that's true only if they can find us!

Central Ohio uses a 1/3 page trilingual flier to reach still sick and suffering addicts in all our communities.

Want the MS Publisher file? Reach out to us at COASCNA@gmail.com.

Drug Problem?

Narcotics Anonymous can help.

هل لديك مشكلة مع المخدرات؟
المخدرات مدمرة يمكن أن تساعد.

¿tienes un problema con las drogas?

Narcóticos Anónimos puede ayudar



Central Ohio
Narcotics Anonymous
(614) 252-1700
nacentralohio.org
COASCNA@gmail.com



Did you hear?

Incarcerated members across the US can access NA literature!

This is an amazing development.

Our H&I subcommittees have done wonders to get life saving, life changing NA literature into the hands of addicts behind the walls. They do an incredible job!

And now, many incarcerated members can also access NA resources straight from their prison-issued computer tablets.

When did this happen?

It started about 7 years ago in Sarasota, FL at one county jail.

Then in 2021 PR subcommittees helped expand it to state prison systems in Ohio, Arizona, Indiana, and later in Connecticut.

In 2024 a slew of IPs, the audio book of the 5th edition of the Basic Text, and Reaching Out magazine (all in English and Spanish) were pushed out to *over a million people*.

How do they find it?

Take **Vigorous Steps** to inform incarcerated members and H&I committees that life-saving NA literature is available directly from their tablets if they have access Edovo or Cypherworx. Tell them search up NA!

*NA is not affiliated with apps and other technology used to carry our message.

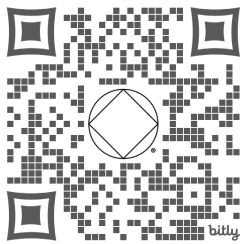
NA Public Service Announcements (PSAs) Attract New Members

Scan the code to see another provocative PSA. This one was produced by the Israel Region.

<https://www.youtube.com/watch?v=QPK2fyJcEKE>



PSA from Africa



Here is another 30-second PSA from our Fellowship in South Africa.

Scan the code, click on the link, copy & paste it into your browser, or type it in by hand (no spaces).

<https://www.youtube.com/watch?v=xmCtDJas0oQ>



Convention Information

An upbeat reel for a 2025 summer convention!

<https://www.youtube.com/watch?v=fvNR8t5RCio>