

# 1 NIGHT A MONTH SERVICE OPPORTUNITY

**Want to get involved with service but don't have a lot of time to participate? That's okay!**

As we stay clean and better ourselves, our lives fill up with all sorts of responsibilities. It feels like we have enough on our plate already by going to meetings, spending time with our loved ones, and going to work. But most of us will agree we can find **just 1 night a month** to be of service to the addict who still suffers. That's why we'd like you to sign-up for H&I.

The Hospitals and Institutions subcommittee takes NA meetings to people who can't get to regularly scheduled meetings because they're in jail, rehab, detox, etc. So, each month, recovering addicts like you volunteer to go to 1 of our many H&I meetings. And, you don't have to go to the H&I subcommittee meeting every month either! You can simply go once to get acquainted with the meetings provided in Washington County, find one that fits your schedule, and volunteer! After that, all you need to do is confirm your commitment with the H&I committee by phone or email each month so we know the meeting will go on as scheduled. The only requirements are 1 month clean to attend and then 6 months clean to share at the meeting.

We're looking for reliable people who can help us continue to bring H&I meetings to those that need it. Right now, we have more H&I meetings than we do volunteers. It's not sustainable. If you value the service that H&I provides to Washington County NA, please sign-up below so we can get started together.

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