



South Vancouver Island Narcotics Anonymous

# The Clean Slate



Svina.ca

February Issue 2024

24 Hour Helpline 250-383-3553

## HAPPY BIRTHDAY

### Meetings

#### Needing Support

##### Duncan Warmlands

##### Shelter Group

Open to the public (ring the buzzer on the gate)

2579 Lewis Street

**Wednesdays at 12 Noon-1 pm .**

##### Better Days

**Monday Nights @ 6:30-7:30 pm**

525 Johnson Street, Victoria BC

**(ARC Recovery Center  
Salvation Army)**

Enter from Wharf St Entrance  
(Side Door)

Open Meeting, 18+, Co-Ed,  
LGBTQ, Wheelchair Access

##### Circle of Serenity

Womans candlelight meeting

**Esquimalt Neighborhood House**

511 Constance Ave

(Side building)

**Mondays @ 7pm**

#### Public Relations Meets First Thursday of every month.

Kings Road, Quadra Community  
Center

6:30pm Orientation, 7:00 Com-  
mittee Meeting

[svinapr@gmail.com](mailto:svinapr@gmail.com)

Julia T 2yrs January 27th Saturday Night Live

Cydney E 3yrs January 29th Saltspring Online

Jenny H 2yrs January 30th Saltspring Online

Renee G 2 yrs February 8th Study Group

Billy M 1yr February 9th Better Days

### South Vancouver Island NA

AREA Service Meeting - 3rd Sunday every month

#### Vacant Area Service Committee Officer Positions:

Treasurer - Mentor with Treasurer

Alternative Treasurer

Website Coordinator

#### Vacant Subcommittee Positions:

Printer Facilitator

Activities Committee Chair

Newsletter Facilitator

I am an addict and a member of Narcotics Anonymous.

### **WHAT FIRST ATTRACTED YOU TO NA SERVICE?**

My first NA service started the first day I had a Sponsor. I asked her what to do, and she answered: "Arrive early and stay late!" She explained that I could then help set up the meeting and, later, put things away. She didn't call it "service" but now, looking back, I realize that is what I was shown to do. It also helped me get to know the other members of the group and start feeling "part of." I am very grateful to my first sponsor.

### **WHAT HAS KEPT YOU IN SERVICE?**

I felt intimidated at first and didn't want to volunteer for anything. I didn't know how to work as a team member very well, and I didn't feel I had much to offer. I was surprised each time I was nominated for a position, whether at my home group or at our Area. I remember a friend at Area (who informally became my sponsor) kept reminding me to accept nominations if I could. I would learn and others would help me. This turned out to be true. I have made many mistakes, but I have had encouragement to dust myself off, and keep at it. I have kept learning and I have kept getting better at what I do, step, by little step. I accept that I will never be perfect.

### **ANY LAST-MINUTE THOUGHTS?**

I believe service in NA comes from the heart when we try to carry the message of hope to any other member. The simple message of hope is that we can stay clean, just for today. Often, I don't even need to say anything; the message of hope is in how I live and reach out. For me, if I attend meetings, keep in touch with my sponsor, and if I follow her suggestions, I then have the ability to be of service. My sponsor always reminds me to balance my life as best I can: my own recovery must always come first, then my family, and then service. Service can be anything from accepting a new sponsee to being elected to an AREA position. I reach out and greet other newcomers as well as the old-timers.

As our literature says: "There are probably at least as many ways to carry the message as there are recovering addicts."

(The Narcotics Anonymous Step Working Guides, p. 118).



# Events



## NA WORLD CONVENTION ANNOUNCEMENT WCNA38

We are delighted at last to announce our 38th World Convention, *The Power of Love!* The convention will be held 29 August through 1 September 2024, at the Walter Washington Convention Center in Washington, DC. There will be more announcements with special events, tours, and more coming soon!

### Schedule

WCNA 38 will go on sale before the end of 2023. We strongly encourage you to register and reserve early! Events and hotels will sell out. All links will be posted on [www.na.org/wcna](http://www.na.org/wcna). Onsite registration and other activities will be planned for Wednesday, 28 August and the convention officially begins on Thursday the 29th.

BCRCNA 32

NO MATTER WHAT



PENTICTON 2024



## REGISTRATION IS OPEN

**26- 28  
APRIL  
2024**

**(250) 859-9679**  
MARCEL- REGISTRATION CHAIR

**LAKESIDE RESORT PENTICTON BC**  
ASK FOR BCRCNA RATES  
1-800-663-9400  
[WWW.PENTICTONLAKESIDERESORT.COM](http://WWW.PENTICTONLAKESIDERESORT.COM)

- WORKSHOPS
- NA SPEAKERS
- NA MERCHANDISE
- ENTERTAINMENT

- EARLY BIRD FULL REGISTRATION PACKAGE \$135 (UNTIL OCT 31ST 2023)
- AFTER NOV 1ST FULL PACKAGE \$ 145
- BASIC REGISTRATION \$35



**REGISTRATION FORM**