



The Clean Slate

Svina.ca

Feb :Issue 2025

24 Hour Helpline 250-383-3553



Public Relations Meets First

Thursday of every month. 901

Kings Road, Quadra Community Center 6:30pm Orientation, 7:00 Committee Meeting.

svinapr@gmail.com

svinaprsecretary1@gmail.com

Service positions available now.

Detox Panel coordinator, H & I Panel Coordinator, Home Wood panel leader 1-5, Jail VIRCC Liaison, Women's liaison, Fellowship Liaison, New Roads Panel Leader 1,3,5 for men only

Name	Date	Years	Group
Micheal C	Feb 1	13	Saturday night live
Julia T	Feb 1	3	Saturday night live
Kayla F	Feb 8	4	Saturday night live

SVINA OFFICER EMAILS

Facilitator: svinafacilitator@gmail.com

Co-Facilitator: svinacofacilitator@gmail.com

Area Secretary: svinasecretary@gmail.com

RCM1: svinarc1@gmail.com

RCM2: svinarc2@gmail.com

Website Coordinator : svinaweb-site@gmail.com

South Vancouver Island NA

AREA Service Meeting - 3rd Sunday every month 901 Kings road

Vacant Area Service Committee Officer Positions:

*Public Relations, Co-Facilitator, Area secretary,

Vacant Subcommittee Positions:

Activities Chair, Women in recovery chair, Son in recovery chair, Salt Spring campout chair.

Needing Support



I'd attended many meetings before I got clean but would not try complete abstinence. I looked for the easier, softer way for years and found nothing but a progressing addiction. The meeting I attended that made all the difference was in 1987 at a rehab . It was chaired by someone I used with who was celebrating two years. For the first time I thought "He was worse than I was. If he can do it, I can!" I experienced empathy. His pain was my pain, his insanity was my insanity. I was honest and told him I had never had the desire to stop using totally, but I had the desire to stop hurting. He asked if I could pray for the willingness to have willingness. That didn't seem like much to ask, so I did. That was my first step in action. I saw my living step two in him who had been restored to sanity, So exercising more willingness, I took step three and said "God, your will be done, take away the desire to use." That started my path to recovery. For the next thirty days I was eating and sleeping good. I was waking up remembering the night before. I had no more fears about what I had done, who I had harmed or who was wanting to harm me. Because my clean time was something worth NOT losing, when I finished rehab, I took the suggestions given to me. I do the same things today to maintain my recovery. I got a sponsor, home group and a service commitment. I did ninety meetings in ninety days. I was told "work the steps or die." I changed my people, place and things. I helped others, remembering that I got clean because that fellow addict worked step twelve and spoke at a rehab meeting. Another recovering addict is the best weapon in the war of addiction! I was told "work the steps or die." The word God was in most of the steps. My religious upbringing had me fearing the lightning bolt from God if I wasn't perfect. It helped when my sponsor told me to put my old concept of God in a box for a minute and seek and pray earnestly. I took some time to seek and returned to the same higher power, who I realized was loving and forgiving. I understood it was okay to have a defined higher power in NA. My back story was that I grew up in a small town family of hard working , church going people who never got drunk or high. Best I can say is as a kid, before I ever used, I always felt different inside, like an outsider. At age 12 I raided a liquor cabinet. I remember feeling as if a switch went off in my head that turned off all the negative self talk noise and static. I was comfortable in my own skin for the first time and decided to chase that feeling for the rest of my life. For the next 15 years I went from being a "functioning addict" with a job, family and friends to a homeless person living in their car. I was on the road of jails, institutions and death. I'm grateful I was introduced to NA along the way. Bill story

Meetings are struggling for home group members

The Nooner on 877 North park street.

Primary purpose 525 Johnson street (Salvation army) Use buzzer at front



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It works if you work it.

