



# The Clean Slate



Svina.ca

March Issue 2024

24 Hour Helpline 250-383-3553

## HAPPY BIRTHDAY

*\*Congratulations to all the 1 year Celebrations!*

Steve.D	1yr	February 16th	A New Hope
Tyler	1yr	February 18th	Brass Tacks
Billy	1yr	February 19th	Better Days
Jay	1yr	February 23rd	A New Hope
Ewan	18yrs	February 25th	Brass Tacks
Marty	1yr	February 25th	Brass Tacks
Jocelyn.P	1yr	March 2nd	Unity Group
Nate	2yrs	March 3rd	Brass Tacks

### New Meetings

#### 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

### Needing Support

#### 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 Commit-  
tee Meeting

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

### South Vancouver Island NA

AREA Service Meeting - 3rd Sunday every month

#### Vacant Area Service Committee Officer Positions:

**\*Treasurer** - Mentor with Treasurer    Alternative Treasurer

#### Vacant Subcommittee Positions:

Printer Facilitator    Newsletter Facilitator    Activities Chair



### Story of my Recovery

I was raised by a single mom while my dad was in and out of jail, until passing away when I was 11,

My mom did her best to raise me, but eventually some not so pleasant experiences happened to me at an early age. When my dad died, it wasn't long until I was blackout drinking. Finding drugs and booze at the age of 12 .

I wasn't using all the time, but when I did, it was excessive. At one point as a teen, a friend's older brother had given us a weed pipe, and unknown to us it had crack in it. I was hooked instantly.

I used thru my twenty's. Eventually I wound up in jail and both my wife and kids were gone from my life.

Now 38, I got out of jail and was accepted into a transitional housing program. I found out there was a Narcotics Anonymous meeting underneath my apartment I was living in.

When I tried to get clean, I was at a dead end. No one wanted to talk to me or be near me. I attended numerous treatment centre's, did detoxes, was in institutions and psych wards, and they can work, but at all those places, it was just about *my* drug problem.

One of us helping another was a game changer for me. With Narcotics Anonymous, everyone wanted to tell me about *their* drug problem and the solutions they found. Instead of you should and you could, it was people's actual experiences. Today, I have a new lease on life that I always wanted.

I go through my days clean, free of anger, resentment and hurt. All the stuff that kept me using. Narcotics Anonymous has given me my life back, including my kids and wife. I've kept a job long enough to go to apprenticeship school, and I'm working in the trades now. People come to me with work offers.

Narcotics Anonymous is a option, and there's only one prerequisite, a desire to stop using.

Thanks DJ

### **SVINA Women in Recovery Campout**

This subcommittee's next meeting will be on

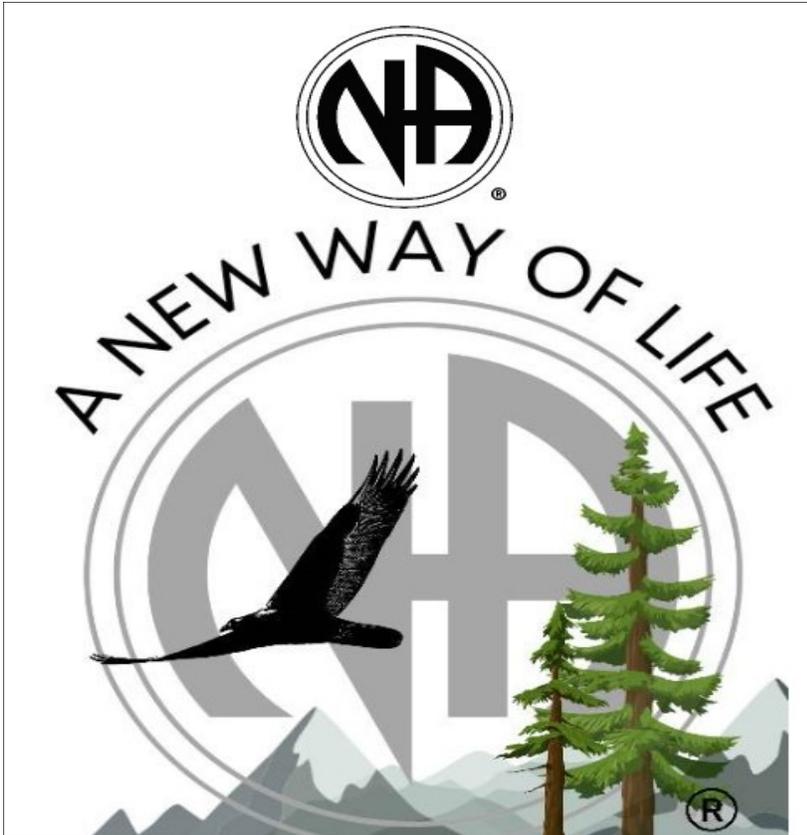
February 19th, 2023 @ 6:30pm

Quality Foods, Helmcken Rd (upstairs)



# Events

## 47th Pacific Northwest Convention of Narcotics Anonymous



### The Pacific Northwest Convention of Narcotics Anonymous #47

(PNWCNA47) is 8 1/2 months away!!! It will be held October 25-27, 2024 at the Sheraton Vancouver Airport Hotel, in Richmond, BC Canada.

To register visit the website at <https://www.pnwcna-bc.ca/>. You can also find the link to book hotel rooms on the website. Register soon to secure your spot!!!



BCRCNA 32 **NO MATTER WHAT** PENTICTON 2024

**REGISTRATION IS OPEN**

- 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

**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)

REGISTRATION FORM