



The Clean Slate

South Vancouver Island Narcotic Anonymous

Svina.ca

October Issue 2023

24 Hour Helpline 250-383-3553



Meeting Updates

A New Hope

Fridays @ 7:30pm

511 Michigan St

Support needed

Circle of Serenity

(woman's meeting)

Esquimalt Neighborhood

House, 511 Constance Ave

Mondays @ 7pm

Serenity by the Sea

Elizabeth Church

100030 Third St (side door)

Saturdays @ 9am

Newsletter chair:

Please send new submissions
to svinanewsletter@gmail.com

For Nov Issue

YIS Leah,J

Happy Birthday

Breanne.W	2yrs	Sept 23rd	Saturday Night Live
Char. H	2yrs	Oct 11th	Saltspring Online
Patrick	18yrs	Oct 20th	Pathways to Hope
Stacey.W	2yrs	Oct 28th	Saltspring Online
Lorraine.O	34yrs	Oct 34th	Saltspring Online

Public Relations Meets *First Thursday of every month.*

901 Kings Road, Quadra Community Center

6:30pm Orientation, 7:00 Committee Meeting

Contacts for Public Relations Emails

PR Facilitator:	svinapr@gmail.com
PR Co-Facilitator:	svinacopr@gmail.com
PR Secretary:	svinaprsecretary1@gmail.com – vacant
Fellowship liaison groups:	svinafellowshipliaison@gmail.com
Women liaison:	svinawomenliaison@gmail.com



Come Join South Vancouver Island NA AREA Service Meeting

**Third Sunday of every Month @ 1pm 901 Kings Road,
Quadra Community Center.**

**Open to ALL members to come listen and find out how to get
involved in Service.**

Living Clean, "The Journey Continues: Being of Service"

Service changes our relationship to our own lives. We learn to put love and gratitude into action, and when we mobilize our good feelings they have a way of spreading through all our affairs. We are confronted with our defects—and with each other's—and we find a way to work through them. "The first time I chaired a committee, I discovered the true meaning of principles before personalities. Boy, did I grow!" a member chuckled.

In service we meet others who are passionate about their recovery, and that excitement keeps us energized. For those of us who have always had difficulty fitting in, service can give us something to do—and a reason to stay to the end of the meeting, the workshop, or the dance. In the meantime, we make the connections that change our lives.

We learn about recovery in the process of serving, but also in the margins of the service we do: In the talks while we're setting up or cleaning up for an event, or on the long ride to a service commitment, we make connections with others who are serious about recovery. A member shared: "I've had to close my mouth when I wanted to open it and open my mouth when I wanted to close it.

I've had to try doing new things and stop doing old things that are no longer working. I've had to learn to ask for help, to delegate responsibilities, take risks, and share. I've had to clean up some disgusting messes—both literal and figurative.

Why do I serve? It reinforces all the work I do in the steps."

Upcoming Events

NA Holiday Dinner Committee

Planning Meeting

Sept 19th @ 7pm

Quality Foods upstairs
27 Helmcken Rd

Free event for members, family and community.

Dinner & Santa to take place:

Sunday, December 10th, 2023

BCRCNA 32 **NO MATTER WHAT** PENTICTON 2024

REGISTRATION IS OPEN

- WORKSHOPS
- NA SPEAKERS
- NA MERCHANDISE
- ENTERTAINMENT

26-28 APRIL 2024

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

(250) 859-9679
MARCEL- REGISTRATION CHAIR

LAKESIDE RESORT PENTICTON BC
ASK FOR BCRCNA RATES
1-800-663-9400
WWW.PENTICTONLAKESIDERESORT.COM

REGISTRATION FORM