



The Clean Slate

South Vancouver Island Narcotic Anonymous

Svina.ca

Sept/Oct Issue 2023

24 Hour Helpline 250-383-3553



Meeting Updates

Effective July 31st

New location & time

A New Hope

Fridays @ 7:30pm

511 Michigan St

Lisa.B	1yr	Aug 22nd	SaltSpring Online
Rad.K	1yr	Aug 23rd	SaltSpring Online
Scott	3yrs	Aug 24th	Study Group
Suzanne.B	24yrs	Aug 28th	Circle of Serenity(open to all on cakes)
Dave.M	36yrs	Sept 1st	Saltspring Online
Breanne.W	2yrs	Sept 23rd	Saturday Night Live

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



Regardless Of has always been the little meeting that could. Sometimes we see as little as half a dozen people to over 25 people. Regardless of is an LGBTQ+ and allies meeting and has been meeting at Fernwood Community Centre for many years now.

We pride ourselves on being a safe space where everyone is welcome. We read stories from our basic text and JFT meditation as well as WHO, WHAT, WHY and the twelve traditions.

There is always coffee to be had and a meeting before and after the official meeting.

Through the pandemic when we couldn't hold our meeting inside we met outside in the field for a year and a half. We are all grateful to be back inside now. That room feels like home to many people. In the past few months we have picked up quite a few new home group members and now a GSR to represent us at AREA. Which is amazing.

Regardless of who you are or where you come from. You are Welcome here at our humble meeting.

Sincerely, Regardless Of :)

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.**

Elections being held Sunday September 17th

Available positions:

- **Facilitator (mentorship until end of term)**
- **RCM 2 - *vacant***
- **Secretary - *vacant***
- **Treasurer (mentorship until end of term)**
- **Literature Chair (mentorship until end of term)**
- **Victoria Convention - *vacant***
- **Activities committee - *vacant***
- **SOR and WIR facilitators**

Group service representative (GSR).

Elected by an NA home group to participate on the group's behalf in the Area Service Committee. Representatives link their groups to the rest of Narcotics Anonymous and take part on their groups' behalf and bring back information on what's happening in the larger world of NA.

Area service committee (ASC).

A committee created to provide common services for NA groups in a specific locale. Composed of GSRs, ASC officers and subcommittee chairpersons. Usually part of a region, to which it sends RCMs .

Upcoming Events

NA Holiday Dinner Committee Needs you!

Planning Meeting Sept 5th @ 7pm
Quality Foods upstairs
27 Helmcken Rd

Come on out and join the Fun

Free event for members, family and community.

September will be the first meeting for the Committee forming group. Lots of service positions and great way to give back..

Dinner to take place: **Sunday, December 10th, 2023**

Contact: Leah.J 250-882-3609

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 for groups:	svinafellowshipliaison@gmail.com
Women liaison:	svinawomenliaison@gmail.com

I am an addict.

Earlier tonight, I read a suggestion for authors, "write the truest sentence you know," and that statement came to mind. The fact that I'm an addict no longer feels like a shameful confession or the entirety of my being.

I am an addict and I'm also an individual. Through recovery, I can accept my addiction, and I can work on accepting and learning about myself. When I first got clean, I didn't know much about who I was. Like many addicts, I had defined myself by my drug use, and without it, I felt lost.

In the rooms, I called myself an addict but I didn't understand what that actually meant yet. I had to keep coming back. Gradually, as I attended more meetings, I started to understand more and more about what makes a person an addict.

If I use drugs, I can't stop on my own. I am prone to obsession and compulsion. And I have a pre-disposition towards isolation and self centeredness. As I stayed clean, worked the steps with my sponsor, and kept coming back, I started to notice my personality coming back too.

I was still an addict, but I wasn't only an addict. With the help of this program of NA, today I'm a recovering addict and I'm also a writer and a musician. I enjoy learning new things, and for the first time in my life, I can cook myself a meal that's worth eating.

Today, I have principles I try to live by, and family and friends who I love. I am an addict and I'm grateful, because NA has taught me how to live and be someone I value.

While my addiction is not all of me, I know that if I don't practice recovery, I will lose everything else. Just for today, I am a recovering addict and I am fortunate to have my recovery, myself and others to share it with.

Anonymous

REMINDER:

Each month, we will highlight a different home group from within the area. If you are interested in highlighting your home group just send an email to my email.

Newsletter chair:

Please send new submissions
to svinanewsletter@gmail.com

For Sept/Oct Issue

YIS Leah,J