



The Clean Slate

Aug-Sept-Oct 2019

South Vancouver Island area Newsletter



Name	Date	Years	Meetings
Kareena	July 25 th	19 Years	Regardless Of
Steph G	July 26 th	1 Year	Pathways to Hope
Steve N	Aug 2 ^{sd}	7 Years	Pathways to Hope
Marla M	Aug. 3 rd	2 Years	Saturday Night Live
Steven P	Aug.10 th	1 Year	Saturday Night Live
Traci N	Aug.13 th	1 Year	Women in Unity
Terra	Aug 14 th	10 Years	Duncan
Aaron	Aug 14 th	2 Years	Basic Text
Vince	Aug 14 th	18 Years	Duncan
Vince	Aug. 15 th	18 Years	Duncan
Steven P	Aug. 17 th	1 Year	Saturday Night Live
Quill	Aug. 24 th	22 Years	Saturday Night Live
Ian M	Aug. 25 th	7 Years	Just for Today Nooner
Bethany D	Aug. 25 th	3 Years	Just for Today Nooner
Herb 3 rd	Aug. 26 th	2 Years	Just for Today Nooner
Andre S	Sept 1 st	18 Years	Brass Tacks
Steve J	Sept 11 th	20 Years	Basic Text
Nicole S	Sept 16 th	2 Years	Just for Today Nooner
Karen H	Sept 19 th	4 Years	Just for Today Nooner
Danielle L	Sept 21 st	25 Years	Unity Group
Krystyna	Sept 23	1 Year	Duncan
Kellie B	Sept 24 th	6 Years	Just for Today Nooner
Kellie	Sept 25 th	7 Years	Basic Text
Kerry M	Oct 1 st	4 Years	Just for Today Nooner
Jason B	Oct 2 nd	5 Years	Basic Text
Glenys H	Oct 10 th	5 Years	Just for Today Nooner
Kerry C	Oct 14 th	4 Years	Just for Today Nooner
Mike M	Oct 16 th	6 Years	Basic Text
Trevor L	Oct 16 th	6 Years	Basic Text
Katey B	Oct 20 th	2 Years	Duncan
Robert R	Oct 23 rd	4 Years	Just for Today Nooner
Mark B	Oct 30 th	3 Years	Basic Text

Committee Meetings 2019



July 22 2019 - 6:30pm 27 Helmcken Rd

July 29 2019 - 6:30pm 27 Helmcken Rd

August 5th 2019-6:30pm Tim Horton's @ 27 Helmcken Rd

August 8th 2019 – Camp Barnard, Sooke

August 26 2019 - 6:30pm 27 Helmcken Rd



Come out Camping Aug 9,10,11

Registration is Manually

We have a Lot of Fun

S.V.I.N.A Women In Recovery Campout 2019



*Transitions
Spiritual
Principles*

August 9 -11, 2019 at Camp Barnard
3202 Young Lake Road, Sooke BC

80\$/Person (95\$ after July 15)

Includes all meals (vegetarian gluten free options), camping or dorm rooms and activities
Fellowship, Speakers, Yoga, Hiking, Watersports & Great Food

email: womeninrecovery@svina.ca to register

For more information contact:
Amber C: 250-898-8583 or
Christina W: 778-587-1104

**SON'S OF RECOVERY
XVIII ANNUAL
MEN'S CAMPOUT**



AUGUST 16-18, 2019
AT CAMP BARNARD, 3202 YOUNG LAKE RD
Sooke, B.C.

EARLY BIRD PRICE - \$80 UNTIL JULY 1ST
PRICE AFTER JULY 1ST - \$100
REGISTER AT SVINA.CA/NEWS-EVENTS.HTML
SPEAKERS | FOOD | FELLOWSHIP

Saturday Day Pass - \$40.00



Area Needs Help

We need Secretary, Alt Secretary, Co Facilitator, Literature Chair, Policies Procedures Chair.

Activities Need Help

Anyone wanting to get involve in **amazing race 3** this year. The **first meeting is on July 22nd** at **730pm** at **TimHortons** in **Colwood**

Need a Meeting Place

Victoria Cool Aid Society Swift House.

Located at 467 Swift Rd

Is offering a space to host a meeting 7 days a week.

If your interested in helping get this meeting started please

Contact **Nicole S** 250-217-5118

24-HOUR HELPLINES

South Vancouver Island 1- 250-383-3553

Central Vancouver Island 1-800-494-2404

Vancouver Island North & Powell River Area 1-844-484-6772

Na Websites

South Vancouver Island Area Service Committee

www.svina.ca

Central Vancouver Island

www.cviana.ca

Vancouver Island North & Powell River

www.vinprana.ca

BC Regional

www.bcrna.ca

Canadian Assembly of Narcotics Anonymous

www.canaacna.org

Narcotics Anonymous World Services

www.na.org

History NA

What are “Open” and “Closed” Meetings?



“Closed” NA meetings are for addicts or those who think they might have a drug problem. Closed meetings provide an atmosphere in which addicts can feel more certain that those attending will be able to identify with them. Newcomers may feel more comfortable at a closed meeting for the same reason. At the beginning of a closed meeting, the leader or chairperson often reads a statement explaining why the meeting is closed and offering to direct nonaddicts who may be attending to an open meeting.



“Open” NA meetings Are just that-open to **anyone who wants** to attend. Some groups have open meetings once a month to allow nonaddict friends and relatives of NA members to celebrate recovery anniversaries with them. Groups that have open meetings may structure their

format in such a way that opportunities for participation by non addicts are limited only to short birthday or anniversary presentations. Such a format allows the meeting to retain its focus on recovery shared one addict to another. It should be made clear during the meeting that NA groups do not accept monetary contributions from nonaddicts.

Some groups use carefully planned open meetings, particularly open speaker meetings, as an opportunity to let members of the community-at-large see for themselves what Narcotics Anonymous is all about and ask questions. At such public meetings, a statement regarding our tradition of anonymity is often read, asking visitors not to use full-face photographs, last names, or personal details when they describe the meeting to others. For more information on public meetings, see *Public Relations Handbook*, available through your group service representative or by writing the World Service Office.

Jokes

- 1. A student asks the teacher where he has been all year. The man replies by telling him he was in rehab. The student says, “oh my mom had to go to rehab because she hurt her back. What did you hurt?” The man says “um... I hurt my nose!”**
- 2. An addict, a drunk and dealer are all sitting in a car.**



Who's driving? The Police