



# The Clean Slate

November 18/2018 - December 16/2018  
South Vancouver Island Area Newsletter

## Birthdays

Name	Years	Date	Meeting
Anna L	1yr	November 21	Basic Text
Brian H	1yr	November 28	Basic Text
Laurel T	2yrs	December 2	Basic Text
Paul	9yrs	December 9	Duncan
Sheila	6yrs	December 22	Duncan
George F	5yrs	December 21	Pathways To Hope
Carmen	2yrs	December 27	Duncan
Jody L	5yrs	December 29	Never Too Young

## 15 Spiritual Principles Word Search

A	S	H	P	U	S	C	X	S	B	N	R	P	Z	R	A	J	F	E	K
V	L	N	D	V	E	F	S	T	L	P	C	X	D	E	N	B	Q	P	M
U	O	E	Y	L	R	E	C	O	V	E	R	Y	H	C	O	R	M	B	I
E	Y	L	M	K	V	O	K	J	N	R	B	Y	H	V	N	T	G	H	C
W	A	R	A	F	I	D	T	R	U	S	T	E	X	W	Y	S	Z	U	Q
U	L	G	J	Y	C	A	L	K	J	E	N	Y	R	T	M	F	C	M	X
N	T	E	Z	R	E	L	N	E	W	V	V	I	O	P	I	N	R	I	S
G	Y	A	F	N	J	N	V	C	Y	E	R	E	M	N	T	X	Z	L	M
F	I	T	A	J	U	S	T	F	O	R	T	O	D	A	Y	T	V	I	Z
D	R	T	I	Y	U	B	V	N	M	A	P	O	L	U	M	B	Y	T	C
X	I	N	T	E	G	R	I	T	Y	N	Z	D	T	W	E	V	H	Y	N
I	H	J	H	R	V	S	W	L	M	C	R	H	J	N	L	B	O	R	E
X	T	R	V	D	E	W	H	O	N	E	S	T	Y	N	O	L	P	C	I
T	V	R	E	U	N	I	T	Y	L	J	Y	G	B	E	V	M	E	B	N
F	X	Z	R	W	B	N	V	Y	E	Q	B	P	U	L	E	K	M	K	M
A	C	C	E	P	T	A	N	C	E	X	E	R	N	M	C	P	O	X	R

### 24-HOUR HELPLINES

South Vancouver Island 1-866-664-3511  
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	<a href="http://www.svina.ca">www.svina.ca</a>
Central Vancouver Island	<a href="http://www.cviana.ca">www.cviana.ca</a>
Vancouver Island North & Powell River	<a href="http://www.vinprana.ca">www.vinprana.ca</a>
BC Regional	<a href="http://www.bcrna.ca">www.bcrna.ca</a>
Canadian Assembly of Narcotics Anonymous	<a href="http://www.canaacna.org">www.canaacna.org</a>
Narcotics Anonymous World Services	<a href="http://www.na.org">www.na.org</a>



*Want to stay clean? Then service is right for you!*

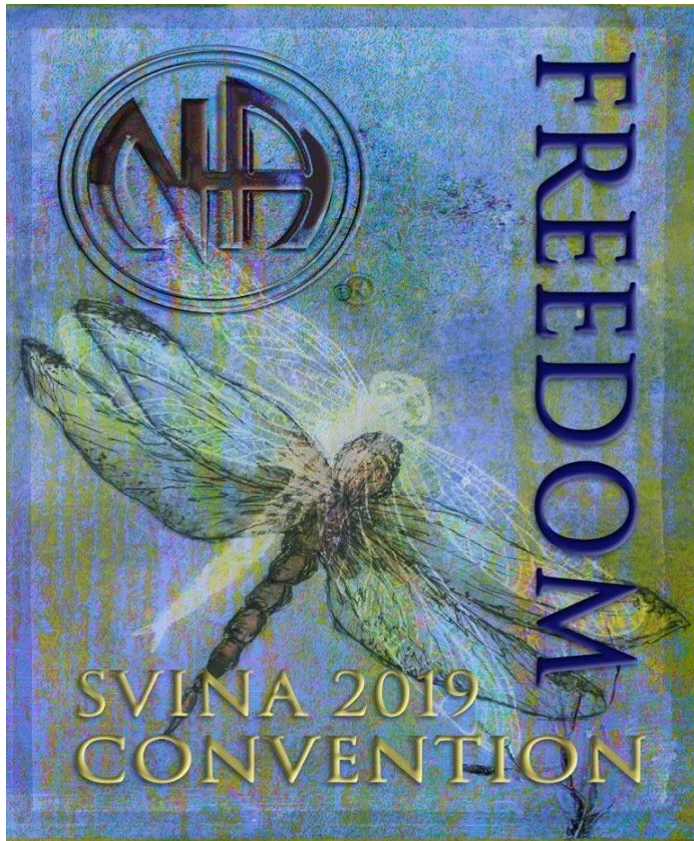
**HELP WANTED**

**Detox panel orientation 1<sup>st</sup> Thursday of month 6:30pm Manchester House  
H and I meets every Thursday, 630pm Manchester House**

PR Facilitator	Adam V	250-589-8929
Co Facilitator	Bill G	250-208-3266
Secretary	Christina W	778-587-1104
Phone Line Coordinator	Danielle L	250-415-5835
Fellowship Liaison	Aaron M	250-538-2293
Meeting List Distributor	Paris	250-888-4567
Panel Coordinator	Vacant	
Womens Liaison	Kerrie M	250-813-2611
Detox Thursday H&I Meeting Leader	Vacant	
Detox First Friday month	Andre S	778-677-8613
Detox Second Friday month	Rodney A	778-350-4677
Detox Third Friday month	Mark S	778-678-1931
Detox Fourth Friday month	Grange G	778-688-9549
Detox Fifth Friday month	Becca L	250-589-7166
Cedars panel leader second Tuesday month	Jody L	250-896-4358
<b>Men's</b> Cedars panel leader fourth Tuesday month	Vacant	
<b>Women's</b> Cedars panel leader fourth Tuesday month	Susan C	250-886-2639
VIRCC Liason	Vacant	

**Notice Board**

- **SPEAKER MEETINGS** last Friday every month at **She Surrenders** and **James Bay Step by Step**.
- Pathways To Hope GSR position is available!
- Local NA Meetings **need** help! The following groups could use support with signing up **home group members**:
  - Sooke Just As We Are
  - She Surrenders
  - It Works For Us
  - Ground Zero
- Next **PR** meeting and PR Panel Orientation: December 6, 2018 at 6:30pm Manchester house. All are welcome. Orientation for detox panels; 3 months clean to listen and 6 months clean to speak.
- Open positions at PR are Panel Coordinator, 1 Cedar Panel Leader, VIRCC Liaison (Jails), H&I Detox Meeting Coordinator



Victoria! The SVINA 2019 Convention is coming to you! May 3<sup>rd</sup> to 5<sup>th</sup>, 2019, The convention will be hosted at the Saanich Fairgrounds (1538 Stelly's Crossroad) Members can register now at Svina.ca

**Registration Packages and Pricing!**

\$40 Basic Package

Full access to Convention (No entertainment or food)

\$120 Early Bird Full Package - *Until December 31/2018*

Full access to Convention, Entertainment, and Food

\$140 Full Package - *Until March 1/2019*

Full access to Convention, Entertainment, and Food

\$160 Late Package - *After March 1/2019*

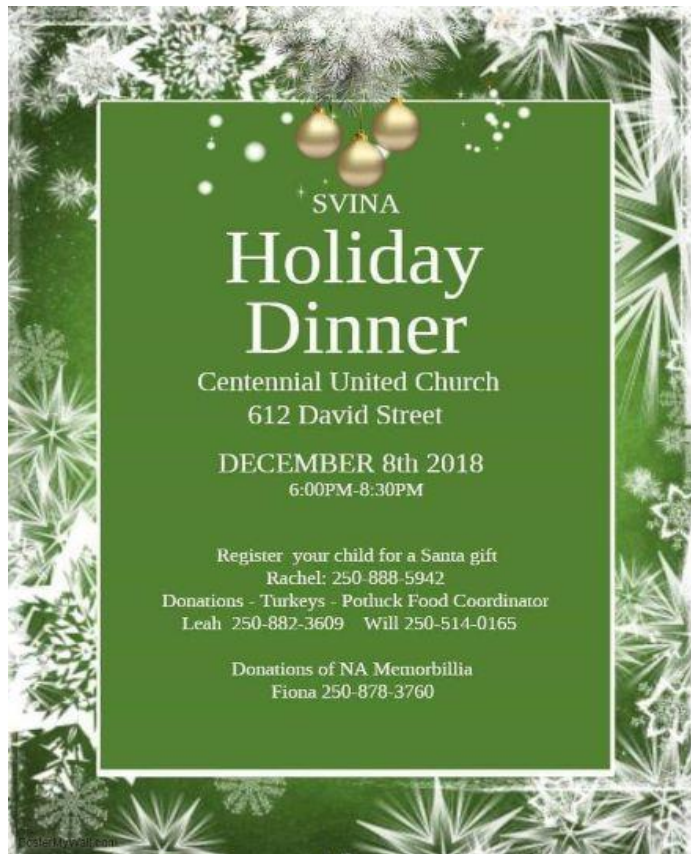
Full access to Convention, Entertainment, and Food

Unique handmade jewelry available, to raise funds for the Convention.

Please contact Barb V at 250-216-2944.

**Convention Meetings:**

Contact [convention@svina.ca](mailto:convention@svina.ca) for information regarding next meeting.



**Holiday Dinner!**

Get Ready to get your grub on!

December 8<sup>th</sup> is the day, from 6:00pm to 8:30pm ☺

**Next committee meetings:**

November 25<sup>th</sup> - 6:00 pm

December 3<sup>rd</sup> - 3:00pm

All committee meetings are at the Quality Foods on Helmcken

# **2 Year Cake**

*Why yes it went well  
my two year do  
down at the Alano Club  
behind that canopy  
of shabby blue.*

*We lit that joint up  
with our shouting  
falling about laughing  
because we were never  
the good boys and girls  
most of us anyway ...  
were always up  
for way too much.*

*Fast cars faster lives  
that were somehow  
overtaken by  
a tiredness  
that wanted only  
to be alone  
with those precious magics  
of forgetting.*

*And some of us arrived early  
and some of us  
caught the last possible  
but we all arrived .at  
the same place.*

*And some of us got lucky  
and some got smart  
and some just gave it up  
to fortune and circumstance.  
Bent our stubborn necks  
to some simple wisdoms  
of surrender .*

*And returned to this life  
made so fiercely  
beautiful in it s recapture.*

*So yes it did go well  
my two year do  
down at the Alano Club  
behind that canopy  
of shabby blue.*

## **Stories Wanted.....**

*"Keeping it simple" is an article for members to write and share their experience, strength and hope as it relates to the steps and recovery. If you have any experience you're willing to share, I'd love to hear from you. Please send your article to [newsletter@svinca.ca](mailto:newsletter@svinca.ca). Don't be shy about grammatical errors or bad spelling! All stories are welcome and greatly appreciated.*