

## THE N.A. PROGRAM

NA's self-titled pamphlet, known among members as "the White Booklet", describes Narcotics Anonymous this way:

***"NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We meet regularly to help each other stay clean. We are not interested in what or how much you used but only in what you want to do about your problem and how we can help."***

Membership is open to all addicts, regardless of the particular drug or combination of drugs used. When adapting AA's First Step, the word "addiction" was substituted for "alcohol", thus removing drug-specific language and reflecting the "disease concept" of addiction. Narcotics Anonymous provides a recovery process and peer support network that are linked together. One of the keys to NA's success is the therapeutic value of addicts working with other addicts. Members share their successes and challenges in overcoming active addiction and living drug-free, productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA. These principles are the core of the Narcotics Anonymous recovery program.

Narcotics Anonymous itself is a non-religious program of recovery; each member is encouraged to cultivate an individual understanding - religious or not - of the spiritual principles and apply these principles to everyday life.

In Narcotics Anonymous, members are encouraged to comply with complete abstinence from all drugs including alcohol. It has been the experience of NA members that complete and continuous abstinence provides the best foundation for recovery and personal growth. NA as a whole has no opinion on outside issues, including prescribed medications. Use of psychiatric medication and other medically indicated drugs prescribed by a physician and taken under medical supervision is not seen as compromising a person's recovery in NA.

## STEP ONE

***"We admitted we were powerless over addiction and our lives had become unmanageable."***

A "first" of anything is a beginning, and so it is with the steps. The First Step is the beginning of the recovery process. The healing starts here.

Many of us have tried to stop using on sheer willpower. This action was a temporary solution. We saw that willpower alone would not work for any length of time.

Our experience shows that it is necessary for us to be willing to do anything it takes to obtain this precious gift of recovery. In recovery, we will be introduced to spiritual principles such as *surrender, honesty, and acceptance* required for the First Step. If we faithfully practice these principles, they will transform our perceptions and the way we live our lives.

By honestly looking at what we have become in our addiction, we recognize the powerlessness and unmanageability in our lives. Moving beyond our reservations, we accept our addiction, surrender, and experience the hope that recovery offers.

We realize that we can no longer go on as we have been.

We are ready for a change.

We are willing to try another way.

*~ (Excerpt from the NA Basic Text, It Works: How and Why, and the NA Step Working Guide)*

## TRADITION THREE

***"The only requirement for membership is a desire to stop using."***

## PHONE NUMBERS

CALL ANYTIME !!!

MENS ONLY

WOMENS ONLY

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## SOUTH VANCOUVER ISLAND MEETING DIRECTORY

REVISED MAY-2019

24 HOUR HELPLINE:  
250.383.3553



BC-Wide NA Phone Line: 1.855.444.2262

*Redirects to phone lines from all areas of BC*

South Vancouver Island: [www.svina.ca](http://www.svina.ca)  
BC Region: [www.bcrna.ca](http://www.bcrna.ca)  
NA World Services: [www.na.org](http://www.na.org)

South Vancouver Island Area of NA  
PO Box 8284 Victoria BC V8W 3R9

For the most current meeting info call our **24 HOUR HELPLINE** or visit [www.svina.ca/meetings.html](http://www.svina.ca/meetings.html)

## LEGEND

<b>New</b>	New Meeting / Location	<b>L</b>	Literature (varies)
<b>O</b>	Open to the Public	<b>BT</b>	Basic Text
<b>C</b>	Closed to the Public	<b>JFT</b>	Just for Today
<b>M</b>	Men's Meeting	<b>LC</b>	Living Clean
<b>W</b>	Women's Meeting	<b>T</b>	Traditions
<b>Y</b>	Youth Meeting	<b>12</b>	12 Steps
<b>AG</b>	Agnostic	<b>D</b>	Discussion
<b>GL</b>	Gay/Lesbian	<b>WC</b>	Wheelchair Access
<b>S</b>	Speaker	<b>CL</b>	Candlelight

## SUNDAY

### THE JOURNEY CONTINUES - *Salt Spring Island*

10:00am - 11:00am **O LC D**

268 Fulford-Ganges Rd (Comm Svcs Ctr, Outreach Bldg)

### JUST FOR TODAY NOONER

12:00pm - 1:00pm **O JFT D WC**

755 Pandora Ave (Downtown Comm Centre, Gymnasium)

### SUNDAY NIGHT FIX - *Duncan*

5:30pm - 6:45pm **New O L BT**

107 Evans St (Alano Club)

### SUNDAY SERENITY

6:00pm - 7:15pm **O D WC**

849 Old Esquimalt Rd (Queen of Peace Parish Church)  
*side entrance, parking in back*

### BRASS TACKS

8:00pm - 9:00pm **O L LC WC**

874 Fleming St (Esquimalt Lions Lodge, Back Entrance)

## MONDAY

### JUST FOR TODAY NOONER

12:00pm - 1:00pm **O JFT D WC**

755 Pandora Ave (Downtown Comm Centre, Gymnasium)

### THE FREEDOM GROUP

7:00pm - 8:15pm

6000 William Head Road  
*security clearance required*

### IT WORKS FOR US

7:30pm - 9:00pm **O L 12 D WC**

625 Queens Ave (Mustard Seed Church)

### FRESH START - *Duncan*

7:30pm - 8:30pm **O L BT**

107 Evans St (Alano Club)

## TUESDAY

### JUST FOR TODAY NOONER

12:00pm - 1:00pm **O JFT D WC**

755 Pandora Ave (Downtown Comm Centre, Gymnasium)

### RENEWED HOPE - *Duncan*

1:00pm - 2:00pm **New O D WC**

2579 Lewis St (Warmland House, Cafeteria)

### QNA

6:00pm - 7:00pm **C D WC CL**

27 Helmcken Road (Grocery Store @ Eagle Creek Village)  
*upstairs meeting room*

### WOMEN IN UNITY (Women's Meeting)

7:00pm - 8:00pm **New O W L D CL**

2612 Sooke Rd (Forge Church)  
*daycare portable behind main church building*

### JAMES BAY STEP BY STEP

7:30pm - 8:30pm **O S T 12 WC CL**

511 Michigan St (James Bay United Church)  
*back door basement entrance*  
*last Tuesday of month is Speaker Meeting*

## WEDNESDAY

### JUST FOR TODAY NOONER

12:00pm - 1:00pm **O JFT D WC**

755 Pandora Ave (Downtown Comm Centre, Gymnasium)

### GROUND ZERO

6:00pm - 7:00pm **O D WC**

535 Ellice St (Rock Bay Landing, Upstairs Education Room)

### BASIC TEXT

7:30pm - 8:30pm **O BT WC**

935 Goldstream Ave (Gordon United Church, side entrance)

### COURAGE TO CHANGE

7:30pm - 8:30pm **O D WC CL**

1330 Fairfield Rd (Fairfield/Gonzalez Community Centre)  
*inside main community centre building*

### FACULTY OF RECOVERY

7:30pm - 8:30pm **O AG D WC CL**

UVic - Clearihue Building, Room D125  
*meeting room location may change by semester*

### FRESH START - *Duncan*

7:30pm - 8:30pm **O L BT**

107 Evans St (Alano Club)

## THURSDAY

### JUST FOR TODAY NOONER

12:00pm - 1:00pm **O JFT D WC**

755 Pandora Ave (Downtown Comm Centre, Gymnasium)

### RENEWED HOPE - *Duncan*

1:00pm - 2:00pm **New O D WC**

2579 Lewis St (Warmland House, Cafeteria)

### REGARDLESS OF...

7:00pm - 8:00pm **O GL BT D WC CL**

1240 Gladstone Ave (Fernwood Community Centre)

### THE STUDY GROUP

7:30pm - 9:00pm **O L BT WC**

279 Island Hwy (View Royal Community Hall)

### THURSDAY SERENITY - *Cobble Hill*

7:30pm - 8:30pm **New O D**

3565 Watson Avenue

### JUST AS WE ARE

8:00pm - 9:00pm **O JFT D WC CL**

2191 Townsend Rd (St Rose of Lima Church - Sooke)

## FRIDAY

### JUST FOR TODAY NOONER

12:00pm - 1:00pm **O JFT D WC**

755 Pandora Ave (Downtown Comm Centre, Gymnasium)

### SHE SURRENDERS (Women's Meeting)

6:30pm - 7:30pm **New C W L D WC**

1240 Gladstone Ave (Fernwood Community Centre)

### PRIMARY PURPOSE (Men's Meeting)

7:30pm - 9:00pm **C M D WC**

600 Richmond Ave (St Matthias Church Annex)

### PATHWAYS TO HOPE

7:30pm - 8:45pm **O D WC CL**

798 Goldstream Ave (Our Lady of the Rosary Church)

### FRESH START - *Duncan*

7:30pm - 8:30pm **O L BT**

107 Evans St (Alano Club)

## SATURDAY

### JUST FOR TODAY NOONER

12:00pm - 1:00pm **O JFT D WC**

755 Pandora Ave (Downtown Comm Centre, Gymnasium)

### BASIC TEXT STUDY - *Duncan*

6:00pm - 7:30pm **New O L BT**

107 Evans St (Alano Club)

### SATURDAY NIGHT LIVE

7:30pm - 8:30pm **New O D WC CL**

1125 Pembroke Street  
*RAS Building beside Sobering Centre*

### UNITY GROUP - *Saanichton*

7:30pm - 8:30pm **O BT D WC**

7180 E Saanich Rd (Shady Creek Church, basement)  
*15-minute informal meditation @ 7pm before meeting*

### NEVER TOO YOUNG (Youth Meeting)

8:00pm - 9:00pm **C Y S T 12**

3460 Shelbourne St (Shelbourne St Church)  
*last Saturday of month is Open Speaker / Birthday Meeting*

## SERVICE MEETINGS

### PUBLIC RELATIONS (PR) COMMITTEE

7:00pm - 8:00pm, 1st Thursday of Month

540 Manchester, basement

*Speaker Panel Orientation begins @ 6:30pm*

### POLICY & PROCEDURES COMMITTEE

email [policy@svina.ca](mailto:policy@svina.ca) for  
meeting time & location

### AREA SERVICE COMMITTEE

12:15pm - 3:00pm, 3rd Sunday of Month

919 Pandora Ave (Our Place Society)  
*2nd Floor Meeting Room*

### LITERATURE COMMITTEE

email [literature@svina.ca](mailto:literature@svina.ca) for  
meeting time & location  
*home group literature reps are encouraged to attend*