

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

SOUTH VANCOUVER ISLAND MEETING DIRECTORY

REVISED JULY-2021

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
BC Region: www.bcrna.ca
NA World Services: 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

LEGEND

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

SUNDAY

THE JOURNEY CONTINUES/RECOVERY SALTSPRING (hybrid)

10:00am - 11:00am

268 Fulford-Ganges Rd (lower front kitchen room)

<https://us04web.zoom.us/j/798548890>

password: 256531

JUST FOR TODAY NOONER (in-person)

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

Pioneer Square (between Meares & Quadra, outside)

SUNDAY NIGHT CANDLELIGHT (in-person)

6:00pm - 7:15pm **O LC D CL**

3024 Jacklin Rd (around back downstairs)

RECOVERY SALTSPRING (online)

7:00pm - 8:15pm

<https://us04web.zoom.us/j/798548890>

password: 256531

BRASS TACKS (in-person)

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

612 David St (church gymnasium)

MONDAY

JUST FOR TODAY NOONER (in-person)

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

Pioneer Square (between Meares & Quadra, outside)

NO MATTER WHAT CLUB (in-person)

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

877 North Park St

RECOVERY SALTSPRING (online)

7:00pm - 8:15pm

<https://us04web.zoom.us/j/798548890>

password: 256531

TUESDAY

JUST FOR TODAY NOONER (in-person)

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

Pioneer Square (between Meares & Quadra, outside)

QNA (online)

6:00pm - 7:00pm

<https://meetings.ringcentral.com/join?jid=2508967777>

email qnagroupis@gmail.com for password

RECOVERY SALTSPRING (online)

7:00pm - 8:15pm

<https://us04web.zoom.us/j/798548890>

password: 256531

WEDNESDAY

JUST FOR TODAY NOONER (in-person)

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

Pioneer Square (between Meares & Quadra, outside)

HOPE AFTER DOPE (in-person)

6:30pm - 7:30pm **O L D WC CL**

521 Craigflower Rd (Vic West Community Centre)

RECOVERY SALTSPRING (online)

7:00pm - 8:15pm

<https://us04web.zoom.us/j/798548890>

password: 256531

BASIC TEXT (in-person)

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

935 Goldstream Ave (Gordon United Church, side entrance)

COURAGE TO CHANGE (online)

8:00pm - 9:00pm

1330 Fairfield Road
(Gonzalez Community Center, Garry Oak Room)

THURSDAY

JUST FOR TODAY NOONER (in-person)

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

Pioneer Square (between Meares & Quadra, outside)

RECOVERY SALTSPRING (online)

7:00pm - 8:15pm

<https://us04web.zoom.us/j/798548890>

password: 256531

REGARDLESS OF... (in-person)

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

1289 Gladstone Ave (outside)

THE STUDY GROUP (in-person)

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

279 Island Hwy (View Royal Community Hall)

JUST AS WE ARE (in-person)

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

2191 Town Road (St Rose of Lima Church)

FRIDAY

JUST FOR TODAY NOONER (in-person)

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

Pioneer Square (between Meares & Quadra, outside)

RECOVERY SALTSPRING (online)

7:00pm - 8:15pm

<https://us04web.zoom.us/j/798548890>

password: 256531

PATHWAYS TO HOPE (online)

7:30pm - 8:30pm

<https://us04web.zoom.us/j/81742316303>

password: 024534

PRIMARY PURPOSE [Men] (online)

7:30pm - 8:30pm

<https://us04web.zoom.us/j/2027137340>

no password

SATURDAY

JUST FOR TODAY NOONER (in-person)

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

Pioneer Square (between Meares & Quadra, outside)

RECOVERY SALTSPRING (online)

7:00pm - 8:15pm

<https://us04web.zoom.us/j/798548890>

password: 256531

SATURDAY NIGHT LIVE (in-person)

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

612 David St (Centennial United Church)

UNITY GROUP (online)

7:30pm - 8:30pm

<https://us04web.zoom.us/j/5588072296>

password: 654321

SERVICE MEETINGS

PUBLIC RELATIONS (PR) COMMITTEE (online)

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

Speaker Panel Orientation begins @ 6:30pm

POLICY & PROCEDURES COMMITTEE (online)

email policy@svina.ca for

meeting time & location

AREA SERVICE COMMITTEE (online)

1:00pm - 3:00pm, 3rd Sunday of Month

LITERATURE COMMITTEE (online)

email literature@svina.ca for

meeting time & location