

Anchor Newsletter

www.anchorna.org anchornews@live.ca



Special Events

World Convention NA 37. Aug 30-Sept.2 2018. Orlando Florida U.S.A. Pre-registration is now open, Info available www.na.org/wcna

World Service Conference. 29 April – May 5 2018 more info www.na.org/conference

Brantford Halloween Dance Oct.28th 630pm. Cornerstone church, 203 Grand River Avenue. More info at orscna.org/english/events.

TACNA 10. Feb. 16th – 18th at Toronto Marriott Eaton Centre. More info at www.torontonaconvention.org

GETTING INVOLVED

We keep what we have by giving it away. That's why getting involved in service is a great way to give back and stay clean! To learn more come to the AASC meeting in King City the second Thursday of every month at 8:00pm All Saints Anglican Church, 12935 Keele Street.

Open Positions:

- Vice Chairperson (2 years clean)
- Alt Secretary (6 months clean)
- H&I Chairperson (2 years clean)
- PR Chairperson (2 years clean)
- RCM (3 years clean)
- Helpline staff

We wouldn't have the fellowship we have if we didn't have people doing service, Get involved. We all need YOUR help.

"Narcotics Anonymous offers addicts a program of recovery that is more than just a life without drugs. Not only is this way of life better than the hell we lived, it is better than any life we have ever known. Each day more will be revealed." Pg. 107 Basic Text 6th Ed.

ANNOUNCEMENTS

Stepping Into Recovery, Aurora, Wednesday nights is looking for new members.

"You are no longer alone" in Richmond Hill is always welcoming support.

One Step Closer, Brampton is looking for support and members.

The Anchor Area is beginning a Capture The Flag game to promote fellowship between groups and more interaction. Rules to follow in the next issue!

Anchor News is looking for writers to share their experience with any aspect of their recovery, their program, or any submission for NA. Send to anchornews@live.ca

New Saturday night meeting has begun at 570 Steven Ct. Newmarket. Side entrance STEPS building. An excellent venue with fellowship afterwards (billiards, cards, food.....) Something to do on your Saturday nights!

Our Literature Chair is looking for volunteers to help during AASC meetings. Contact Emily W. (See Trusted Servants Contact Info Below.) no clean time req. Our Helpline also requires volunteers for phone work. 6 months clean time required.

TRUSTED SERVANTS

Chairperson

Yazz V. yasminvanmaurik@rogers.com

Alternate Treasurer

Wayne B. wd.brown@rogers.com

Public Relations Chair

Helpline Chair

Tressa C. teresacadddu5@gmail.com

Literature Chair

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Treasurer

Doug K. Hpholdings@pwe1996.ca

Secretary

Lindsey P. paton.lindsey@gmail.com

H&I Chair

Newsletter Chair

Gerry M. anchornews@live.ca

Alternate Secretary

Trisha C.

EXPERIENCE, STRENGTH & HOPE



Stolen

A member of the NA program, who previously had been attending meetings regularly, stopped going. After a few weeks, his sponsor decided to visit him. It was a chilly evening and the sponsor found the sponsee at home alone, sitting before a blazing fire.

Guessing the reason for his sponsor's visit, the sponsee welcomed him, led him to a big chair near the fireplace and waited. His sponsor made himself comfortable but said no

thing. In the grave silence, he contemplated the play of the flames around the burning logs. After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone.

Then he sat back in his chair, still silent. The sponsee watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more seen, it was cold and "dead as a doornail."

Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, he picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it.

As the sponsor reached the door to leave, the sponsee said, "Thank you so much for your visit and especially for the fiery sermon. I'll see you at the meeting in the morning."

-- Author Unknown.

UPCOMING MEDALLIONS

Please send any announcements of upcoming medallions to anchornews@live.ca

Melinda N- Oct 10th at Lonely Hearts 3 years

Oct. 11 Eduard N.
1 year at Infinity Recovery

Oct 22 Holy Crap Steve L
21 years at Inner Journey

Oct 23. Doug K 27 years at You Are No Longer Alone

Oct. 26 Brittany E
2 years at New Hope

Oct.31 Mandy B 16 years at
Courage to Change

Frank V. 6 years at Lonely Hearts

Nov 7 Mario 1year at Lonely
Hearts

Nov 21 Frank M. 27 years &
Alex 4 years at Lonely Hearts

Nov. 28th Gavin 3 years at
Courage to Change & Mike D 1
year at Lonely Hearts

This Program Works!

Congratulations!

The Traditions of Narcotics Anonymous: *Tradition 6*

“An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.”

Dear friends,

Just like most of our literature is truly encompassing of many ideas and spiritual principals that are essential to our program and its success. Our traditions are there to protect us as individuals and as groups to function together and with the outside world. It is essential that we never lose sight of the message. We are the keepers, the examples, and the dealers of the message.

What is the message? Our Primary Purpose.

That no one who has a desire to end the vicious and continuous circle of addiction to drugs need ever live that way again. That a proven and simple way exists to live and incredible and full life free from addiction to drugs. The proof is in us, the way is found through our literature and groups, and the solution is meeting and working with other addicts.

This tradition is also about the path to freedom. It outlines what we should not do, why we are wary of those obstacles, and finally what consequences can result from indiscretion. It touches on the key spiritual principles that are necessary for our survival. Integrity, willingness, open mindedness, humility, dignity, respect, loyalty, and anonymity are just a few very important principles. We need to be wary of our fellowship and participate vigorously to ensure the purity of our message and to recognize diversions that could harm us as a group. The outside world is slowly coming around to understanding our disease. But we must take care of ourselves and the addicts still to come.

“This tradition points us to the very personal investments each of us has in our groups and in our Fellowship. Our personal practice of humility and anonymity serves the group as much as ourselves.” Pg 102.
Guiding Principles

“When we resist the impulse to get diverted, to wander off course, we are present for the miracle. The life we save might be our own.” Pg 98
Guiding Principles

Once upon a time there was a non-conforming sparrow who decided not to fly south for the winter.

However, when the temperature dropped below freezing, he reluctantly started to fly south. In a short time ice began to form on his wings, and he fell to the earth in a barnyard almost frozen.

A cow passed by and crapped on the little sparrow. The sparrow thought it was the end.

However, the manure warmed him and defrosted his wings. Warm and happy, the bird began to sing.

Just then a large cat came by. Hearing the chirping, he investigated the sounds. The cat cleared away the manure, found the chirping bird, and promptly ate him.

The moral of the story:

- Everyone who craps on you is not necessarily your enemy.
- Everyone who gets you out of the crap is not necessarily your friend.

And, if you are warm and happy in a pile of crap, keep your mouth shut.

Narcotics Anonymous : Random Facts & Figures

When you have the opportunity, please take a look at the www.na.org. There is a wealth of information available to the addict and people related to the addict. There are events calendars, online meeting links, phone meeting links, and regular meeting links. There are periodicals ranging from NA newsletters to archives reflecting all manner of NA correspondence. Most importantly there is online Literature available. The whole site is dedicated to carrying the message and supporting the addict. It only takes a visit to your local area service meeting to see what goes on behind the scenes of NA. The efforts and organization it takes to enable the various meetings that just go on in our area require tireless efforts from volunteers. With roughly 67000 meetings in 139 countries, I am humbled by the thousands of people who dedicate their time, experience, and talents to further the recovery of addicts everyday. As this month holds for me one of the most important celebrations that every Canadian observes aside from affiliation from any religion. Thanksgiving is a time when we all reflect on the things we are grateful for. I cannot thank the society of men and women who have saved my life and taught me how to begin living enough. Thank you for the Narcotics Anonymous program. Thank you for the still suffering and recovering addict, Thank you Higher Power for your guidance and love.

Gratitude

Say thank you, until you mean it. Thank God, life, and the universe for anyone and anything sent your way. Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos into order, confusion into clarity. It can turn a meal into a feast, a house into a home. A stranger into a friend, problems into gifts. It turns failures into successes, the unexpected into perfect timing, and mistakes into important events. It can turn mere existence into life and disconnected situations into important and beneficial lessons. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Gratitude makes things right.

Gratitude turns negative energy into positive. There is no situation or circumstance so large or small that it is not susceptible to gratitude's power. We can start with who we are and what we have today, apply gratitude, then let it work its magic.

Say thank you until you mean it. If you say it long enough, you will believe it.

RN, Submitted by Wayne B.

IF YOU THINK YOU MAY HAVE A PROBLEM WITH DRUGS, WE CAN HELP.

CALL 1-888-696-8956

