

Anchor Newsletter

www.anchorna.org anchornews@live.ca

“Narcotics Anonymous is the way we have found to escape lives of desperation and pain. But that’s not all NA is: It’s a path, a process, and a way of life. Living the program changes us in ways we might expect, and in ways we never imagined.” Living Clean pg.1

ANNOUNCEMENTS

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

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

Laser Tag Pizza Party Nov.11 1224 Dundas St. E 18\$/per Adam 6478598199

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!

Courage to Change in Keswick will be holding a pot luck gratitude meeting by candlelight Dec 7th @7pm

. Elections for service positions were held last meeting and new positions were determined and will commence in the New Year. Congratulations to all our volunteers. I will update our trusted service list when its complete in the New Year.

TRUSTED SERVANTS

Chairperson

Yazz V. yasminvanmaurik@rogers.com

Alternate Treasurer

Wayne B. wd.brown@rogers.com

Public Relations Chair

Helpline Chair

Tressa C. teresacadeddu5@gmail.com

Literature Chair

Emily W. h2hequine@live.ca

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.



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

CCNAXXVI Canadian Convention in P.E.I Oct 19-21st. canadianconvention.com

ORCNA XXXI May 18th-21st. 2018 Blue Mountain Resort and Conference Center. Pre-register at orcna.ca

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)
- RCM (3 years clean)
- Helpline staff (6 months)

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

Contributions from our Members



DISCOVERING THE LITERATURE OF NA

So, in my final few months as Area Chair I have realized why I chose a position where I get to slug 100 pounds of books around and count paper write numbers and do math, all of which are challenging for me; I am in love with the literature. I always have a pamphlet in my car or pocket, I still go into the meeting and pick up an IP to read the message, I see myself in all the words and through this I find humility. So, with knowledge comes action and I have decided to share a pamphlet with you.

Another look IP No.5

This pamphlet seeks to find a common ground on **what addiction is NOT**.

1. **Addiction is not** freedom "because we seek to manipulate and control thus destroying spontaneity, an integral mark of freedom" it also talks about fear of losing control is the root of our fear
2. **Addiction is not** personal growth. We were slaves and were incapable of meaningful thought or action "ritualistic, compulsive, obsessive routines of active addiction render us incapable" of them
3. **Addiction is not** good will "hostile, resentful, self-centered" we cut off the world, so we could keep using
4. **Addiction is not** a way of life. The self-centered self-seeking isolated world of a using addict is only a way to survive for a while

The last page of the IP talks about what freedom, goodwill, creative action, and personal growth. "In active addiction, insanity, institutions and death are the only ends. In recovery, through the help of our higher power and the steps of NA, **anything is possible**. By Emily W

Game On!

Capture the Flag is about to begin. The rules have been determined and game play will commence as soon as next month. There will be a prize announced for the winning group and an event held for fellowship and fun at its conclusion. Details will be released on the Anchor Area website www.anchorna.org and announced by your group service representatives at your upcoming meetings.

UPCOMING MEDALLIONS

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

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

Nov. 21st Gavin 3 years at Courage to change
Nov.28 Mike D 1 year at Lonely Hearts

Dec. 1st Ali M. !2 years at Message of Hope

Dec. 7th Payam 9 years at Message of Hope

Dec. 11 John T. 2 years at Power of Change

Dec. 26th Lennox P. 26 years at Courage to Change

Jan. 1st Siavash 5 years at Message of Hope

Jan 8th Ryan R. 1year at You are No Longer Alone.

This Program Works!

Congratulations!



The Traditions of Narcotics Anonymous: Tradition 7

“Every NA group ought to be self-supporting, declining outside contributions.”

My fellow addicts,

This tradition is the one we all remember best. After all it's the money tradition. When we first come to this fellowship some of us sit through our first meeting with skepticism. Thinking that maybe we have immersed ourselves unknowingly in a cult or some strange sect. The initial readings make us feel more comfortable as we realize that we can relate to much of what's being read out loud. Then we hear about slogans and sponsorship, then come the announcements and the basket goes around. Aha! Here's the grab we think!. We are at this point professional swindlers and excellent victims. Many of us have been dragged down hell's half acre more than once. Most of us have nothing to give. They give key tags away and we don't have keys for them. It all seems very strange. But as we grow into our fellowship and come to more meetings we listen more intently and the message of the 7th is beautiful once we see what really happens with it.

In its literal sense the 7th talks about self-support. However, it's not just saying that we support ourselves, but that we support our own. We are not in need of the outside world's financial help. We may have arrived here through expensive detox and rehabilitation centers but we are welcomed without a monthly due, maintenance fee or initiation costs. Our currency is our spirits, our willingness, our efforts, and our message. We provide all meetings and our fellowship free of any obligatory charge. Considering the thousands of souls that have been helped by our message this is in itself a miracle.

Still our voluntary contributions are essential to our fellowships ability to reach out to addicts. Attend a local service meeting and you can see for yourself the level of effort it takes to coordinate the meetings and document them, to provide literature to the groups, and most importantly to support addicts. Our contributions are essential to the livelihood of our fellowship whether they be in a conversation or a basket, or both!

“We can be creative in the ways that we gather resources and careful in how we use them. Our tradition of self-support keeps us alive and free. Tradition Seven invites us to learn more about integrity and what it means to stick to principle without being rigid or ungrateful”. Pg 134 Guiding Principles: The Spirit Of Our Traditions.

The Parable of the Snake

A traveler is crossing the countryside and his path takes him through the mountains. As he climbs higher and higher, the temperature continues to drop until it is quite cold. Carrying on he comes across a snake in his path.

“Please” the snake says, “Would you carry me to the other side”? “It's too cold and I can't make it. I will likely die without your help”.

The traveler thinks about the proposition. He thinks the snake may be poisonous. That it's instinct is to bite its adversaries. But this snake needs his help. So, he picks the snake up and puts it inside his tunic to stay warm.

As they finally make it over the top and begin their descent the temperature begins to warm.

The snake suddenly bites the traveler and slips out of his shirt.

The snake is poisonous and as the traveler felt the venom begin to take hold of his life he screamed at the snake in despair. “Why, after I trusted and helped you did you still bite me”?

“I am a snake” it replied.

The moral of the story: When people show you who and what they are we should take them at their word.

Narcotics Anonymous : Early Writings of Jimmy K.

I.

WHERE DO WE STAND.

The personal problem of addiction has existed, and has been mentioned in history and literature, since ancient times.

Medicine and society, past and present, with all the organizations and methods, at their disposal, have tried to solve this puzzle. Just recently, a dedicated man of great stature in the medical world, stated that only in rare and individual cases, did addiction yield to therapy in his field.

We know that many of the solutions offered us were worthwhile, but such cunning enemies of life are narcotics and sedation, that we had lost the power to accept and use them.

There was no way out left for us, all our own efforts failed, in extreme desperation, we sought help from ~~each~~^{each} other in the fellowship of Narcotics Anonymous, and since 1953 a new and encouraging page, in recovery, is being unfolded.

We realize that the elimination of drugs from our lives, is but the first step away from a highly abnormal condition of mind and body. To take away drugs and give nothing to take their place, is no answer, something else must dominate and influence our lives. We believe this takes place when we give ourselves as completely as possible, to the simple program of Narcotics Anonymous.

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

CALL 1-888-696-8956 or visit na.org or www.anchorna.org

