

# Anchor Newsletter

[www.anchorna.org](http://www.anchorna.org) [anchornews@live.ca](mailto:anchornews@live.ca)

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“We live a day at a time but also from moment to moment. When we stop living in the here and now, our problems become magnified unreasonably. Patience isn't a strong point with us. That's why we need our slogans and our NA friends to remind us to live the program just for today.” Narcotics Anonymous Basic Text page 99

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## ANNOUNCEMENTS

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

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

Squeaky Clean in Newmarket, Monday nights at 8, requires new members. It is a well-attended meeting that requires new members f.

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](mailto: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!

Elections for service positions were held and new positions were determined and will commence in the New Year. Congratulations to all our volunteers. I will update our trusted servant list when its complete in the coming newsletter. We still have positions available please attend the Anchor Area Service Meeting to learn more. See the section called Getting Involved

Capture the Flag has officially begun. Check the website for updates

### TRUSTED SERVANTS

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#### H&I Chair

#### Newsletter Chair

Gerry M. [anchornews@live.ca](mailto: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](http://www.na.org/wcna)

**CCNAXXVI** Canadian Convention in P.E.I Oct 19-21st. [canadianconvention.com](http://canadianconvention.com)

**ORCNA XXXI** May 18<sup>th</sup>-21<sup>st</sup>. 2018 Blue Mountain Resort and Conference Center. Pre-register at [orcna.ca](http://orcna.ca)

**TACNA 10.** Feb. 16<sup>th</sup> – 18<sup>th</sup> at Toronto Marriott Eaton Centre. More info at [www.torontonaconvention.org](http://www.torontonaconvention.org)

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## 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)
- H&I Chairperson (2 years clean)
- Helpline staff (6 months)
- Secretary (1year)

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

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# Contributions from our Members



## DISCOVERING THE LITERATURE OF NA

### Self-acceptance

This pamphlet tells us about the problem we have with self acceptance and the 12-step solution to this defect.

### The problem

Many of us have trouble identifying this subtle defect. Thinking that drugs were our only problem. Many of our problems in recovery stem from an inability to accept ourselves on a deeper level. We may find more issues arise such as irritability or being judgmental, feeling discontent, depressed or confused. It's time to look inwards for the source. More often than not we discover we are our own worst critics.

### The 12-step solution

The first step towards self-acceptance is acceptance of our addiction. Then we can accept ourselves as human beings. Having belief in a higher power can help us with the spiritual understanding of self-acceptance. This is knowing that it's all right to be in pain, to make mistakes and knowing we are not perfect. Our defects are Part of us and will only be removed when we practice living the NA program. We remember that we have the disease of addiction, and that it takes a long time to achieve self-acceptance on a deep level. When we accept ourselves, we can accept others into our lives unconditionally and probably for the first time. Our friendships become deep and we experience the warmth and caring from addicts sharing in recovery and a new life.

Kiersten B

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

**CALL 1-888-696-8956 or visit [na.org](http://na.org) or  
[www.anchorna.org](http://www.anchorna.org)**

## UPCOMING MEDALLIONS

Please send any announcements of upcoming medallions to [anchornews@live.ca](mailto:anchornews@live.ca)

Jan 20<sup>th</sup> 2018

Slava, 8 years at Serenity on Saturdays. 7PM

Jan 24<sup>th</sup> 2018

Jessica M 3 years at Stepping Into Recovery. 8PM

Jan 26<sup>th</sup> 2018

Wayne B. 3 yrs at Unity Self Help . 8PM

Jan 29<sup>th</sup> 2018

Gerry M. 2 years at You Are No Longer Alone. 8PM

Feb. 19<sup>th</sup> 2018

TJ 5years at Squeaky Clean 8PM

Congratulations to all who Celebrated last month. Send new announcements to [anchornews@live.ca](mailto:anchornews@live.ca)  
This Program Works!

Congratulations!

