
April/May 2018

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

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

Edmonton Area Convention June 1st-3rd Radisson Convention Center. Info available at eana.ca

“When we find the message in our experience, what we have been through becomes useful. Our message is powerful because it is true. We listen to each other like our lives depend on it. The details don’t matter. We connect with another addicts message because the truth is not just something we hear; it’s something we feel” From Guiding Principles pg. 193

ANNOUNCEMENTS

8th Annual Baseball tournament in Brampton is back again. Location is Dugan Field on Saturday July 21st. Full day event starting at 9am until approx.. 8pm. Contact Kevin to register your team today @ 6478624809

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

Sunday night Womens meeting in Newmarket is underway. Located at 461 Park Ave. Trinity United Church. Downstairs from 6- 7pm. Meeting is called Women in Newmarket (WIN)

Squeaky Clean in Newmarket, Monday nights at 8, requires new members. It is a well-attended meeting that simply needs help with co-ordination and general business.

We are in need of volunteers to help in Service. Come work in the front lines of addiction. One addict helping another addict.

Special Congratulations to Kristy D who is our new help line chair. Thank you for your service .

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

TRUSTED SERVANTS

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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)
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

An excerpt from Living Clean : The Journey Continues

The Ties that Bind

“ Narcotics Anonymous is a program of action, not theory. We don't think our way into a new way of living; we live our way into a new way of thinking. Before we got clean, our identity was built on fantasy : who could we be, would be, should be, or even who we used to be. In recovery we connect with reality through action.

We show up and do our part. We experiment with jobs, relationships, and service commitments. Some of us begin simply by trying to keep a houseplant alive. Wherever we start, each of us ventures out into the new world – clean – and tries something new. We learn who we are by taking a stand, taking risks, and allowing ourselves to be vulnerable. Even when we make mistakes we can learn something vital about ourselves.

We identify as addicts, and the principle of anonymity teaches us that this is the most important thing. If we forget that we have a deadly disease it doesn't really who or what else we think we are. But once we are clear about that, and get used to the idea of being clean, all kinds of possibilities open up to us. As recovering addicts, we are free to explore the world and to consider who we are and who we want to become. An experienced member suggested that the whole trick to living is figuring out who we are and doing it on purpose.

It can take a long time to set ourselves free. When we come to recovery we have been devastated in many ways. Although living clean isn't all about crisis, it can sometimes seem that way. Our feelings are so powerful. There is so much change in our lives, and change can be messy even when its positive. Our personalities and our sense of who we are were warped by our addiction, and whwn we get clean we are even more confused. It can be a while before we have the opportunity or the need to ask. “ Okay, who am I now?”

Pg 23,24 Living Clean, The Journey Continues

UPCOMING MEDALLIONS

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

April 16th 2018
Kristy D 3 years
Gerry K 16 years @
You Are No Longer Alone

April 17th Tanuj S. 1yr at
Courage to Change

April 25th
Patryk 2 years
Ian 2 years
@ Road to Recovery

April 29th
Jimmy 40 years
Freedom Group
Oshawa

May 15th 2018
Yaz V. 27 years
Courage to Change

May 22nd
Jessica M 2 years
Courage to Change

Congratulations! Staying Clean for a day is a Miracle. Visit medallion meetings to experience the Miracle of recovery first hand

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

The Traditions of Narcotics Anonymous: Tradition 11

“Our public relations policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio, and films”

Members of Narcotics Anonymous new or longstanding can all attest to the value and miracles that occur everyday in our program. We bring hope and freedom from addiction to many who have engaged themselves in our twelve step program. “It works if you work it!

So why don't you see enticing advertisements and slick commercials that convince and lure new people into our rooms? It just doesn't work like that.

Many of us remember what it was like in active addiction. Some of us were forced to come to NA through law enforcement sentences and doctors advice. Many were enticed by a seed planted in our brains from a member we knew. Others sought out a solution and found the helpline or a website. We all attended our first meeting and it was from there that our journey began. Every journey is different and progresses at our own pace. As one of my favorite members always says, “It's not a race, it's a place”. It is essential to recovery that we progress in this program through our own will and choices that we make. Like picking up that first white key tag.

“To carry out our policy of attraction, rather than promotion, we present ourselves and our program with humility, honesty, and simplicity, and we allow the miracle of recovery to speak for itself. For us, attraction means simply sharing how NA works, and that it works.”

“Our principle are universal. They work for addicts in all walks of life, in scores of different languages, with all kinds of religious and cultural influences and beliefs. The continued growth of NA is proof of the power of our message.”

Guiding Principles pg. 198

WHEN THE WOLF CRIED

There was a wolf who was bad as bad can be, and did things to others without thinking things through. He got smug, and was ego driven. But the wolf didn't know he didn't have to do things that way. He spent years wasting his life chasing after things he thought he wanted. Most of what the wolf thought of himself were lies and things told to him when he was young . No one is born bad, not even wolves and since everyone assumed wolves were bad, he fit the bill. One day the wolf came to a conclusion that he wanted to change and mend his ways. . He cried out, and his eyes were open to new opportunities. He started telling the truth, and helping others with their problems. The work the wolf was doing helped him, as he helped others he saw that doing good things is rewarding. Then what the wolf thought of himself, about being bad and not worthy dissolved and he shined. When the wolf started to let others in his life, a new world began for him. Everyone is useful, and can be used to their full potential when they surrender their old self and walk in the light.

Keep Coming Back.

Experience, Strength, and Hope: Members Sharing Recovery from all over the World

Get Willing or Die Trying...

My experience has shown me that no matter how many days I have been clean, if I do not maintain willingness to practice the program of Narcotics Anonymous in all areas of my life, I will revert back to old behaviours and eventually die, whether that is a physical or spiritual death I am unsure, more will always be revealed. I never understood how important willingness was until recently. After multiple years clean, I started to fall behind on some of my recovery tools - step work became secondary, praying was an afterthought and only if I was in pain, meetings were for if I was bored and had nothing else going on and my daily readings only happened if I ready them with someone else. These are all relapse behaviours. These are all behaviours that are leading me to jails, institutions and death. Recently, I've had to force myself to become willing to do all of the things I don't feel like doing. The ONLY reason why I have a career, a brand new vehicle, a roof over my head, food in my belly and peace of mind (this is just a tiny list of things recovery has given me) is due to the 12 steps of Narcotics Anonymous, if I want to keep these things I need to "Get Willing or Die Trying"...

Lindsey P

ORCNA IS COMING FAST! DON'T FORGET TO PRE-REGISTER AND SAVE SOME \$\$\$\$\$\$

LOCATION: BLUE MOUNTAIN RESORT AND CONFERENCE CENTER

DATE: MAY 18TH -20TH

PRE-REGISTRATION CUT-OFF IS APRIL 9TH 2018

PRICE BEFORE APRIL 9TH - \$30 FOR CONVENTION ONLY

PAYMENTS CAN BE MADE BY CASH, CHEQUE, OR MONEY ORDER BY MAIL (WITH REGISTRATION FORM { or online www.orcna.ca }) to P.O BOX 203, KESWICK, ON L4P 3E2

