
June/July 2018

Anchor Newsletter

www.anchorna.org anchornews@live.ca

“When we trust the process, we are free to participate in it. We are safe to act in unity, speak our conscience from a place of love, and hear the voice of a higher power” GP pg. 20

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

Anchor Angels will be hosting a baseball team practice and BBQ June 30th & July 8th at Anchor Park (Doane Rd just east of Yonge, Queensville. Come play ball from 10 am to 12 .

Lonely Hearts Annual Wasaga Beach Picnic. Beach area 5 August 19th all are welcome.

Sunday night **Women Only** meeting in Newmarket is underway. Located at Christian Baptist Church 135 Main St. Basement. 6-7pm. Meeting is called Women in Newmarket (WIN) and is looking for support and new members

St Joseph's Health Centre. 730 weekly Thursday meeting requires speakers. Contact Adriano 4167235136.

You Are No Longer Alone will not be meeting July 2nd due to unavailability of the facility.

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

Upcoming Campouts- Niagara Area NA Aug3-6. Info @ niagarana.com, Georgian Campvention July 13-15 info @ glana.ca, Nova Scotia Campout & Pig Roast July 16-22 Annapolis Valley. Info @ eana.ca. Unity Campout Pitlock Conservation Area June 29th – July 2nd. Info @ Jen F. 519-788-9991

July 7, Real In Recovery Fishing Derby 7am HH& Lakeview Park. Port Colborne, ON

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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

Western New York Regional Convention. Sept. 21st-23rd info @ nawny.org

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

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:

- Secretary (1year clean)
- Vice Chairperson (2 years clean)
- H&I Chairperson (2 years clean)
- Helpline staff (6 months) shifts available. Mon 7am-6pm, 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



Life is one hell of a roller coaster ride.

By Candice B.

I used to say this all the time while using. The ups and downs of life were a battle to cope with. The ups were okay but the downs were awful. It was usually the little things that happened that caused the most difficult situations.

Since coming into recovery I've gone through a lot of transformation. Many good things have happened. I've been able to live and be present in my own life to experience the beauty of staying clean. I built a relationship with my family again, I have been present in my dogs lives instead of just there, I got my job back, I was saving money, I started setting small achievable goals, and for the first time in a long time I've put myself as a priority in my own life.

Lately my pink cloud has drifted away and I'm forced to deal with reality, which I know as an addict is scary and my first instinct is to run and hide from it. Regardless of the reason why things have happened life sets in. When i recently lost that job that i was able to get back because of recovery my first instinct was to drink. Fortunately I have tools now that allow me to get through these tough feelings without using. I immediately reached out and found some great answers from people I reached out to and some unexpected places as well.

Recovery has given me a life that I'm proud of today. I know that the highs and the lows will both pass so it's each moment I need to be thankful for. Doing step work for me is difficult but there is a great relief in finishing it and being able to release the chains of my past. Going to meetings and connecting with my higher power helps me through the now, and talking to another addict gives me a new perspective on a situation I've been blind to.

Remember that rollercoaster i was talking about, even now that I am clean I'm still feeling like I'm riding one up and down, around in circles, through tunnels and upside down but I get the opportunity to enjoy the ride knowing I'll stay safe as long as I don't try to operate and ride it on my own.

UPCOMING MEDALLIONS

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

June 16th

Melissa M 1 year
Serenity On Saturday

June 22nd

Aaron B
5 years
Unity Self Help

June 29th

Joe L 28 years
Unity Self Help

July 2nd

Vito C 2 years
Lonely Hearts

July 10th

Sam M 29 years
Lonely Hearts

July 17th

Rose 24 Years
Courage to Change

July 21st

Dan 1 year
Serenity on Saturday

Miracles happen every day, all over the world in Narcotics Anonymous.
Congratulations!

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

[Jimmy Kinnon 20th anniversary of Narcotics Anonymous Speech](#)

The following are only excerpts from his 20th Anniversary Speech. It is a unique speech as it breaks down some of our history, trials and tribulations, our purpose, and our message. Eventually, from humble and bare beginnings, with the unwavering support of Alcoholics Anonymous, we rose from the ashes and built a home for suffering and recovering addicts that has never been stronger.

“My name's Jimmy Kinnon, I'm an addict and an alcoholic. I've been on the verge of tears for about one hour here and that almost did it. But I'm not ashamed of tears anymore, providing they're the kind that are shed for something that's worthwhile. That just about wiped my brain clean, I can't even remember what I was going to say now. However, in our fellowship, at any time, our main purpose has to be always foremost in our lives: whether we're socializing with each other in our individual homes or whether we're at a gathering of this kind, particularly this kind. What I have to remember, personally, that I'm here, and possibly all of you are here because of people who'll never be here”

[Carry the Message](#)

“Two years ago at the convention, when I had just regained my voice, I said then that as long as I live I would use what voice and what strength I have to further the efforts of Narcotics Anonymous and that other beautiful fellowship I belong to, Alcoholics Anonymous—and I intend to do that. But it's going to take all of me, and it's going to take all of you, and all the people that you're going to talk to, and all of the people you're going to carry the message to, to make this a greater reality. There are people out there on La Cienega Boulevard dying of our disease. There are people all over this world dying of our disease, and, believe it or not, we are truly the only people who can really help them. Let's never forget that. You and I have been given, through illness—through suffering—and through disease, a talent for helping other human beings like ourselves. Let's never forget that we have it and that we are responsible for others. But primarily, we must be responsible to ourselves and—I seldom talk about Higher Powers, the particular concept of a Higher Power that I have, around the group; but believe me I have it. And, I don't know how many people are in this room tonight. I don't know if there's 100 here or 110 or 112, but over and above all of us, and in and through all of us, there's a power that there isn't anywhere else in the world. That's what Narcotics Anonymous is all about. That's what it will always be all about. And I'm serious tonight. I'm live serious not dead serious. This is a program of life and living. I've been serious long enough and I hope for the rest of the night we all have a hell of a lot of fun, because that's what living's all about.

Thank you very much.”

Stuff My Sponsor Says

“God doesn’t need your help today”!

“And what does your wife think about that?”

“How is that 4th coming. It’s not intended to be a book you know?”

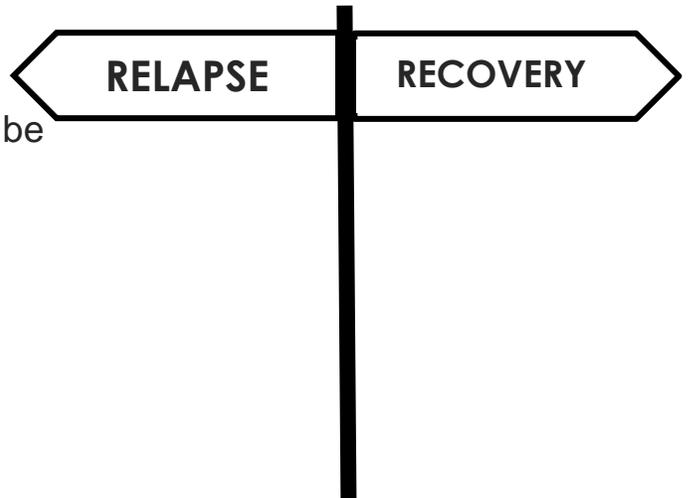
“Wait for the wisdom”

“gratitude is 90% attitude”

“a key tag is always better than a toe tag”

“that doesn’t sound very spiritual”

“recovery can’t be transmitted sexually”



Word Search: Spiritual Principles part 1

H P A T I E N C E M P A T H Y
E C N A R E L O T R W X S Y N
C O O H D P P M L S G S R J A
W M N U G O J P R E E B B C E
Y M Y M F H C A C N C H C S L
O I M I A W M S S U Y E X I G
Y T I L I B I S N O P S E R A
W M T I T S E I R T L V A E W
E E Y T H L T O A R L T U U H
Y N T Y F Y G N I V I G M D Z
T T M L N F C K V T W P Q F O
O R E D N E R R U S D U E Q K
D S J F L D V D V U O B K M G
O W G R A C E O N R O E D G A
Y I L K B S G K L T G X W H B

ACCEPTANCE

COMMITMENT

EMPATHY

GIVING

GOODWILL

HOPE

LOVE

SELFLESSNESS

RESPONSIBILITY

TOLERANCE

UNITY

ANONYMITY

COMPASSION

FAITH

GRACE

GRATITUDE

HUMILITY

PATIENCE

SURRENDER

SAFETY

TRUST