

# Anchor Newsletter

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



## Upcoming Conventions

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

**Western New York Regional Convention.** Sept. 21<sup>st</sup>-23<sup>rd</sup> info @ [www.nawny.org](http://www.nawny.org)

**VRC XXXVI Nashville Tennessee** Nov. 23<sup>rd</sup> -25<sup>th</sup>, 2018. [www.vrcna.org](http://www.vrcna.org)

**WSNAC XXXV Wisconsin , La Crosse** Nov. 9-11, 2018 [www.wsnac.org](http://www.wsnac.org)

**NACNA XVI Nassau Area** Jan 18,19,20, 2019. Melville NY,USA  
[www.nacna.org](http://www.nacna.org)

**Miracles Convention North Central Wisconsin** Feb 1<sup>st</sup>-3<sup>rd</sup> 2019.  
[MiraclesConvention.org](http://MiraclesConvention.org)

**MNNAC XXVI Minnesota** April 5<sup>th</sup>-7<sup>th</sup> 2019. [MNNAC26@gmail.com](mailto:MNNAC26@gmail.com)

**ECCNA35 Europe Convention** July 19<sup>th</sup>-21<sup>st</sup> 2019. Zurich Switzerland  
[www.eccna.eu](http://www.eccna.eu)

**NEW YORK NA CONVENTION** Aug.23<sup>rd</sup> to 25<sup>th</sup> 2019. Times Square NY,NY,  
<https://newyorkna.org/convention/>

**BACNA II Barbados Area NA** Nov.14<sup>th</sup>-17<sup>th</sup> Barbados Beach Club  
[nabarbados@gmail.com](mailto:nabarbados@gmail.com)

**WCNA 38 Melbourne Australia 2021** dates to be announced

“As recovery becomes more central in our lives and we internalize the principles embodied in the steps, our view of the world changes profoundly....we begin to realize that recovery is a priceless gift” It Works pg.34

## TRUSTED SERVANTS

**Anchor Chair**  
Emily W [h2hequine@live.ca](mailto:h2hequine@live.ca)

**Vice Chair**  
Brian M  
[majorbr@hotmail.com](mailto:majorbr@hotmail.com)

**Treasurer**  
Doug K.  
[Hpholdings@pwe1996.ca](mailto:Hpholdings@pwe1996.ca)

**Alternate Treasurer**  
Wayne B.  
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**Literature Chair**  
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**Helpline Chair**  
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**Newsletter Chair**  
Gerry M. [anchornews@live.ca](mailto:anchornews@live.ca)

**Regional Chair RCM**  
Jim B  
[jimbowie1959@msn.com](mailto:jimbowie1959@msn.com)

**Serenity on Simcoe** Rick F  
[rickfraser13@gmail.com](mailto:rickfraser13@gmail.com)

**Capture the Flag Ad Hoc**  
Kenny. [kjwlkem@live.com](mailto:kjwlkem@live.com)

**Meeting 2<sup>nd</sup> thurs every month**  
**All Saints Church King City.**  
**All Welcome, WE NEED YOU**  
**Get involved in Service!**

## Announcements

**Stepping into Recovery** in Aurora has moved. They are now at 79 Victoria St. inside Trinity Anglican Church at a new time of 730 . Meeting is upstairs.

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

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)

**Capture the Flag is back.** Updates and current scores will be posted monthly on [www.anchor.org](http://www.anchor.org)

Check out our Anchor Area website for current news, recovery resources, meeting lists, and literature.  
[www.anchorna.org](http://www.anchorna.org)

**Serenity on Saturday** celebrating their first year as a group. **Sept. 15<sup>th</sup>, 2018.** Celebration starts at 730 Cake and refreshments. Speaker Meeting

**Tradition Study Day November 3<sup>rd</sup>** All Saints Church King City. 9am to 4pm. Lunch available.

**NA World Services** is requesting that all members visit [www.na.org](http://www.na.org) and find and fill out the membership survey.

**Spaghetti Dinner And Bingo** in Brantford 5pm \$2/person 203 Grand River Ave. Cornerstone Church

**WCNA 37 Stats.** 30000 and counting attendance. NA worldwide, over 70000 weekly meetings, 144 countries 82 spoken languages, 52 translations of our literature

# Contributions from our Members



## Keep it Simple

By Candice B.

I have a tendency to complicate the easiest of tasks. If I'm making dinner for example I will ask everyone in my family what they want and when I get into the kitchen and start cooking I end up making something completely different. When it comes to recovery I need to remember to keep it simple. I heard a story of a child telling her mother that she wants to be an astronaut when she grows up. The mother tells her that she has to go to school, get good grades, and take math and science. The girl replies with well that's just 4 things.

It's important for me to think like that in terms of recovery. If I think about everything that is suggested to me in Narcotics Anonymous the list of things I should be doing keeps growing and with that mindset recovery becomes unmanageable. Active addiction was unmanageable. Recovery can be simple if I look at it like that child. I need to stay clean, pray, get a home group and go to meetings, talk to my sponsor, work the steps, reach out to other addicts, and help another if I can. That's just 7 things and if I am able to half of that list daily without picking up I've got a pretty good chance of staying clean just for today.

Recovery has given me my life back. I'm back in school and I know that my life is about to get pretty hectic. Balancing school and recovery I know is not going to be easy every day. I'm aware of that and if I simplify it that's just 2 things I need to do every day and if I do those 2 things I can be successful.

I used to be skilled in making a short story long. Today I'm so grateful for the ability to pause breathe and simplify my life. Life is simple if I allow it to be.

## WCNA 37 World Convention of Narcotics Anonymous

Recently I attended the world convention that was held in Orlando Florida. I thank my higher power for the good fortune to actually witness recovery on such a scale. It was overwhelming. I have never felt so much love, bonded with so many, and felt so welcome. When I entered the center upon arrival there was a large well dressed man beaming a smile and shouting "what a beautiful day to be clean brothers and sisters". I attended meetings of a scale I had never ingested before. Workshops that detailed every and any subject you could think of in recovery. I laughed my ass off at the comedy show. Rocked out to Blue October and Everlast concert. Shared meals, laughter, tears and stories with addicts from all over the globe. Some interesting phrases I heard while there. "Ubuntu (African Tribal Language) means "I am because we are". "Prayer is talking to your Higher Power, Meditation is the response", "Prayer is like sex... it doesn't matter the position, just make sure there's contact". And this one "**What is your recovery worth? How can you ever repay the debt?**". YILS Gerry M

**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

### Sept. 13<sup>th</sup>

Ashley P 1 year  
New Hope

### Sept 17<sup>th</sup>

Mitch 5 years  
You are no longer alone

### Sept 18<sup>th</sup>

Mauro T 1 year  
Lonely Hearts

### Sept 21<sup>st</sup>

Cam 17 years Unity Self Help

### Sept. 24<sup>th</sup>

Jim C 11 years  
You are No Longer Alone

### Sept 25<sup>th</sup>

Terri G 29 years Lonely Hearts

### Oct. 10

Steven H 1 year  
One Step Closer

### Oct 22.

Doug K 28 years  
You Are No Longer Alone

### Oct 24.

Eduard N 2 yrs  
Infinity Recovery

### Oct 30

Ryan B Amigos 1yr  
Courage to Change

### Nov 6.

Mandy B 17 yrs  
Courage to Change

Lino D 1yr

Lonely Hearts

### Nov.20

Alex I 5 yrs

Lonely Hearts

**Congratulations to all  
those celebrating**