



South Vancouver Island NA NEWSLETTER

OCTOBER 2008

THE CLEAN SLATE

In keeping with NA's 10th Tradition, **THE CLEAN SLATE** has no opinion on outside issues. The opinions expressed here are those of the contributors and should not be taken as those of Narcotics Anonymous as a whole.

MILESTONES IN RECOVERY

Group Name	Members Name	Number of Years	Date
Never Too Young	Jordan A.	18 months	September 27th
Sunday Surrender	James D.	41 Years	September 28th
Nitty Gritty/Inner City	Gabrielle	13 Years	October 1st
Never Too Young	Rhys G.	1 Year	October 4th
Pathways To Hope	Rene	22 Years	October 10th
Pathways To Hope	Ron A.	11 Years	October 17th
Pathways To Hope	Steve K.	11 Years	October 24th
Bridge of Hope	Chris B	2 Years	October 26
Never Too Young	Meaghan B.	1 Year	November 1st
James Bay Step By Step	Ariel	3 Years	November 27

Do you have a milestone in recovery to submit to **THE CLEAN SLATE**? Please contact Mark O at email svianews@hotmail.com. Please provide your name, number of years clean, and the date & meeting at which you will be celebrating the milestone.

WE WANT YOUR INPUT!!!

In upcoming newsletters we would like to put personal stories, poems and other submissions by members of this area, for members of this area. In keeping with the Narcotics Anonymous traditions we reserve the right to edit submissions to maintain anonymity and to delete profane or inappropriate language. Please contribute if you want this newsletter to be interesting and reflective of the nature of Narcotics Anonymous on Vancouver Island. Mark "O" - Newsletter Chair.

Victoria Area 383-3553; Nanaimo Area 1-888-265-7333; Strathcona Area 1-800-379-6652

24 HOUR NA HELPLINES: MARCH-2007

The Clean Slate Email Address:

BC Regional Service Committee Website:

South Vancouver Island Area Website:

Central Vancouver Island Area Website:

svianews@hotmail.com

<http://www.bcrsna.bc.ca>

<http://www.sviasc.org>

<http://www.cviana.ca>

NA Concepts

10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.

NA Traditions

10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.

NA Steps

10. We continued to take personal inventory and when we were wrong promptly admitted it.

Personal Stories

Road Trips

My first experience with road trips was in the Spring of 2004 when a number of us went on an Outreach trip to Salt Spring Island to attend an NA meeting there. This one was partially funded by the South Vancouver Island Area Service Committee and it was stressed that we hold back on sharing in order to let the home group members share. However these same members encouraged us to share in turn with them; something which I've seen regularly since.

Since then, I've only signed up for one Area sponsored road trip through Fellowship Liason but, it was already full - which was very encouraging as a display of unity.

However, there have been a number of other road trips to meetings where visitors were needed to add variety and support. To prevent boredom during the ride we've had rolling meetings aided by bringing copies of the NA Basic Text and the "Just For Today" book of daily meditations. I found the caring and the sharing to be awesome.

Those who could afford contributed to the fuel bill (important in the light of recent gas prices) and a great time was had by all.

Recently such a spontaneous road party arrived from up Island at the "Links To Recovery" meeting of NA on Store Street when there were only two of us. Imagine a Nanaimo Outreach to an isolated meeting in downtown Victoria. Sure challenged my open mindedness.

So, what are you waiting for? All it takes is an economical vehicle; a few fuel contributions; a Basic Text and (most of all) willingness.

Yours In Service,
Peter W

No Shrinking Violet

Your big box ways

Cannot shrink wrap Me

into a submission

that makes you comfortable

with who you think I Should be

I am not here

to provide you with comfort

Au contraire!

I am here to make you squirm;

For I am not neat and tidy

a packaged femme of your oppressive vision;

I am every single woman

You ever abused;

Suffocated in your shrink wrap world,

and I have come undone

you Cannot wrap me back up!

I am messy and I am loud;

I will regurgitate your vileness

and spit it back at you

with a clarity so undeniable

that it will pierce your frozen soul

for you know it to be the truth!

I am all of them, every single one!

you Cannot win

with mere cling wrap

for I am no shrinking Violet!

Marcella M.

GROUP and AREA ANNOUNCEMENTS

VACANT AREA SERVICE COMMITTEE (ASC) POSITIONS

ALL POSITIONS AT THE AREA LEVEL WERE VOTED ON AT THIS AREA SERVICE MEETING AND ONLY TWO POSITIONS REMAIN VACANT. VICE-CHAIR AND LITERATURE CHAIR ARE STILL OPEN AND THE LITERATURE IS EXTREMELY IMPORTANT. ANYONE INTERESTED IS URGED TO ATTEND THE NEXT AREA MEETING.

NEW MEETINGS OR CHANGES

SHE RECOVERS, THE WOMENS MEETING, NOW MEETS MONDAYS AT 6:30 PM AT 3460 SHELBOURNE, DERBY AND SHELBOURNE AT THE CHURCH.

AREA SERVICE COMMITTEE (ASC) MEETING

Next Area meeting will be held on October 19th, 2008 @ 10:00 am at Esquimalt Recreation Centre, 527 Fraser Street in the Seniors Room.

EVENTS

Men's Retreat

By all accounts this years retreat was another resounding success. All details will be revealed at the next area meeting and a full report will follow, but from the advanced report it was well attended, with 54 men showing up and it was successful financially as well. There may be some people that did not yet receive the merchandise they purchased, if so contact Andrew B

BC Regional Service Committee of NA (BCRSCNA)

A full report is being presented at this next area meeting, but it is too big to fit here.

Celebrating Unity and Fellowship: Learning and Growing Together—South Vancouver Island Area Service Committee Convention 2009

The James Bay Community Centre on Oswego Street will be the location for the next Victoria convention. The committee is still in need of members to chair the various committees, including Vice Chair, Alternate Treasurer, Convention Information, Fundraising/Entertainment, Arts and Graphics and Policies and Procedures. Next meeting: September 25, 2008 6:30pm, in the Viewfield Room at 527 Fraser Street.

SUB-COMMITTEE ANNOUNCEMENTS

NEWSLETTER SUB-COMMITTEE

Is looking for submissions and members to join us.

ACTIVITIES SUB-COMMITTEE

*Meets the 2nd Saturday of every month at 540 Manchester at 12:30 pm and has a number of upcoming events planned. Saturday until further notice the committee will have **Fellowship fun In The Sun** at Willows beach at 2:00 pm, an opportunity to enjoy some family fun in the outdoors. Children are welcome and people are encouraged to bring food and whatever else suits the weather and venue. November 1st there will be a dinner and dance following the Learning Day at the Gorge Burnside Community Centre. It is a chilli dinner and the dance is a **Halloween Theme** with prizes for best costume. Saturday, October 11th there is a **Spiritual Theatre Throw-down** at St. Matthias Church from 6 pm to 10 pm, that is at 600 Richmond Street. Any home group wishing to participate should contact Thabi P. The Activities Committee is also going to be producing t-shirts for sale as a fundraising tool for the 2009 convention, so contact Thabi if you are interested.*

LITERATURE SUB-COMMITTEE

Until a Literature Chair is voted in all literature inquiries should be directed the Area Chair, who will direct those interested. Please note the Chair position of this committee is vacant and those interested in the position attend the next area meeting.

PUBLIC RELATIONS SUB-COMMITTEE

The Chair position is filled by Mark B. who was elected at this area meeting. Vacant is the Outreach (Community Liaison), position. The phone line is in need of more volunteers, both male and female with 6 months clean. Interested members should attend the next PR committee meeting. The PR committee is also in need of Detox panel leaders and speakers, interested members need to attend an orientation and training session. To find out more attend the next PR meeting. PR is also responsible for distributing meeting lists and Paris F. is the contact person for groups needing additional lists at \$3.00 per bundle of 25.

On Monday Sept 29, She Surrenders is hosting a Womens Unity meeting. We will be meeting @ 6:30 at the Shelbourne St. church. There will be a speaker followed by a cleantime countdown, snacks and refreshments. This meeting is open to all NA women.

SVIASC Activities Sub-Committee presents:

SPIRITUAL THEATRE THROWDOWN!

We will pick spiritual principles out of a hat to assign each participating home group. Groups will create a short theatrical presentation on their spiritual principle to perform at the event. Winners will be chosen by vote! Short rehearsals can easily be added before or after the time your group regularly meets. We encourage creativity, costumes, and members to just get out of themselves and have fun with this. We ask that GSR's let us know at next Area whether your group wants to participate in this exciting competition.



If groups show interest, it'll be on:

*October 11th, 6-10pm, at St. Matthias Church,
600 Richmond Ave.*