

The Twelve Steps of Narcotics Anonymous

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.



GLANA Newsletter

January/February

2018

MEETINGS IN NEED OF SUPPORT

Recovery Rocks

Tuesdays, 7:30 pm. at the Men's Mission
459 York Street, London (Southwest corner of
York and Maitland - Women are welcome)

Living Clean

Fridays, 7 pm. at the Salvation Army Chapel,
Centre of Hope, 281 Wellington, London
(Northwest Corner of Wellington and Horton)

Out Of The Darkness

Saturdays, 8pm. St. Andrews Church,
152 Albert Street, Strathroy

**For more information on meeting dates,
times and formats visit www.glana.ca and
follow the "Meetings" link**

GLANA Anniversaries

January

- Marco V. celebrates 1 year on January 15th at Monday night's I Can't We Can
- Kim L. celebrates 3 years on January 19th at Friday night's Walking in Recovery, St. Thomas
- Dan P. acknowledges 26 years on January 23rd at Tuesday night's Alive and Kicking
- Liam K. celebrates 2 years on January 28th at Sunday night's Recovery Lounge

February

- James M. celebrates 1 year on February 2nd at Friday night's Walking in Recovery, St. Thomas
- Nancy B. celebrates 13 years on February 2nd at Friday night's She Will Recover
- Melissa C. celebrates 7 years on February 3rd at Saturday night's How it Works, Ingersoll
- Eric A. celebrates 2 years on February 4th at Sunday night's Recovery Lounge
- Harley W. acknowledges 3 years on February 7th at Wednesday night's Back to Basics
- Tracy H. celebrates 18 months on February 9th at Friday night's She Will Recover
- Grant D. celebrates 7 years on February 11th at Sunday night's Recovery Lounge
- Michelle H. acknowledges 7 years on February 13th at Tuesday night's Alive and Kicking
- Pete H. acknowledges 13 years on February 13th at Tuesday night's Alive and Kicking
- Brandon V. celebrates 4 years on February 18th at Sunday night's Recovery Lounge

Keep Coming Back!

Meeting Location Change

Starting January 6th, 2018 Friday night's How It Works in Ingersoll will be held on Saturday night at Trinity United Church, 118 Church St Ingersoll

New Meetings

Women Embracing Recovery
River City Centre 260 Mitton St N Sarnia
Sunday, 7 pm

Honouring Your Spirit
Language, Heritage and Culture Centre
300 East River Rd, Chippewa of the Thames
Thursday, 7 pm

Information on the Monthly Area Meeting

The Greater London Area Service Committee (GLASC) meets the second Sunday of every month at St. Joseph's Hospital (Cheapside Entrance) at 12:30 pm.

GLANA Sub-Committee Meetings

(fourth Sunday of month, same address)

- 1 pm
- Administration
- Hospitals and Institutions
- 2 pm
- Public Information
- Activities
- 3 pm
- Newsletter