

### GLASC Meeting Information

The GLASC (Greater London Area Service Committee) meets on the second Sunday of the month at 12:30 pm at St. Joseph's Hospital, London. Below are instructions on how to get to the meeting room.

### In-Hospital Directions to Meeting Rooms:

Enter the hospital through the doors at the end of the drive on the south-east corner of Cheapside and Richmond. Take the open staircase to the top and turn right. Continue down the hallway to the end and turn left. Follow the hall to the end and turn left.

### GLASC Sub – Committee Meetings

Administration, 1 pm; Hospitals and Institutions, 1 pm; Outreach, 1pm; Activities, 2 pm; Newsletter, 3 pm; Ad-hoc, 3 pm.

### Open Service Positions at the GLASC

(Position/Clean time Requirement)

Secretary, 1 year; Alternate Secretary, 1 year; Area Service Committee Representative 2 years; Alternate Area Service Committee Representative, 1 year; Alternate Policies and Procedures Administrator, 2 years; Public Information Chair, 2 years; Alternate Public Information Chair, 2 years.

### **Your Contributions are Welcomed!**

**E-mail your birthdays, events, poetry and art to:**

[newsletter@glana.ca](mailto:newsletter@glana.ca)

**Thanks For Reading!**



## **GLANA Newsletter**

**June/July  
2018**

### MEETING CLOSURE

#### Recovery Rocks

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

**Last Meeting: July 17<sup>th</sup>**

### MEETINGS IN NEED OF SUPPORT

#### Living Clean

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

#### Steps To Freedom

Saturdays, 7:00 pm. All Saints Anglican Church, Inkerman  
and Hamilton, London (Side door – Enter off Inkerman)

#### New Horizons

Thursdays, 8:30 pm. Church of the Epiphany (Front  
Entrance) 560 Dundas Street, Woodstock

#### Hope and Freedom

Fridays, 8:00 pm. at Exeter United Church (Rear Entrance)  
42 James Street South, Exeter

Visit [glana.ca](http://glana.ca) and follow the "Meetings"  
link for more information

## GLANA Anniversaries

### June

- Cathy D. acknowledges 9 years on June 13th at Wednesday night's Back to Basics
- Andrew M. celebrates 2 years on June 13th at Wednesday night's Back to Basics
- David S. celebrates 18 years on June 16th at Saturday night's New Horizons. Woodstock
- Steve G. celebrates 10 years on June 21st at Thursday night's Just for Today
- Bill H. acknowledges 16 years on June 28th at Thursday night's Just For Today

### July

- Nicole D. celebrates 1 year on July 5th at Thursday night's Just for Today
- Steph M. acknowledges 6 years on July 8th at Sunday night's Recovery Lounge
- Sean H. celebrates 1 year on July 19th at Thursday night's Just for Today
- Jim C. acknowledges 18 years on July 23rd at Monday night's I Can't We Can
- Dean H. celebrates 3 years on July 28th at Saturday night's Stopping the Damage. Stratford
- Kerry F. celebrates 3 years on July 29th at Sunday night's Serenity Seekers. Stratford
- Terri M. celebrates 4 years on July 29th at Sunday night's Serenity Seekers. Stratford

*Keep Coming Back!*

**Congratulations!**

### Step One

*"We admitted that we were powerless over our addiction, that our lives had become unmanageable."*

It doesn't matter what or how much we used. In Narcotics Anonymous, staying clean has to come first. We realize that we cannot use drugs and live.

### Serenity Prayer

*"God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference"*

## June 29 – July 2!!! 2018 Unity Campout!!!

With the support of London area Activities, Woodstock New Horizons is hosting another Unity Campout! Tickets are \$40 for adults, \$10 for children (16 and under). Day passes are \$13. Call Jenn F. at 519-788-9991 for more information. Location: Pittock Conservation Area, 221 Pittock Park Road, Woodstock, Ontario  
Ticket sellers: London Area: Karin L., Steph M. Stratford/Goderich area: Joe G. Woodstock/Ingersoll/Out of Area sales: Jenn F.

**"GLANA" is the Greater London Area of Narcotics Anonymous.**

**Visit us at [glana.ca](http://glana.ca)**