

## **GLASC MONTHLY AREA MEETINGS**

The Greater London Area Service Committee (GLASC) Meets the Second Tuesday of every month at St. Joseph's Hospital. 12:30pm

### **Vacant Positions**

<b>Position</b>	<b>Clean Time Requirement</b>
Secretary	1 yr.
Alt Secretary	1 yr.
ASCR	2yrs
Alt ASCR	2 yrs.
Alt Web servant	2 yrs.
P&P	3 yrs.
Alt P&P	2 yrs.

Literature Chair needs help

### **GLANA Sub-committee Meetings**

Meets the 4<sup>th</sup> Sunday of every month (same Place)

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

Activities Committee needs a Treasurer, the position has a 2 yr. clean time requirement.

#### **In-Hospital Directions to Meeting Rooms:**

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.



## **GLANA Newsletter**

**November/December**

**2018**

### **Meetings In Need of Support**

**Whatever Happens**  
Knox Presbyterian Church  
9 Victoria Street, **Goderich**  
Tuesdays at 8pm

**Recovery Happens**  
St. Mary's Memorial Hospital (basement)  
267 Queen St. W. **St. Mary's**  
Fridays at 7:30pm

**Straight Talk**  
Cathedral Church of St. Paul  
472 Richmond St. **London**  
Sunday's at 8pm

**For more information on meeting dates, times and formats, visit [glana.ca](http://glana.ca) and follow the "Meetings" link**

Humility is not thinking less of yourself, but thinking of yourself less.

## GLANA Anniversaries

### November

- Jazz G. celebrates 1 year on November 11th at Sunday night's Recovery Lounge
- Andrew B. celebrates 1 year on November 16<sup>th</sup> at Friday night's Grateful Group.
- Greg B. acknowledges 4 years on November 18th at Sunday morning's Time to Get Real
- Veronica W. celebrates 22 years on November 18<sup>th</sup> at Sunday night's Recovery Lounge.
- Kim J. acknowledges 8 years on November 23rd at Friday night's Grateful Group
- Andrew J. acknowledges 16 years on November 23rd at Friday night's Grateful Group
- Melissa M. celebrates 2 years on November 24th at Saturday night's Stopping the Damage. Stratford
- Andrew F. celebrates 10 years on November 24th at Saturday night's New Horizons, Woodstock
- Robert M. celebrates 3 years on November 25th at Sunday night's Serenity Seekers, Stratford
- Dave W. celebrates 5 years on November 25th at Sunday night's Serenity Seekers, Stratford
- John E. celebrates 12 years on November 25th at Sunday night's Serenity Seekers, Stratford
- Al L. celebrates 11 years on November 25th at Sunday night's Serenity Seekers, Stratford
- Craig D. acknowledges 3 years on November 26<sup>th</sup> at Monday night's I Can't We Can.

### December

- Jen M. celebrates 5 years on December 6<sup>th</sup> at Thursday night's Just for Today.
- Cynthia D celebrates 1 year on December 7<sup>th</sup> at Friday night's Living Clean
- Zack M. celebrates 2 years on December 8<sup>th</sup> at Saturday afternoon's Time to Get Real
- Larry W. celebrates 1 year on December 9<sup>th</sup> at Sunday night's Recovery Lounge.

## **H&I NEEDS YOU!!!**

If you are looking for an amazing way to give back to the fellowship consider service to H&I.

We desperately need volunteers to carry the message to those who are inside of hospitals and institutions and cannot get out to a regular meeting in the public

Volunteers currently needed in a big way are:

EMDC females

EMDC males

&

Parkwood volunteers and scheduler

**Remember through H&I you won't get high!!**

Contact Joe G at [handi@glana.ca](mailto:handi@glana.ca)

**ATTENTION** – The GLASC is in desperate need of a Secretary. It is vital to have this position filled in order to have the meetings. There is a one year clean time requirement. A working knowledge of computers and Microsoft Word would be an asset. There is a template made up so most of the work taking the minutes is check marks and fill in the blanks. The Alt Chair will mentor you. If you are interested, come out to the GLASC area meeting on the second Sunday of the month

**“GLANA” is the Greater London Area of Narcotics**

**Anonymous**

**Our toll-free phone line:**

**1-888-811-3887**

## SUB-COMMITTEE NEWS

### Public Information Subcommittee

This committee has been busy getting information out to the public in several ways. First are radio ads which have started on 107.7 FM out of Stratford. These will be running on weekends for the next couple of months. Second, Stew attended The First Annual Addiction Awareness and Education Day in Sarnia on September 22, 2018 with Joe G, H&I Chair. This was an excellent opportunity to spread the NA message to those attending the Day. Third, there are signs going in buses in three different markets – Sarnia, Woodstock and Stratford. They will run from November 1, 2018 to April 30, 2019. Stew M is the chair of this committee and welcomes anyone interested in joining.

### Activities Subcommittee

The Halloween Volleyball Tournament at Spikes was well attended. There was lots of good costumes and fun on the courts. The next event has yet to be announced. Maybe a New Year's event? More will be revealed.

### Newsletter Subcommittee

It is an honour to be able to chair the newsletter subcommittee. I have put together newsletters in the past and really enjoyed the challenge. My goal is to keep the fellowship informed about not only birthdays and events, but what the sub and ad hoc committees are doing, up and coming conventions and workshops. If you have anything you would like put in the newsletter such as a poem, song lyrics, event etc. please email it to [newsletter@glana.ca](mailto:newsletter@glana.ca).

“Our negative sense of self has been replaced by a positive concern for others. Answers are provided, and problems are solved. It is a great gift to feel human again.” – Narcotics Anonymous Fellowship, Narcotics Anonymous

### Keep Coming Back

I've taken this path a time or two,  
I keep coming back and discover something new,  
I see my faults I feel my pain,  
I truly wonder if I can ever be sane,  
I've learned to love and to hate,  
But now I see I know my fate,  
It's time to recover its time to heal,  
I have to face my demons, time to get real,  
I need to show up and not just fill a seat,  
I can do this alone or my maker I will meet,  
Recovery is my path consistency is the key,  
If I keep coming back one day I'll be free,  
The disease doesn't care if you're black or white,  
If I don't surrender I will surely lose this fight,  
I must give my all no less will be done,  
The day I die clean, the battle we will have won.

By Scott M

### **EVENTS**

*I Can't We Can*, will be holding a pot luck eating meeting on Monday, December 17<sup>th</sup> @ First Baptist Church, 58 Richmond St. London followed by the meeting at 7:30.. This home group is raffling off a.

#### **30th Anniversary Basic Text Commemorative Limited Edition**

the distinctive cover of this hand numbered; limited edition features a bronze NA logo medallion in a field of deep red velvet, accented by tan leatherette. The cover opens to an imaginative lenticular title page and an onion skin page. It includes gold foil imprints, two satin page-marker ribbons, and a handsome gift/display box. Tickets are \$1.00 each. The draw will take place December 17<sup>th</sup> -All proceeds go to GLANA.

*Walkng in Recovery St. Thomas* is having a potluck eating meeting starting at 6pm on Friday December 14<sup>th</sup> followed by a meeting at 7:30

## RIDE TO RECOVERY AD HOC COMMITTEE

. The current fundraiser is selling wristbands which come in 7 colors and say GLANA Ride or Recovery 2019 at a cost of \$2.00 each. They are available from committee members at NA meetings and events. Also, there are Candy Grams and Skewers for sale. All the proceeds will go directly to help fund the bus.

The purpose of this committee is to gather information about the cost of hiring a bus to take members to ORCNA 2019 in Kingston and raise money to help with the cost. This committee reports directly to the GLASC and has their approval to go ahead with fundraising activities. If you have any questions or concerns or would like to join this committee, then come to the meeting at St. Joseph's Hospital on the 4<sup>th</sup> Sunday of the month at 3pm



## Activities Ad Hoc

This ad hoc was started to create a working policies and procedures document for the activities subcommittee that is relevant to our area and align with the GLANA policies and procedures. We are always looking for the support of anyone who is interested. This committee meets at St. Joseph's Hospital, 268 Grosvenor St. at 3PM on the 4<sup>th</sup> Sunday of the month

## Budget Ad Hoc Committee

This committee has been struck to bring to the Area table, ideas that would help improve the process of making up the yearly budget. It meets at 3pm on the 4<sup>th</sup> Sunday of the month. Anyone interested is welcome to attend.

## ORCNA XXXII May, 10th-12th, 2019

Ontario Regional Convention of Narcotics Anonymous



**Ambassador Hotel & Conference Centre**  
1550 Princess St, Kingston, ON K7M 9E3  
(613) 548-3605  
[www.orcna.ca](http://www.orcna.ca)

**“Having a resentment is like using poison and expecting someone else to die.”**