

### **RIDE FOR RECOVERY AD HOC COMMITTEE NEWS**

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. So far there has been a Poker Run which was well attended. 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. All the proceeds will go directly to help fund the bus. Stay tuned for more fundraisers coming soon. Riding the bus is a blast. You get to know more people; you don't have to drive that crazy 401. Your ORCNA experience begins as soon as you board the bus and ends when you get off when you get back.

If you have any questions for 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

### **Dark Then Light**

My darkest days I thought were done,  
Then came the day my sickness almost won,  
I was caught in isolation plotting the bitter end,  
My heart still beat and it was time to mend,  
Yes I got high and it was a choice,  
But the awakening I received I can rejoice,  
I've accepted my past and turned over my will,  
I need to let go of all that keeps me ill,  
I completely surrender I'll follow your guide,  
If I don't stay connected I surely will hide,  
Isolation it wants and in the end I die,  
The people around me will help my fly,  
Work must be done no matter the cost,  
I am done being tired I no longer am lost.

By Scott M

If you want to  
**CHANGE,**  
you have to be  
**WILLING**  
to be  
**UNCOMFORTABLE**

If you have a poem or song lyrics or perhaps an inspirational quote that you would like to share with the fellowship, please email them to [newsletter@glana.ca](mailto:newsletter@glana.ca) and they will appear in the newsletter.



## **GLANA Newsletter**

### **OCTOBER/NOVEMBER 2018**

### **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)

#### **Just For Today**

Thursdays at 7:30 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

### **GLASC 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 every month, same place)

#### **1:00 pm**

Administration  
Hospitals and Institutions

#### **2:00 pm**

Public Information  
Activities

#### **3:00 pm**

Newsletter  
Ad Hoc

### **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 Anniversaries

### October

- Ian M. acknowledges 4 years on October 16th at Tuesday night's Alive and Kicking
- Ron M. acknowledges 11 years on October 16th at Tuesday night's Alive and Kicking
- Jenna D. acknowledges 3 years on October 22nd at Monday night's I Can't We Can
- Karin L. celebrates 8 years on October 27th at Saturday night's Steps to Freedom
- Carrie C. celebrates 3 years on October 27th at Saturday night's Stopping the Damage. Stratford
- Bernadette S. celebrates 3 years on October 27th at Saturday night's Stopping the Damage. Stratford
- Allison D. celebrates 23 years on October 28th at Sunday night's Serenity Seekers. Stratford

### November

- Kat C. celebrates 10 years on November 6th at Tuesday night's Alive and Kicking
- Jazz G. celebrates 1 year on November 11th at Sunday night's Recovery Lounge
- Greg B. acknowledges 4 years on November 18th at Sunday morning's Time to Get Real
- 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

## **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)

### **Halloween Volleyball Tournament**

- Sat. Oct. 27, 7PM to 12PM @ Spikes, 120 Weston St. London
- \$10 to attend, \$20 to play
- Dress up, Music, and Prizes for winning team and best costume
- Teams will be decided at the courts. Just show up! Wearing a costume on court is encouraged
- Food and Drinks available at cost
- For more details email [activities@glana.ca](mailto:activities@glana.ca) or visit [www.glana.ca](http://www.glana.ca) and checkout the Events link.

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

**Our toll-free phone line:**

**1-888-811-3887**