

GLASC MONTHLY AREA MEETINGS

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

Vacant Positions

Position	Clean Time Requirement
Alt Secretary	1 yr.
Alt Treasurer	2 yrs.
Alt Literature	2 yrs.
ASCR	2 yrs
Alt ASCR	2 yrs.
P&P	3 yrs.
Alt P&P	2 yrs.
Outreach Chair	1 yr.

GLANA Sub-committee Meetings

Meet on the 4th Sunday of every month (same Place)

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

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” is the Greater London Area of Narcotics Anonymous
Our toll-free phone line:
1-888-811-3887



GLANA Newsletter

April/May 2019

Meetings In Need of Support

Whatever Works

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

Living Clean

Salvation Army Centre of Hope (Chapel)
281 Wellington St. **London**
Friday's at 7:00pm

Time to Get Real

Salvation Army Centre of Hope (Chapel)
281 Wellington St. **London**
Saturday 1:30pm, Sunday 10:00am & Monday 10:00am

For more information on meeting dates, times and formats,
visit glana.ca and follow the “Meetings” link

GLANA BIRTHDAYS



April

- We Can Kyle C. celebrates 1 year on April 14th at Sunday night's Recovery Lounge
- Dawn R. acknowledges 16 years on April 21st at Sunday night's Recovery Lounge
- Hannah R. celebrates 1 year on April 25th at Thursday night's Just for Today
- Michael S. celebrates 5 years on April 27th at Saturday night's Stopping the Damage. Stratford
- Jim S. celebrates 4 years on April 27th at Saturday night's Stopping the Damage. Stratford
- Ed S. celebrates 1 year on April 28th at Sunday night's Recovery Lounge
- Joe G. celebrates 6 years on April 28th at Sunday night's Serenity Seekers. Stratford
- Dan G. celebrates 7 years on April 28th at Sunday night's Serenity Seekers. Stratford

May

- Brian R. acknowledges 9 years on May 6th at Monday night's I Can't We Can
- Jenn F. acknowledges 11 years on May 9th at Thursday night's Just for Today
- Ryan C. acknowledges 11 years on May 13th at Monday night's I Can't We Can

June

- Cathy D. celebrates 10 years on June 3rd at Monday night's I Can't We Can
- Mike P. celebrates 23 years on June 4th at Tuesday night's ALive and Kicking
- Jackie R. celebrates 12 years on June 10th at Monday night's I Can't We Can
- Kim M. celebrates 12 years on June 10th at Monday night's I Can't We Can

PROSE, POEMS AND LYRICS

Life as My Drug

Fearing my own recklessness and lack of control, I clung to the idea that settling down would slow my using and having a partner would ease my emotional turmoil. But of course, a person can't fix another person. A human can't be a higher power. One partner can't carry the weight meant for two. So she moved out after 4 years, and we divorced. I lived in our matrimonial home after we separated. The emptiness that set in during this time was unfathomable. I felt like an utter failure. I felt had no purpose. How could I sink so low? I watched myself go down this dark rabbit hole. I saw what was happening to me as drugs shrank this larger-than-life person into a confused, quivering ball of shame. I looked suddenly and saw myself clearly. I felt the strangling denial deep down inside me switch off and a light flicker on. In that moment I made a life-altering decision. I'm done, I thought. That wasn't the case. That flicker of light did not last long and I found myself in the depths of my addiction again but, this time, it had a deep stranglehold and would not let go. Again I thought that a relationship would stop me from using and would relieve the pain I felt inside. Unfortunately, my using increased and the void I felt inside seemed larger and more desolate than before. I didn't care what I was doing to those closest to me or to myself. I cared about the drug. And that was all. My life was my drug. It controlled me, consumes me, dictates all of my thoughts and actions with absolutely no regard to consequence or outcome.

Anonymous



The May GLASC (Area) Meeting is Cancelled

GLANA RIDE TO RECOVERY 2019

Unfortunately, not enough tickets were sold so the bus trip will not be going forward. Thank you to all who supported the bus and the fundraisers for the bus. All the money raised will be contributed to the GLASC (area).

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

UPCOMING CONVENTION DATES

ORCNA – May 10 – 12, 2019 in Kingston ON

CCNA – September 6, 7, & 8, 2019 in Niagra Falls, ON

WCNA – 2021 in Melbourne, Australia

Autobiography in Five Short Chapters by Portia Nelson “There’s a Hole in My Sidewalk”

Chapter One
I walk down the street.
There is a deep hole in the sidewalk.
I fall in. I am lost . . .
I am helpless.
It isn't my fault . . .
It takes forever to find a way out

Chapter Two
I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out

Chapter Three
I walk down the same street.
There is a deep hole in the sidewalk.
I see it there.
I still fall . . . it's a habit . . . but,
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter Four
I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter Five
I walk down another street

SUBCOMMITTEE NEWS

H&I NEEDS YOU!!!

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

Hospitals & Institutions Meetings are intended to simply introduce those attending to some of the basics of the N.A. Program. An H&I meeting provides the first exposure to recovery in Narcotics Anonymous for many addicts

Volunteers currently needed in a big way are:

EMDC females and males
Sarnia and Stratford Jail males
&
Parkwood volunteers and scheduler

Meeting Locations and Times

Stratford Jail - Saturday at 2PM
Sarnia Jail - Thursday at 5:30PM
EMDC Females – Thursday at 5:45PM
EMDC Males – Wednesday at 5:45PM
Centre of Hope Withdrawal Management – Saturday at 7PM
Parkwood Institute Mental Health Centre – Thursday at 6:30PM

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

Contact Joe G at handi@glana.ca

Bid Committee for ORCNA

The committee has been given the green light to go ahead and submit a bid to host the 2021 ORCNA. David M from Sarnia is chairing that committee and will present it at the Regional Meeting in April. This group meets on the 4th Sunday of the Month at 3:00pm.

Registration Committee for ORCNA 2020

This committee will be looking after all the registration duties for the next ORCNA in 2020 at Blue Mountain, Collingwood. There is much to be done so more volunteers are needed to help now as well as next year. Amy H is chairing this committee and it meets on the 4th Sunday of the month at 3pm at St. Joseph's hospital

Newsletter Subcommittee

To those talented poets and writers, I would like to feature your work in the newsletter. Starting with the June newsletter I will be featuring a different topic each month. Your piece can be poetry or not. It should be recovery related and appropriate (something your grandmother could read). If you do not wish your name to appear in the newsletter please indicate that. The first topic is **Gratitude**. Please submit your work to newsletter@glana.ca by June 4th, 2019 or you can give a copy to me. Laurie C.

Unity Campout 2019 News

This year's campout will be hosted again by New Horizons, Woodstock. It will be held at Springwater Conservation Area near Aylmer, July 28 – 31 (Canada Day long weekend). Preadmission tickets are \$40.00 for adults and \$20.00 for youth. There will be a Unity Fire, Survivor Games, Speakers, Children's Program, and a food booth just to name a few highlights. The campout committee meets at 1:00pm on the 4th Sunday of the month at St. Joseph's Hospital and would welcome anyone interested in helping out. Posters and tickets will be available soon

