



# GLANA NEWSLETTER

Official Newsletter of the Greater London and Area of Narcotics Anonymous

*MARCH/APRIL 2020*

## Meetings In Need of Support

### **Whatever Works**

Knox Presbyterian Church  
9 Victoria Street, **Goderich**  
Tuesdays and Thursdays at 8pm

### **Recovery Happens**

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

### **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

### **Hope and Freedom Group**

Knox Presbyterian Church  
182 Main St. **Theford**  
Wednesday's at 8:00pm

## **TIME TO GET REAL MEETING**

### **LOCATION CHANGES**

The location of the meeting will be moved from the Chapel to the Community Kitchen on the following dates for 2020

Monday's from 10am to 11:30am, Mar 9 (this meeting CANCELLED), Apr 6, June 15, July 13, Aug 10, Oct 26, Nov 2, Dec 7.

Saturdays from 1:30pm to 3pm, June 13, Sept. 19

Sundays from 10am to 11:30am, June 14 and Sept 20

The Community Kitchen is accessible by going to the Main Desk (through the doors on the east side of the building north of the Chapel entrance) and asking staff there for access and directions



## GLANA BIRTHDAYS

### March

- Julie R. celebrates 6 years on March 5th at Thursday night's Just For Today
- Jared H. celebrates 2 years on March 15th at Sunday night's Recovery Lounge
- Kevin B. celebrates 12 years on March 17th at Tuesday night's Walking In Recovery, St. Thomas
- Stewart M. acknowledges 12 years on March 19th at Thursday night's Survivors Group, Sarnia
- Nick W. celebrates 12 years on March 19th at Thursday night's Serenity Seekers, Stratford
- Todd S. acknowledges 10 years on March 20th at Friday night's Living Clean
- Lisa H. acknowledges 12 years on March 21st at Saturday night's Steps to Freedom
- Valerie K. celebrates 17 years on March 21st at Saturday afternoon's Time To Get Real
- Nik W. celebrates 2 years on March 22nd at Sunday night's Straight Talk
- Ween-Gushck P. celebrates 2 years on March 28th at Saturday night's Steps To Freedom
- Becky celebrates 1 year on March 29th at Sunday night's Recovery Lounge
- Amy H. celebrates 9 years on March 31st at Tuesday night's Walking In Recovery, St. Thomas

### April

- Charlie E. celebrates 12 years on April 3rd at Friday night's Walking In Recovery, St. Thomas
- Aaron M. celebrates 1 year on April 5th at Sunday morning's Time To Get Real
- Tracy I. celebrates 11 years on April 5th at Sunday night's Recovery Lounge
- Brian S. celebrates 1 year on April 9th at Thursday night's Just For Today
- Kyle C. celebrates 2 years on April 15th at Wednesday night's Back To Basics
- Samuel R. celebrates 11 years on April 16th at Thursday night's Just For Today
- Rachel H. celebrates 1 year on April 23rd at Thursday night's Just For Today
- Kyle B. celebrates 1 year on April 26th at Sunday night's Serenity Seekers, Stratford

## FELLOWSHIP IN ST. THOMAS

Walking in Recovery holds a Coffee House every Friday from 7:00 -7:30, before our meetings. It's a great way to get to know each other and promote fellowship, over coffee, tea, or hot chocolate and treats (all provided by us). We look forward to sharing a warm beverage, tasty treats and some good conversation with you next Friday at 7pm at Centre Street Baptist Church, 160 Centre Street West, St. Thomas (please enter from the rear door off the parking lot)

### NEW MEETINGS

**Recovery Freedom Fighters Group**  
**Exeter United Church**  
**42 James St. , Exeter**  
**Fridays at 8:00PM**

**ORCNA XXXIV 2021 COMMITTEE**

The following positions have been filled, and we need a few more people to step up to complete the list. Let's host the best ORCNA ever!! The next meeting is on March 22, 2020 at **10:30 am**, St. Joseph's Hospital Section E in the room with the comfy chairs. Signs will be posted.

Chair—David M.	<b>Alt Secretary—Vacant</b>	Merchandise—Sean R	<b>Convention Information—</b>
Alt Chair—Kevin B	Treasurer—Kathy O	Programming—Jerrylynn D	Fundraising and Entertainment—Paul D
Secretary—Laurie C	Alt Treasurer—Brenda M	Arts and Graphics—	

**ORCNA XXXIII KICKOFF EVENT**

Saturday March 14<sup>th</sup> 2020 3:00 pm to 1:00am Ferris Lane Community Church 49 Ferris Lane, Barrie On. Tickets \$10 advance or \$15 at the door- includes dinner and one drink, Speaker Jam. Main Speaker, Prizes, Draws, Dance, Mini Marathon

**OUTREACH COMMITTEE NEEDS SUPPORT**

Todd S., Outreach Committee Chair needs support to visit out of town meetings. Anyone interested is asked to come to the committee meeting which is on the 4<sup>th</sup> Sunday of the month at 1pm.

**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 Jail males and females

&


Parkwood volunteers

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

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

**One day at a time**

One day at a time keeps me going and moving forward, when I take on to many things on I seemed to get cornered.

One day at a time keeps my mind at ease, it doesn't feel like my head is full of bees  one day at a time I can live a life that has purpose meaning and happiness, I don't want what I had before addiction betrayal and carnage.

One day at a time I can deal with what ever comes my way, with the support and love of the people in my life... Remember all we have is "Just for today"

By Dave S

# WORD SEARCH

## STEP FOUR

L A R O M Z U H E Y V Q  
 W F K G U I L T X R C T  
 J S J W F R S D E O R R  
 F E A R L E S S R T S Q  
 D A R F Z C E E U N I G  
 O R E R R N P L L E D J  
 G C L T T A O Y I V S A  
 R H I M P D I Y E N E P  
 O I E Y D I N D T I G S

AFRAID  
 FEARLESS  
 FEELINGS  
 GOD  
 GROWTH  
 GUIDANCE  
 GUILT  
 INVENTORY  
 ISSUES  
 MORAL  
 OURSELVES  
 PAINFUL  
 PAPER  
 PEN  
 RELIEF  
 RESENTMENT  
 SEARCHING  
 WRITE

### **THE GREATER LONDON AND AREA SERVICE COMMITTEE**

**Chair** – Pete H – chair@glana.ca

**Alt. Chair** – ***Vacant*** – altchair@glana.ca

**Secretary** – Michelle H. – secretary@glana.ca

**Alt. Secretary** – ***Vacant***

**Treasurer** – Michael S. – treasurer@glana.ca

**\*Alt Treasurer** – Chris M

**ACSR** – Donna A. – acsr@glana.ca

**Alt ACSR** – ***Vacant***

**Web Servant** – Greg B – webservant@glana.ca

**Alt Web Servant** – ***Vacant***

**RCM** – Andy F. – rcm@glana.ca

**Alt RCM** – Julie W

**P&P** – Kelly F

**Alt P&P** – ***Vacant***

**Activities** – Jamie R – activities@glana.ca

**Literature** – Sammie C. – literature@glana.ca

**Alt. Literature** – ***Vacant***

**Outreach** – Todd S. – outreach@glana.ca

**Public Information** – ***Vacant***

**Newsletter** – Laurie C. – newsletter@glana.ca

**Hospitals and Institutions** – Joe G –  
handi@glana.ca

### **GLASC MONTHLY AREA MEETINGS**

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

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

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

10:00am—ORCNA XXXIV Admin Meeting

10:30am—ORCNA XXXIV Core Business Meeting

1pm – Administration

Hospitals and Institutions

Outreach

Campout Subcommittee

2pm – Public Information

Activities

3pm – Newsletter

Ad Hoc—ORCNA 2020 Registration Committee