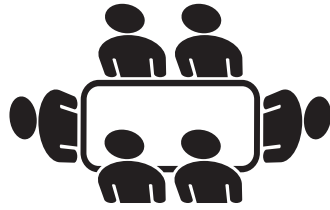


GLASC MEMBERS

Chair - Amy H
 Alternate Chair - Available - 2 years clean time
 Secretary - Alex
 Alternate Secretary - Available - 1 year clean time
 Treasurer - Jeremy M
 Alternate Treasurer - Available - 2 years clean time
 Webservant - Grant D
 Alternate Webservant - Kyle C
 Policies and Procedures - Available - 2 years clean time
 Alternate Policies and Procedures - Available - 2 years clean time
 Area Service Convention Representative - Pete H
 Alternate ASCR - Available - 1 year clean time
 Regional Committee Member - Jeremy B
 Alternate RCM - Tasha B
 Activities Chair - Samuel R
 Hospitals & Institutions Chair - Karin L
 Literature Chair - Melissa P
 Outreach Chair - Stew M
 Newsletter Chair - Laurie C



Public Information Chair - Available 2 years clean time
 There are seven vacant positions at the area table. If you are interested in any of these positions you can email the chair at chair@glana.ca or come to a committee meeting at 76 Doulton St. on the second Sunday of the month at 12:30 pm. This Area and its Subcommittees need your support!

Subcommittee Meetings

Activities - 4th Sunday of the month at 9:00 am
 H&I - 4th Sunday of the month at 1:00 pm
 Newsletter - 4th Sunday of the month at 3:00 pm
 Public Information - 4th Sunday of the month at 2:00 pm
 Ad Hoc - 4th Sunday of the month at 3:00 pm
 All subcommittees meet virtually on the Google Meets platform. Links can be found on the GLANA website.

GLASC Position of the Month - PUBLIC INFORMATION CHAIR: The purpose of the Public Information Committee is to carry the message of NA to the general public. This committee informs the general public, especially those whose work is or may be involved with the practicing addict, of what we have to offer, recovery from the disease of addiction, how we are available, how we attempt to create a mutual understanding with addicts and sharing about the disease of addiction with those who are interested in helping the addict. The Public Information Committee is responsible for the making literature available to the general public.

GLANA NEWSLETTER

GREATER LONDON AREA OF NARCOTICS ANONYMOUS

SEPTEMBER/OCTOBER 2023

VOL. 5 ISSUE 5

From the Desk of the Chair,

Summer holidays are over and everyone is back to the grind of daily life, whether it is back to work or back to school. The Area committee has continued to meet over the summer, planning for the coming year. We still have some positions open (see back page) which we hope to fill in the coming months.



We are planning a Unity Day which will be on November 11th. This promises to be an exciting event to promote Unity within the Greater London Area.

The Activities Committee is planning events for the upcoming year and needs support and ideas from the fellowship. Activities meets on Zoom on the 4th Sunday of the month at 9:00 am. (Link is on the GLANA website). Your input is important and these events cannot happen without it. "Many Hands Make Light Work".

The GLASC is holding a contest to give the Greater London Area a logo. This will provide something recognizable as GLANA and bring Unity to the area. Details are on page three. The winner will be announced at the New Year's Eve event.

Laurie C
 Newsletter Chair

**THE GLANA AREA PRESENTS A SPECIAL
 UNITY DAY
 PUTTING THE PIECES BACK
 TOGETHER AFTER COVID**



**SATURDAY NOVEMBER 11, 2023
 FROM 4:00 P.M. UNTIL 8:00 P.M.
 AT TRINITY UNITED CHURCH
 76 DOULTON STREET, LONDON**

POP & WATER FOR \$1
 SERVICE WORKSHOP
 POTLUCK
 HISTORY OF NA
 MAIN SPEAKER
 GLANA HISTORY

NEW GLANA LOGO AND WINNER OF THE GLANA LOGO CONTEST WILL BE REVEALED

BIRTHDAYS

SEPTEMBER

Ashley G. acknowledges 6 years on September 13th at Wednesday night's We Do Recover
Anne L. celebrates 10 years on September 16th at Saturday night's Together We Can. Sarnia
Amanda P. celebrates 1 year on September 20th at Wednesday night's We Do Recover
Carleen C. celebrates 2 years on September 24th at Sunday night's Recovery Lounge
Trevor J. celebrates 1 year on September 25th at Monday night's I Can't We Can
Sammie C. acknowledges 12 years on September 28th at Thursday night's Just for Today

October

Pat K. acknowledges 16 years on October 3rd at Tuesday night's Alive and Kicking
Toni G. celebrates 2 years on October 21st at Saturday afternoons Steps to Freedom
Jenna D. acknowledges 8 years on October 25th at Wednesday night's We Do Recover
Karin L. celebrates 13 years on October 26th at Thursday night's Just for Today

November

Chuck. celebrates 1 year on November 2nd at Thursday night's Just for Today
Amy M. celebrates 1 year on November 6th at Monday night's I Can't We Can

EVENTS IN THE AREA

Friday night Alive and Kicking Sarnia

FRIDAY NIGHT SOCIAL

Last Friday of the Month at 8:00 pm

350 Indian Rd, South, Sarnia, Ontario

No Cost

Includes - Fellowship, Games, Cards, Potluck Snacks, Fun in Recovery

CONTESTS

GLANA LOGO CONTEST

Create a logo that represents the GLANA area.

The winner and winning logo will be revealed at the December 31/23 New Years Eve Event
The winner will receive a prize (TBA) awarded by the GLANA Activities Committee

Contest Rules

1. Logo must be black and white.
2. Email logo in .pdf format to newsletter@glana.ca.
3. Hand drawn logos can be mailed to GLANA at P/O Box 1735 Station B, London Ont, N6A 5H9
4. Entries become property of GLANA and will not be returned
5. Contest closes November 30, 2023 @ 11:59 p.m.

UPCOMING CONVENTIONS

TACNA XI (Toronto Area Convention of Narcotics Anonymous)

February 16, 17, & 18, 2024

Hilton Mississauga Meadowvale

Website - <https://tacna.ca>



ORCNA XXXV (Ontario Regional Convention of Narcotics Anonymous)

May 17, 18, & 19, 2024

Blue Mountain Resort, Collingwood

Website - <https://www.orcna.ca>



"With unity as our practical foundation, we find that our relationship with one another is more important than any issue that may arise to divide us."

STEP NINE

"We made direct amends to such people whenever possible, except when to do so would injure them or others."