

Basic News



Multi - Area
Newsletter of the
Lower Mainland
Volume 13, Issue 10
January, 2009

Multi Area Newsletter Committee

P.O. Box 1695, Station "A"

Vancouver, British Columbia, V6C 2P7

Email your articles & comments: basicnews@gmail.com

Submission deadline dates are on the back page

Visit the BC Regional Web-Site: www.bcrscna.bc.ca

To help cover the cost of the Basic News, an extra donation of 25¢ to the 7th Tradition is suggested.

| 24 Hour Help Line | Info Lines |
|-----------------------------------|--|
| Metro Vancouver (604) 873-1018 | Sunshine Coast - toll free (604) 740-3010 |
| Lower Mainland (866) 683-6819 | Squamish (604) 815-4085 |

TCASC Presents

Finding Freedom

Freedom



- Fun
- Games
- Prizes
- Food
- And More

Universal Program

January 18th, 2009 1PM – 5PM

Place Maillardville Community Centre

1200 Cartier Avenue
Coquitlam, BC



Speaker Tape Submittal:
Speaker tapes must be submitted by
Feb. 28, 2009 to:

PNWCNA #32
City Square
PO Box 47141
15 - 555 W 12th Avenue
Vancouver, BC
V5Z 3X7

Minimum 5 years for main speaker.
Minimum 2 years for workshops.

PACIFIC NORTHWEST CONVENTION
OF NARCOTICS ANONYMOUS #32

OCT. 30 - NOV. 1, 2009
VANCOUVER, BC, CANADA



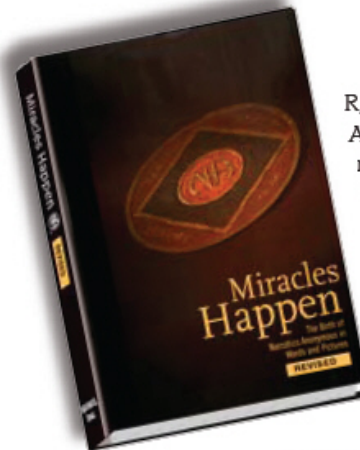
Thinking of
doing service?

VASC GSR MEETINGS
Questions on how area works?
Workshops on how it works at
JJ Bean (14th & Main) 6:30pm
3rd Wednesday of the month

VASC Area Meeting
POTLUCK

Wed. Feb 9, 2009

Join us for food, fellowship and
fun in service!



Who was Jimmy K?

Together with Frank and Doris C, Guildia K, Paul R, Steve R, and others, Jimmy K founded Narcotics Anonymous in Southern California. He and these members held a series of meetings beginning 17 August 1953 in order to organize what was then referred to as "San Fernando Valley Narcotics Anonymous and Alcoholics Anonymous" The first documented recovery meeting in Southern California was held on 5 October 1953.

Jimmy is a key figure in NA's history for several reasons. He wrote several portions of the Little White Booklet, the most famous of which is the "End of the Road" section. He designed the NA

logo (later modified by the WSO). He served as the volunteer office manager of the WSO from the time it began to 1983.

Jimmy K lived from 1911 to 1985. The last 36 years of his life were spent as a clean and recovering member of Narcotics Anonymous.

April 1998

Note: N.A. is not affiliated with the places where we hold our meetings or events

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P.N.W.C.N.A. #32

Regular meetings for the Pacific North West Convention of N.A. #32 are held on the 2nd Wednesday of the month at 7:00pm at 2775 Sofia Street in the Vancouver Recovery Club (at 12th Ave).

Fraser Valley Area Announcements

The Activities sub-committee will be holding a Learning Days special event in the Spring of 2009 and is looking for volunteers to help with setup, preparation work and tear down. For more information, please contact the Activities Chair/Vice Chair or attend one of the semi monthly meetings on Monday Nights at Douglas College.

PI is looking for more speakers to share on panel presentations in schools and at conventions. They are also looking for resources, ideas and places for setting up the PI booth to hand out free literature to the newcomer. To find out more or to offers suggestions, contact your PI chair.

The Phone Line sub-committee needs support. Please contact the Phone Line Liaison for information on orientation and signing up.

Vancouver Area Announcements

VASC GSR Orientation meeting—3rd Wednesday of each month - to be held at 6:30pm at JJ Bean (14th & Main) for all new GSR and GSR Alternates.

Literature: For all your literature needs, please phone 778-668-8235 or **Email your order to literature.vasc@gmail.com. The deadline for all literature orders is the Sunday before the VASC area meeting.**

VASC Area Meeting Potluck - February 9th, 2009. Meeting starts at 6:30pm. Join us for food, fellowship and fun in service.

Website: WE'RE ON THE WEB!!! Visit www.vascna.ca for local information, meetings, events and resources.

South of Fraser Area Announcements

Public Relations sub-committee needs support - Panel speakers are needed for Surrey Pretrial (1 year clean, 1 year out of system and orientation) and Creekside Detox (3 months clean and orientation).

**Monthly Meeting (Last Saturday of each month) at 3:15pm.
10347 - 135th Str. (Whalley Library)**

Next to Surrey Central Sky Train Station.

For more information - please contact the PR Chair/Vice Chair

Tri-Cities Area Announcements

Literature: For all your literature needs, please **Email your order to literature.tcasc@gmail.com.**

Newsletter: For newsletter updates, meeting list changes, cakes or poetry/story submissions, send Email to **dutchisclean@hotmail.com**

"What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."

Pg. 65, 5th edition, Basic Text

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Submissions Release/Waiver: By the act of submitting my writings for publishing, I am confirming that I possess full legal capacity to exercise this authorization and hereby release The Basic News, N.A., its service boards or committees from any harm by myself, my successors, and/or my assigns. I acknowledge that by the act of my submitting any writings for publishing in this newsletter, that I give the Narcotics Anonymous Fellowship, The Basic News newsletter, their successors, assigns and those acting on their authority, permission to publish the submitted writings. Narcotics Anonymous Fellowship, The Basic News newsletter, their successors, assigns and those acting on their authority will make every effort to assure my anonymity.

I further agree to allow the editing of any original submitted material to suit the language of N.A. and I understand that any article I submit, whether by physical written submission or electronic document format of any kind, automatically becomes the property of The Basic News, and will not be returned to me.



Celebrations of Recovery

December

| Day | Name | Yrs | Meeting |
|-----|------------|-----|-----------------------|
| 1 | Don | 2 | Never Ending Journey |
| 1 | Andrea | 9 | New Found Freedom |
| 2 | Irwin | 4 | All Our Relations |
| 3 | Steve S | 1 | Saturday Night Live |
| 4 | Drew P | 6 | New World Outlook/TR5 |
| 5 | Don R | 20 | Pride In Recovery |
| 6 | Sean O | 13 | Growing Circle |
| 7 | Sarah W | 3 | H.O.W., It Works |
| 7 | Paula T | 3 | Third Tradition |
| 7 | Jill P | 5 | H.O.W., It Works |
| 8 | Matt B | 1 | New West Winners |
| 8 | Joan | 7 | Stairway To Freedom |
| 8 | Glen S | 9 | North Burnaby Addicts |
| 8 | Dean | 17 | Stairway To Freedom |
| 8 | Willy M | 18 | Promise Of Freedom |
| 8 | Heidi | 20 | Stairway To Freedom |
| 9 | Peter D | 10 | Reconstruction |
| 9 | Mike C | 12 | It's Never Too Late |
| 10 | Chad | 1 | Unknown Addicts |
| 10 | Dan S | 2 | Saturday Night Live |
| 10 | Delphine C | 10 | Almost Live |
| 11 | Paul D | 2 | Clean Air |
| 11 | Elissa | 7 | New Attitudes |
| 12 | Kathleen G | 6 | Conscious Contact |
| 14 | Chris | 8 | Third Tradition |
| 15 | Traz B | 1 | New West Winners |
| 15 | Coreen | 2 | Never Ending Journey |
| 15 | Chad | 2 | Never Ending Journey |
| 15 | Jack | 2 | North Burnaby Addicts |
| 15 | Glen | 2 | New Found Freedom |
| 17 | Jeff N. | 4 | Unknown Addicts |
| 20 | Marisha Z | 5 | Back To Basics |
| 21 | Katie | 1 | Driftwood Group |
| 22 | Jesse B | 1 | New West Winners |
| 22 | Ron | 2 | New Found Freedom |
| 23 | Zack K | 6 | Langley "N.S." Group |
| 24 | Walter | 1 | Unknown Addicts |
| 24 | Yvette J | 12 | New Attitudes |
| 27 | Kathie M | 1 | Messages & Miracles |
| 28 | Mike J. | 1 | New Directions |
| 28 | Grant | 1 | Driftwood Group |
| 28 | Joanne | 20 | Inside Stuff |
| 29 | Alex | 2 | Newton NA |
| 29 | Ivy S | 17 | Women In Recovery |
| 30 | Sean C | 1 | Reconstruction |

February 2009

| | | | |
|----|-----------|----|---------------------|
| 3 | Carl M | 4 | Messages & Miracles |
| 7 | Nancy | 5 | Unknown Addicts |
| 9 | George P | 18 | Last Door Group |
| 11 | Dana T | 1 | Third Tradition |
| 15 | Sandra L | 8 | Spiritual Solutions |
| 19 | Ashley S | 2 | Newton NA |
| 19 | Natasha N | 2 | New West Winners |
| 21 | Vince C | 3 | Saturday Night Live |
| 24 | John | 6 | Unknown Addicts |
| 26 | Jason C | 2 | Newton NA |

**For a Grand Total of
331 Years of Recovery!**

Activities & Announcements

Outreach Target Meetings

Shared Services Target List :

Monday, Jan. 12, 7:30pm

Serenity By The River

221 Prairie Ave,
Port Coquitlam.

Tuesday, Jan. 20, 7:30pm

Dopes A Nope

3530 - 144th St. White Rock.

Saturday, Jan. 24, 7:30pm

Langley Saturday Night NA

20433 Douglas Cresc. Langley

Thursday, Jan. 29, 7:30pm

Promise Of Freedom

231 East 15th Avenue,
North Vancouver

Saturday, Feb. 7, 7:00pm

The Alternative

2775 Sophia Street,
Vancouver (VRC)

If you are interested in attending any of these meetings on the targeted date, please contact your Outreach Chair/Vice Chair.

Cancelled Meetings

Spiritual Food

Monday at 7:30pm
1661 Napier Street, Vancouver
(Community Centre) **is cancelled.**

New Meetings

Candle In The Window

Tuesday at 6:00pm
3rd Ave, Downtown Squamish, (Alano Club) Step Meeting, Closed meeting, 90 minutes.

Candle In The Window

Thursday at 7:30pm
2262 Read Cresc, Squamish, (Baptist Church) Step Meeting, Closed meeting, 90 minutes.

Good Morning Solutions

Saturday at 10:00am
15262 Pacific Ave, White Rock. (Star of the Sea Center- upstairs) 1hr 15 min. Open topic meeting

Nueva Vida (Español)

Wednesday at 7:00pm
2775 Sophia Street (at 12th Ave), Vancouver - Open meeting, 90 min.

Spirits Of Recovery

Thursday at 8:00pm
33071 Railway Ave, Mission. (UGM) Open meeting.

Sechelt Recovery

Tuesday at 7:30pm
5482 Chelpi, Sechelt (Our Lady of Lourdes church on Sechelt Bands Land) Open meeting, discussion/topic format

Changed Meetings

Clean Air

Sunday at 7:30pm - 1477 Lougheed Highway, **has moved to 1379 Laurier Ave, room# 2, Port Coquitlam.**

ReJoyce

Monday at 7:00pm - 3425 Crowley Street (at Joyce) Vancouver, **closed on statutory holidays**

Unknown Addicts

Saturday at 7:30pm - 2318 St. Johns Str. Port Moody, **is no longer a candlelight meeting.**

Straight Up

Thursday at 8:00pm - 3900 Arthur Drive, Ladner, **has moved to 5545 Ladner Trunk Rd. Delta** (Back of daycare)

Pass It On

Monday at 7:30pm - 33737 George Ferguson Way, Abbotsford, **has moved to 2584 Cyril Street, Abbotsford.**

Spiritual Food

Friday at 7:30pm - 1661 Napier St, Vancouver, **is now a Basic Text Study group**

Messages & Miracles

Tuesday at 7:00pm - 5525 East Hastings, Burnaby, **is no longer a candlelight meeting.**

God's In Charge

Friday at 10:30pm - 9887 Cameron St., Burnaby, **is now a candlelight meeting.**

Straight Goods

Tuesday at 7:30pm - 20285 Dewdney Trunk Rd., Maple Ridge, **is now a candlelight meeting.**

New World Outlook/TR5

Sunday at 7:30pm - 6550 Bonsoor Ave, Burnaby, **will start at 7:00pm and finish at 8:15pm, without a break, from January 11, 2009.**

Hospitals & Institutions

All H&I Presentations need support!

Please call the panel leaders on the back page of the Basic News if you wish to attend any of these meetings.

Please note: Anyone wishing to Attend the Matsqui Institution must call Pat M. for clearance forms.

Anyone wishing to attend the Surrey Pretrial meeting must call the SOFA PR Chair or Vice Chair to get pre-authorized.

ACCW Women's Correctional Centre Every Wednesday 8:00 - 9:00pm. Please call for more information.

Burnaby Youth Detention Center Needs support. Men and women with a minimum of one year clean and one year out of the system can attend. Please contact the panel leaders or the FVASC H&I Chair or Vice Chair for further information.

Phone Line

Multi Area Committee

The next phone line meeting is at 7:30pm on Friday, January 30, 2009 at 10347—135th St., In Surrey (At the Whalley Library next to Surrey Central Skytrain Station) - **Orientation will be done at this meeting - We desperately need men & women phone line volunteers** who are able to commit to one day per week (4 hour period). Requirements: 1 year clean, have worked the Steps and have an understanding of the 12 Traditions of N.A.. Please call your area Phone line Liaison.

(Information on back page)

Newsletter

Multi Area Committee

Meets at 609 - 12th St. New West. The next meeting will be on Sunday, January 18, 2009 at 2pm. All are welcome.

Meetings Needing Support

Legend:

need support and trusted servants -
need support only -

BOWEN ISLAND

Ripple Effect

DEROCHE

Deroche Totems

COQUITLAM

New Level Of Innocence

GIBSONS

Clean/Serene Scene

LANGLEY

Good Day To Be Clean

MAPLE RIDGE

Courage To Change

NEW WESTMINSTER

Beating The Odds, It's Up To You,
Primary Purpose, New West Nooners

NORTH DELTA

North Delta Recovery

PORT COQUITLAM

Serenity By The River

SQUAMISH

Candle In The Window (Tue.)

SURREY

Newton NA, Pathway To Freedom

VANCOUVER

Marpole Miracles, Miracle On 57th, Back To Basics, All Our Relations, East Side Surrender, Gathering Of The Lodges, Spiritual Food.

WHISTLER

Black Diamond Recovery

WHITE ROCK

We Do Recover, Good Morning Solutions, Clean & Serene

Public Information

All P.I. Presentations need support!

Please call the P.I./PR Chair or Vice Chair of your area for opportunities to be on a presentation panel. (See the back page of this newsletter for numbers to call.)

INSTITUTIONAL OUT-REACH MEETINGS

All of these meetings need outside support desperately, please contact your Area H&I chair for more information

Freedom Within Group

Sunday 6:00pm

33737 Dewdney Trunk Road,
Mission, Mission Prison

Freedom, Vision & Insight

Monday 6:00pm (Women only)

33344 King Road, Abbotsford
Fraser Valley Institution

Hill Top, Saturday 7:00pm

33737 Dewdney Trunk Rd,
Mission Ferndale Institution

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