

Send your submissions to : newsletter@vinprana.ca by the 2nd Sunday of the month. Fill in and send the disclaimer along with your submission. I, _____hereby grant permission to VINPRANA to publish my material. I, _____warrant that these materials are created and prepared by me as an individual NA member.

Contest

Congratulations to Andrea who is the winner of our submission contest. Please contact us at newsletter@vinprana.ca with your choice of literature!

Thank you also to everyone who submitted wonderful entries, your work will be published in following newsletters.

Area Service Committee Meeting

secretary@vinprana.ca
2nd Sunday of each month on ZOHO
and in person

Open Positions

- PR Facilitator

Public Relations Committee

pr@vinprana.ca
3rd Tuesday of each month on ZOHO

Open Positions

- Secretary
- Panel Coordinator
- Phoneline Coordinator
- Panel Leaders
 - Amethyst House
- Literature Distribution
 - Powell River
 - Campbell River

Practicing compassion helps us to stop comparing ourselves to others. We start seeing the deep connections and similarities between us. Our traditions teach us that we are all equal. This doesn't mean we are the same; our differences are striking and sometimes very entertaining. Many of us have shared that part of what made us feel comfortable in our earliest meetings is that there are so many different kinds of people in a single meeting, sharing and appearing friendly with one another. This can contrast sharply with what we have experienced before, in or out of active addiction.

Literature from Living Clean Chapter 2

24 Hour Helpline
VINPRANA
1-844-484-6772

Central Island
1-800-494-2404

South Island
1-866-383-3553

Call BEFORE you
use!

Activities

Explore our upcoming NA events near you. Join us for fun, fellowship, and support on your journey to recovery. Stay connected, inspired, and informed about opportunities to connect with others on our path to recovery. To get more [info](#) about upcoming events email activities@vinprana.ca.

Connection to Others

Some days it seems really easy to identify with others, to feel welcomed and welcoming in a meeting. At other times, all we hear are the things that set us apart from the group. When we start noticing the differences more than appreciating our similarities, it's usually a red flag indicating discomfort with ourselves. When we focus on the personalities of others, we may gossip, bicker, and contribute to disunity. When we focus on our own personality, we quickly become self-centered and self-obsessed. When we focus on living the will of our Higher Power and carrying the message, our identities grow and flourish. The Tenth Step offers us ample opportunity to tend to that development, nurturing the growth we want to encourage and pruning back the wayward branches before they grow out of control.

What's going on at AREA? Do you have any questions or concerns that we can help with?

If you have questions, comments, or concerns contact: secretary@vinprana.ca

What's Coming Up!

BCRCNA 32 in Penticton 2024: April 26-28

Recovery Under the Stars in Port Hardy: June 28- July 1st! Tickets on sale

Last Chance Campout: Sept 6,7, & 8

Canadian Convention in Edmonton: Oct 4,5,6

PNW Convention in Vancouver this year! October 25-27th

Unity Group:
Roman L April 10- 1yr
Scott M April 15- 2 yrs
Matt O April 20- 1 yr
Jim B May 13- 15 yrs

BCRNA has a program called “Writing Steps in Recovery”. This is where you take inmates through the steps via written communication. Please get involved locally! For more information contact pr@bcrna

Reaching Out is back! This “is a quarterly, recovery-oriented newsletter made available free of charge to incarcerated addicts through Narcotics Anonymous World Service.

Reminder to send in your ‘cake date’ to the website

Volume 33, Number 1

Reaching Out

January 2024



Many NA members, groups, and communities design recovery-oriented H&I T-shirts. We believe that carrying the NA message of recovery is a creative act and art. Please share your H&I T-shirt pictures with us! We would like to showcase your art. HandI@na.org

ART FROM THE INSIDE



Anonymous, Denmark



April 2024 Issue 14

CONTEST WINNER

The Death of the Phoenix

Sick, says she,
 Singed feathers,
 Burnt skin,
 Rush again and again
 Prickling eyes,
 Selfish thoughts,
 Spiral goes downward,
 Chasing, again and again,
 Flames bright,
 Mind fades,
 Dancing enters,
 Letting it, again and again,
 She will rise, again and again.
 -Andrea

The Death of the Phoenix
 Sick, says she;
 Singed feathers,
 Burnt skin,
 rush again & again
 Prickling eyes,
 selfish thoughts,
 spiral goes downward,
 chasing again & again,
 Flames bright,
 mind fades,
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 letting it, again & again,
 she will rise, again & again