



Newsletter Committee

meets the LAST Thursday
of the month at 6pm
www.meet.zoho.com

ID- 1060935004
Password- i8MmjU

**VINPRANA Area Service
Committee 2nd Sunday of**

the Month-
10:15am

543, 6th Street Courtenay
(Alamo Club)

Meeting ID: 1079529653

**VINPRANA Area Service
Committee 2nd Sunday of**

the Month-
10:15am

543, 6th Street Courtenay
(Alamo Club)

Meeting ID: 1079529653
Password: cma1CF

Activities Committee

1st Tuesday of the
month-6pm

Meeting ID:
1048138135
Password:
nMKQmb

activities@vinprana.ca

Spirituality is not
about achieving or
knowing, but rather
about discovering
and searching—kind
of like the Third Step
isn't about attaining
perfection in turning
our will over to our
Higher Power, but
about becoming
willing.

Laura J, Oregon



*My spiritual practice
involves paying
attention to my life.
Looking deeply, to see
clearly and serenely
what it is and that this
is it—nothing more,
nothing less, nothing
other. Acceptance.
Moment by moment.
Practicing means to give
up obsession, aversion,
and denial. Since I
entered this path,
understanding the
ephemeral nature of all
phenomena has come
slowly. For me there is
no turning back. As the
ego begins to fade, I am
becoming the path of
freedom from dis-ease.*

Uschi M, California

Quotes
from
the NA
WAY
Magazine
Archives
from:

July
1999
Volume 16
number 3

When I am living in a spiritually conscious way,
whatever I am going through is a snapshot of
perfection, whether or not it feels good.

Theresa H. New Mexico

**24 Hour
Helpline**

**VINPRANA
1-844-484-6772**

**Central Island
1-800-494-2404**

**South Island
1-866-383-3553**

**Call
BEFORE
you use!**