



V.I.N.P.R.A.N.A NEWSLETTER

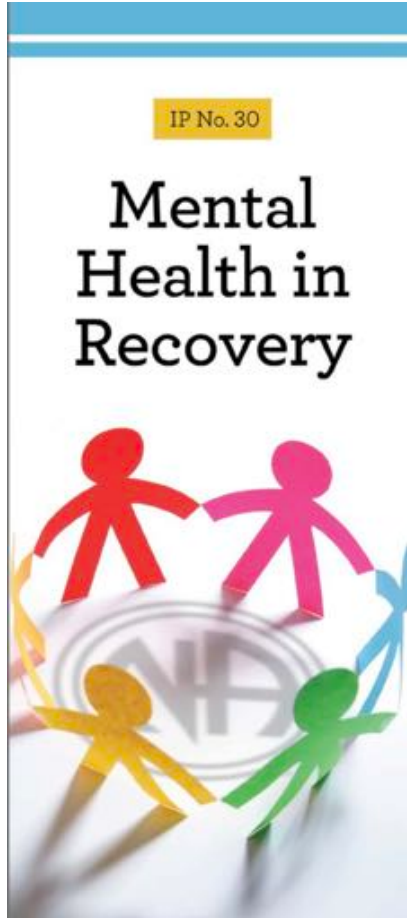
Vancouver Island, North Powell River, Area of Narcotics Anonymous

Spirituality is being myself in all situations.

David C, British Columbia

Living daily with peace and love and the courage to be a child of God. Seeking the knowledge of God's will for me and the willingness to carry it out.

Joanna M, Illinois



Medication and Mental Health

It is possible to find freedom from active addiction in NA and to be taking medication prescribed by an informed healthcare professional for a mental illness.

In Times of Illness, "Mental Health Issues"

In NA, our primary purpose is to carry a message of recovery—this is true no matter what extenuating situations may present themselves. Attempting to address mental health challenges goes beyond the scope of carrying our message or helping other addicts to stay clean. In meetings, no one is a professional; we are all addicts seeking freedom from active addiction.

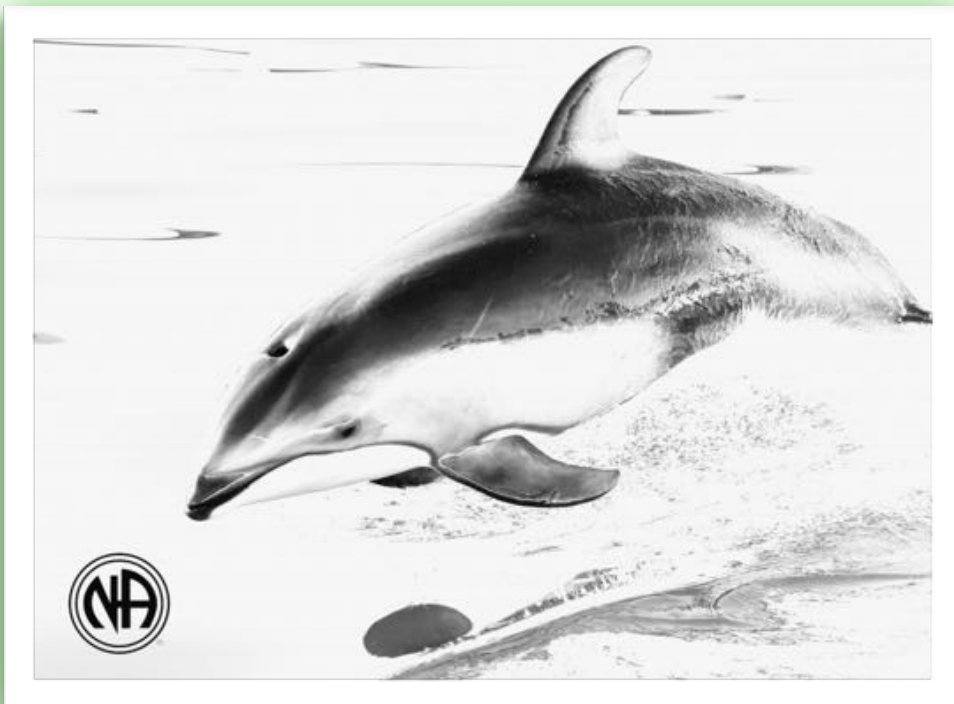
We may be advised at some point in our recovery to take medications to treat our mental health condition. Medications are to be taken as prescribed by an informed healthcare

professional; we do not self-medicate. Many of us have found it wise to inform our sponsors and a few friends in our support network that we are taking medication. This action helps us to be accountable and allows others we trust to be our "eyes and ears."



With medication, it is important to be mindful and aware of changes that may occur. The longer we are clean, the more our physical and emotional selves change; sometimes, these changes may have an effect on our mental health condition. Honestly sharing any perceived changes with our sponsors, informed healthcare professionals, and supportive friends is a critical step in maintaining a program of recovery.

Many of us have heard, either individually or in meetings, that members taking medication are not clean. However, some mental health medications are prescribed to help manage symptoms that interfere with leading a healthy, productive, drug-free lifestyle. Members who take mental health medication as prescribed by a healthcare professional are considered clean.





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!