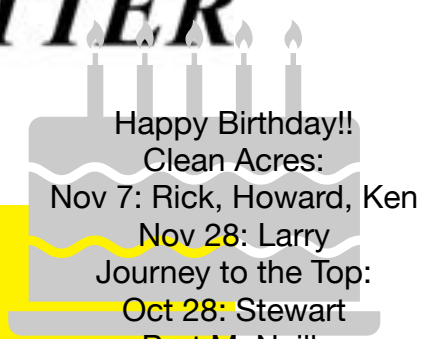


VINPRA NEWSLETTER



Happy Birthday!!
Clean Acres:
Nov 7: Rick, Howard, Ken
Nov 28: Larry
Journey to the Top:
Oct 28: Stewart
Port McNeill:
Nov 11: Bert
Unity Group:
Nov 7: Andy
Nov 20: Destiny
Line Numbered BT:
Dec 4: Jennifer

LIVE
AND
LET
LIVE



NA History (taken from BCRNA.ca) The first NA meeting that took place in Canada was in late September of 1967. It was in Victoria, BC. James D and Bernard A began meeting weekly to help each other stay clean. The late 1960s were a time of struggle for the fellowship and in 1967 there were only 15 meetings world wide. In the early 1970s the fellowship in Victoria began to stabilize and in 1973 the Victoria Area Service Committee was formed.

Scan the QR code to hear a short clip of James D. Talking about the beginnings of NA starting in Victoria.



Learning Days are
Here:
Upper Mall
Port Hardy
Nov 12, 2023
Doors open @ 12:00
Workshops start @ 1:00

Topic 1 - Building Strong Groups
Topic 2 - Your Role as a Leader

NA WORKSHOP
TOPICS: BUILDING
A STRONG HOME
GROUP &
LEADERSHIP ROLES
DATE: SUNDAY Nov. 12. 2023
LOCATION: 9300 TRUSTEE RD
PORT HARDY @ 1-5 PM

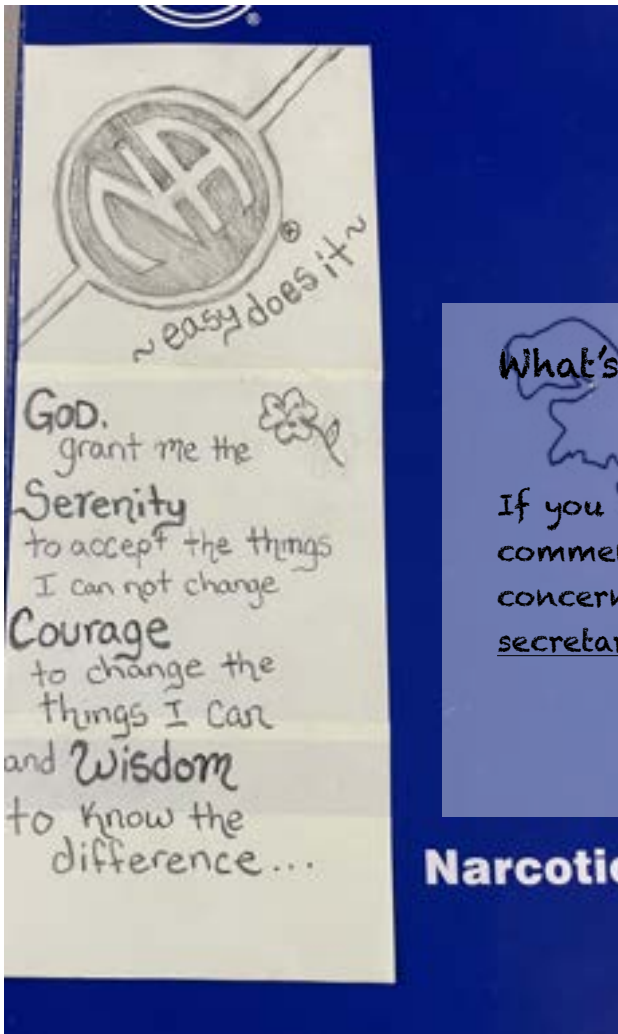
VINPRA NEWSLETTER

| | |
|--|---|
| VINPRANA Area Service Committee | Public Relations Committee |
| 2nd Sunday of the Month- 10:15am | 3rd Tuesday of the month- 6pm |
| www.zoho.com/GSOIS1THJp | www.meet.zoho.com/XCzELGRKkj |
| Meeting ID: 1079529653 Password: cma1CF 543, 6th Street Courtenay (Alamo Club) | Meeting ID: 1064517905 Password: ePhj8e |
| secretary@vinprana.ca | prsecretary@vinprana.ca |
| Positions Open: RCM2 Treasurer | Positions Open: Literature distributors, phone line coordinator, Panel Leaders, Panel Members, Newsletter support |

"We admitted that we were powerless over our addiction, that our lives had become unmanageable."

—Step One

- What does unmanageability mean to me?
- Have I ever been arrested or had legal trouble as a result of my addiction? Have I ever done anything I could have been arrested for if only I were caught? What have those things been?
- What trouble have I had at work or school because of my addiction?
- What trouble have I had with my family as a result of my addiction?
- What trouble have I had with my friends as a result of my addiction?
- Do I insist on having my own way? What effect has my insistence had on my relationships?
- Do I consider the needs of others? What effect has my lack of consideration had on my relationships?
- Do I accept responsibility for my life and my actions? Am I able to carry out my daily responsibilities without becoming overwhelmed? How has this affected my life?
- Do I fall apart the minute things don't go according to plan? How has this affected my life?
- Do I treat every challenge as a personal insult? How has this affected my life?



What's going on at AREA?

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

24 Hour Helpline
VINPRANA
1-844-484-6772

Central Island
1-800-494-2404

South Island
1-866-383-3553

Call **BEFORE**
you use!