



Central Vancouver Island Area of
Narcotics Anonymous

The Narrative

July 2026 Issue #86



when my disease is active



when I do the work

*Chemainus, Gabriola Island, Ladysmith, Nanaimo,
Parksville, Port Alberni, Qualicum Beach
Ucluelet*

Recovery Baseball

Every Sunday 2-4 pm Bowen Park West Field - Nanaimo

Upcoming NA Cake Dates

Date	Name	Years	Meeting
July 14	Andrew B	2	No Matter What - Nanaimo
July 15	Ryan H	9	We Can Wednesday - Nanaimo
July 19	Andy	10	Men's Step Study - Nanaimo
July 20	Bailey A	1	Never Alone - Nanaimo
July 21	Tiana M	6	Reach out and Recover - Nanaimo
July 24	Thomas R	1	Freedom Friday - Nanaimo
July 29	Cameron P	5	We Can Wednesday - Nanaimo
August 1	Emma J	2	Power of Our Literature - Nanaimo
August 6	Rebecca C	7	SeaSide Serenity - Parksville
August 8	Virginia M	1	Power of Our Literature - Nanaimo
August 14	Leslie E	2	No Matter What - Nanaimo
August 15	Joelle D	1	Power of Our Literature - Nanaimo
August 18	Haley U	2	Lost & Found - Parksville
August 19	Jacob M	1	No Matter What - Nanaimo
August 22	Steph P	1	Power of Our Literature - Nanaimo
August 28	Zach D	1	Freedom Friday - Nanaimo
August 29	Gabi T	3	Power of Our Literature - Nanaimo

When my addiction brought me to the point of complete powerlessness, uselessness and surrender in 1950, (*written in 1965*) there was no NA., I found A.A. and in that fellowship, met addicts who had also found that program to be the answer to their problem. However, we knew that many were going down the road of dissolution, degradation and death, because they were unable to identify with the alcoholic in A.A. Their identification was at the level of apparent symptoms and not at the deeper level of emotions and feelings, where empathy becomes a healing therapy for all addicted people. With several other addicts and some members of A.A. who had great faith in us and the program, we formed, in July of 1953, what we now know as Narcotics Anonymous. We felt that now the addict would find from the start as much identification as each needed to convince himself that he could stay clean, by the example of others who had recovered for many years.

News and Announcements

Annual BBQ

Sunday July 19 11 - 3
Transfer Beach Ladysmith
hosted by Steps and Traditions



Picnic and a Meeting !!

Monday August 3 11:30 - 2:30
The Shelter at Bowen Park - Nanaimo
Bring a chair or blanket to sit on
hosted by Save Our Serenity

Gratitude Walk Ucluelet

Saturday August 29 11am
Meet at 2nd parking lot - Wickaninnish Beach
Salmon BBQ & Potluck Meal
Bring your favourite side or dessert
hosted by Safe Harbour Ucluelet

Service Central

Group Service Representative Meeting 9:30 am
Area Service Committee Meeting 10 am - 12 Noon

Rotary Field House 850 Third Street Nanaimo
(*second Sunday of the month*)

Next Meeting Sunday August 9, 2026

Your CVIANA Service Committee

Facilitator Alison A	facilitator@cviana.ca
Co-Facilitator Katherine	
Secretary Tammy G	secretary@cviana.ca
Alt. Secretary Johann H	
Treasurer Amber K	treasurer@cviana.ca
Alt. Treasurer Open	
Communications Open	communications@cviana.ca
RCM Andrea T	rcm@cviana.ca
Alt RCM Open	
Activities Tori D	activities@cviana.ca
Literature Jade F	literature@cviana.ca
Newsletter Bob B	newsletter@cviana.ca
Public Relations Open	publicrelations@cviana.ca
Service Guidelines Sarah W	serviceguidelines@cviana.ca
Jail Panels Amber K	carrythemessagenanaimo@gmail.com

Literature Orders should be submitted on the Wednesday before the Area Service Meeting to > literature@cviana.ca
Please include name of items, how many, payment type (*cash , cheque , e-transfer*)
Pick Up orders at the Monthly Area Meeting
or on Mondays at Never Alone

Meeting List changes to Sean O meetinglist@cviana.ca

Newsletter announcements & cake dates to newsletter@cviana.ca

Public Relations meets on the 1st Wednesday of the month
5:30 pm Albert Street Hall - 596 Albert Street - Nanaimo

Activities meets on Saturday before Area
10am Upstairs at Quality Foods Harewood - Nanaimo