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 October 11, 2026

Your CVIANA Service Committee

Facilitator Alison A	facilitator@cviana.ca
Co-Facilitator Kathryn W	altfacilitator@cviana.ca
Secretary Tammie G	secretary@cviana.ca
Alt. Secretary Open	
Treasurer Amber K	treasurer@cviana.ca
Alt. Treasurer Jackie	
Communications Open	communications@cviana.ca
RCM Andrea T	rcm@cviana.ca
Alt RCM Morgan	
Activities Tori D	activities@cviana.ca
Literature Jade F	literature@cviana.ca
Newsletter Nick W	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

Central Vancouver Island Area of Narcotics Anonymous

November 2026 **Issue #90**

The Narrative



" *The responsible, productive, drug-free lives of thousands of members illustrate the effectiveness of our program. Recovery is a reality for us today.*"
Basic Text Pg. 101

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

Upcoming NA Cake Dates			
Date	**Name**	**Years**	**Meeting**
November 11	Bob G	18	No Matter What - Nanaimo
November 17	Sarah C	26	Just Do It- Nanaimo
November 19	Allison A	24	Seaside Serenity- Parksville
November 20	Lo N	1	Freedom Friday- Nanaimo
November 26	Pat Todd	8 4	Seaside Serenity- Parksville
November 28	Daemon B	19	Steps to Serenity- Nanaimo
November 28	Joe	37	Bugaboo Group- Qualicum Beach
December 5	Andre	33	Bugaboo Group- Qualicum Beach
December 6	Sean O	3	Steps and Traditions- Ladysmith
December 8	Annabelle V	1	No Matter What- Nanaimo
December 9	Erica S	3	Welcome Home Wednesday- Qualicum Beach
December 12	Tristram	4	Bugaboo Group- Qualicum Beach
December 13	Tyler G	2	Steps and Traditions- Ladysmith
December 19	Michelle	1	Bugaboo Group- Qualicum Beach

A LITTLE HISTORY

There was considerable debate over how to phrase the NA Steps. Jimmy K. was able to prevail in getting the phrase "our addiction" inserted in the First Step rather than alternatives like alcohol and drugs, drugs, or narcotic drugs. NA Trustees would later look upon this wording as a masterful stroke: "The one thing we share is the disease of addiction. . . With that single turn of a phrase the foundation of Narcotics Anonymous Fellowship was laid." Instead of centering their institutional identity on a single drug, as AA did, New York AA and other 12 Stepgroups that followed, NA focused attention on the shared process of addiction.

This had three significant effects. First, it resolved the frequent issue of drug substitution by embracing the renunciation of all drugs, including alcohol, within recovery. Second, it opened the potential for people to enter NA with drug choices other than opiates. Opiates were the primary drug of choice by New York-based NA, and the early members of California NA. Third, it specifically defined addiction as a disease, and the addict as a sick person.

LAUGHTER: THE BEST MEDICINE

Do you know why the duck went to Narcotics Anonymous?

He had a quack addiction!

News and Announcements

Never Alone

5 year anniversary

Come join us on December 14th to celebrate recovery and the anniversary of Never Alone!
A special guest speaker from out of town will be joining us to share their experience , strength and hope!
More will be revealed……

Holiday Marathon

Meeting!

When: Dec 24th @ 4pm- Dec 25 @ 4pm
Where: 596 Albert Street
What: Non-stop 50 minute minutes for a full 24 hour
Want to be of service? Slots still need to be filled!

CONTACT FOR MORE INFO

KIANA M 250-797-6937
Aaron J 250-816-2692
Lance P 250-714-9993

Welcome Home Wednesday

Christmas Fellowship

December 2nd

6-8 pm
SNACKS-DRINKS-SPEAKER
138 Hoylake Rd W
Qualicum Beach