



# Clean Voices Newsletter



January 2025

**Newsletter Committee:** We are always looking for ideas for what to put in the next Newsletter. Please email us at [coasc.newsletter@gmail.com](mailto:coasc.newsletter@gmail.com), or reach out to one of our committee members if you are interested in joining our subcommittee, are interested in submitting a recovery-based poem, or any kind of NA-related writing.

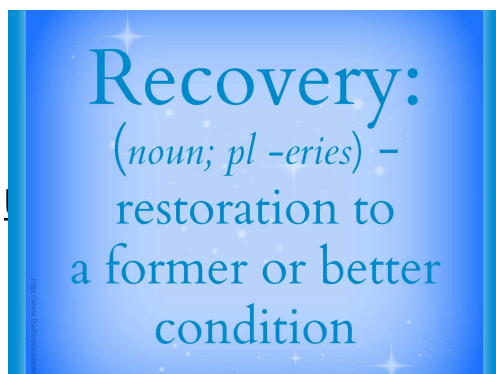
Chair: Jesseca, Vice Chair: Brittany,  
Editor: Rebecca, Secretary: Nathan.  
-The Newsletter Committee

## Spirituality and Higher Power

Narcotics Anonymous, as a spiritual program, inspires members to cultivate a relationship with a higher power. This higher power can be understood through each member's interpretation and experiences, allowing for inclusivity and respect towards diverse beliefs and religious backgrounds.

The N.A. program consists of twelve steps that are built on spiritual principles such as honesty, open-mindedness, and willingness. These principles are essential for a successful recovery journey. By following these principles to the best of their ability, N.A. members can live a new way of life, free from the bondage of addiction.

Spirituality in N.A. is about seeking strength and support from a greater source, transcending the limitations of the individual ego, and connecting with a higher power that can guide and empower each member on their journey toward recovery. This spiritual approach is at the heart of the Narcotics Anonymous program, providing a transformative path for those seeking freedom from drug addiction.

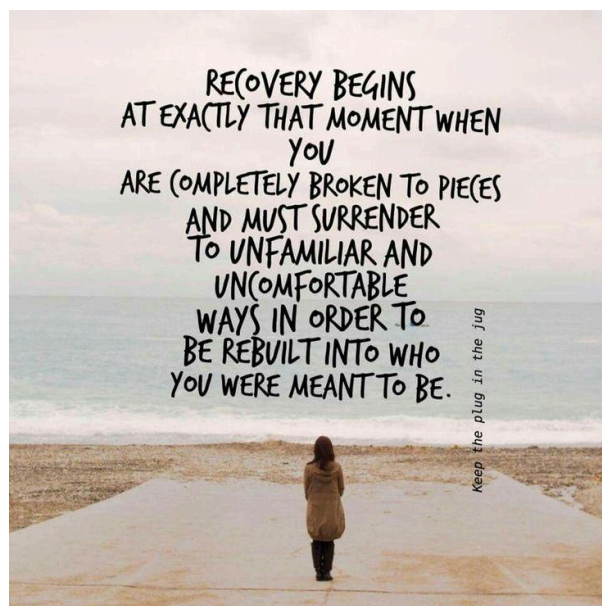


## NA Membership Survey



Some may wonder why we want this information and how we use it. One of the aims of "A Vision for NA Service" is that NA is viewed as a "viable program of recovery." With members from several countries attending the world convention in 2024 and members around the world participating from their homes, we have an opportunity to demonstrate that we are, indeed, a viable and respected recovery community resource. Presenting ourselves in this way helps us offer hope to others that they, too, can recover. We encourage each member to spread the word about the Membership Survey to their friends. We would like as many members throughout NA worldwide to participate. Our last fellowship-wide survey was in 2018.

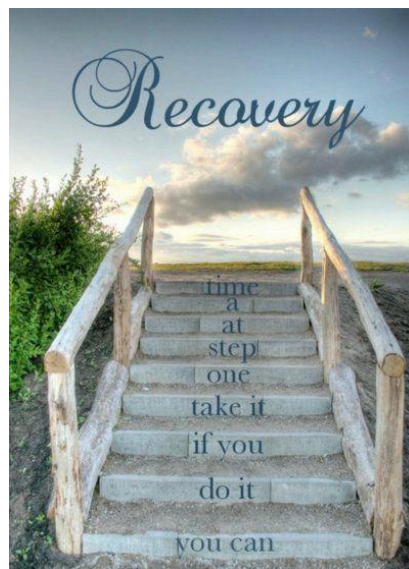
**Please complete by January 31st, 2025.**



- **Creating an Atmosphere of Recovery and Predatory Behaviours Workshop:** January 25th, 11 am at First Baptist Church - 1309 Bernard Ave, Kelowna
- **Newsletter Business Meeting:** every last Sunday of the month, 12 pm at The Bean Scene - 1615 Dickson Rd, Kelowna

### Upcoming Cakes:

- **Shay** 1yr, Jan 2nd, 7:30 pm - Basic To Basics
- **Naythan** 5yrs, Jan 4th, 10 am - Wake Up! It's a Meeting
- **Kim** 17yrs, Jan 4th, 6 pm - Just for Today
- **Evan** 2yrs, Jan 7th, 6 pm - No Matter What
- **Greg** 24yrs, Jan 8th, 7 pm - Words of Wisdom
- **Chet** 1yr, Jan 9th, 7:30 pm - Back To Basics
- **Johnny** 7yrs, Jan 10th, 6 pm - Good Clean Living Group
- **Brittany** 3yrs, Jan 15th, 7 pm - Words of Wisdom
- **Kendall** 19yrs, Jan 17th, 6 pm - Good Clean Living Group
- **Kennedy** 6yrs, Jan 19th, 5 pm - Girls Gone Mild **\*\*Open to men this night\*\***
- **Burt** 5yrs, Jan 22nd, 8 pm - We're Alright by Candlelight
- **Alisha** 1yr, Jan 26th, 5 pm - Girls Gone Mild **\*\*Open to men this night\*\***
- **Joe** 3yrs, Feb 1st, 6 pm - Just For Today
- **Nikki** 1yr, Feb 2nd, 12 pm - Sunday Nooner
- **Colton** 9yrs, Feb 3rd, 6 pm - Spiritually Speaking
- **Jesseca** 5yrs, Feb 23rd, 5 pm - Girls Gone Mild **\*\*Open to men this night\*\***



Spread the word! We're having a logo contest. The winner will receive a full package to our convention. This year's theme is 'Together We Can'. Please send submissions to [coacnana@gmail.com](mailto:coacnana@gmail.com). The deadline for submissions is January 10th, 2025. Good Luck!

## **Find In-person and Online Meetings:**

[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

Getting an addict to a meeting might be the most important service work we do. But in some ways, it can be the most challenging. Many of our efforts locally and globally share this simple goal—whether members work with their local PR committee to raise awareness, carry meetings into institutions, or keep their local meeting list current, we know this work saves lives.

### **Promise Yourself: By Christian**

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

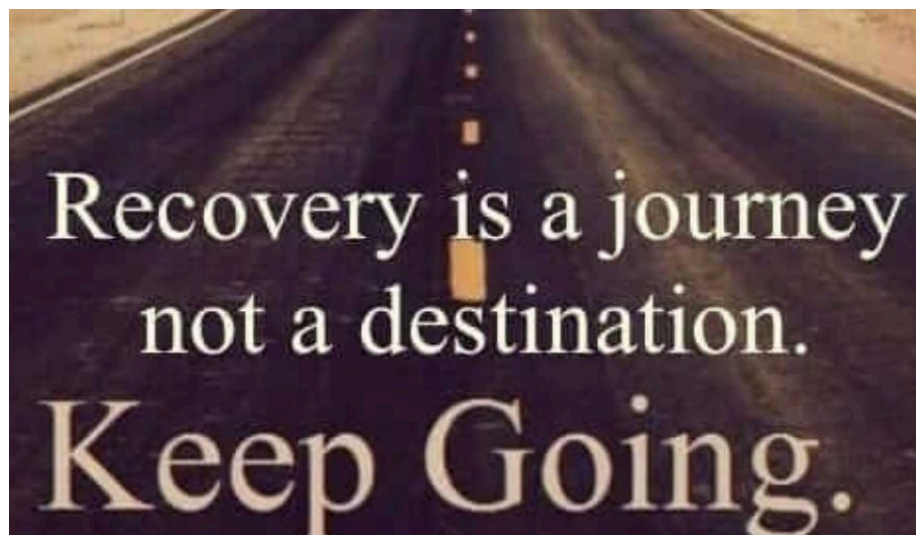
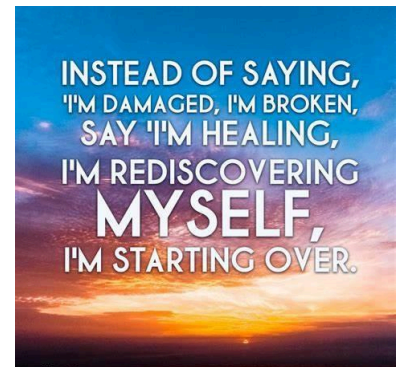
To wear a cheerful expression at all times and give a smile to every living creature you meet.

To give so much time to improving yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on your side, so long as you are true to the best that is in you.





# WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?



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**ADDICTS, ANONYMOUS, CARRY, CLEAN, COMMON, CONNECTIONS, DESIRE,  
 EXHAUSTED, EXPERIENCE, FELLOWSHIP, FREELY, GIVING, HELP, HONEST, HOPE,  
 IMPORTANT, LISTEN, LIVE, MEETING, MEMBERSHIP, MESSAGE, NARCOTICS,  
 NEWCOMER, PAIN, POSITIVE, POSSIBLE, PRINCIPLES, PURPOSE, RECOVER,  
 RECOVERING, REGULARLY, SPECIAL, STAY, SUCCESSFULLY, SURVIVING,  
 THERAPEUTIC, TOOLS, UNITED, UNPARALLELED, USE, VALUE**