



The No Use News



Golden Triangle Area Newsletter

NOVEMBER 2011

A Single Blade of Grass

As the winter ends and my addiction has been hibernating, the spring thaw poses a challenge...

Under the venerable leaves that kept my thoughts dormant, new life is commencing, and I deliberate.

Do I claw through the earth and emerge as a hearty weed known as my addiction?

Or do I soldier onward, upward towards the sun, bending and stretching towards a new life as a single blade of grass known as recovery?

A solitary weed left to cultivate will soon multiply and take over any other life, it happens time and time again.

But I choose to eradicate the resilient weeds so that as a single blade of recovering grass I may thrive and become flourishing, sustainable and vehement in my choices, recovery, and new growth.

I must not let the overgrowth of weeds stunt my new life for it is up to me to reconcile that there will always, and invariably be weeds.

So I remain firmly rooted in the soil of endless possibilities and abandon the wantonness of thoughts that cause the weeds to take over my life, my introspection, my tenacity, and all the possibilities offered to a single blade of grass.

Growing onward and upward with stability and strength through recovery.

Dana J.

The only thing you don't have to change is your clean date!

Recovery Is

When I think of what recovery is
To a person like me
I think of the prison in which I
lived
And how I can now be free

If I am only doing this
For return of children parents or
wife
I'm leaving the door wide open
To return to my old life

The gift of recovery is recovery
It's the strength to soldier on
Making it through the darkest
night
And appreciating the dawn

If I study the steps
And the principles they teach
There could be no limits
To the inner peace I reach

When you stop looking for wants
You start getting what you need
Involving yourself in the program
And doing good deeds

By Mark H.

But if I place expectations
On the gifts I receive
I'll be left disappointed
With the freedom I achieve

When I'm not looking for magic
That's where the miracles start
When I feel with my brain
And think with my heart



ACTIVITIES, ANNOUNCEMENTS AND SERVICE

SERVICE

**WE NEED SUBMISSIONS
NUN@GTASCNA.ON.CA**

The next No use News (NUN) meeting is Tuesday November 29 @ 7:00 pm, Preston Mennonite Church 791 Concession Rd. Cambridge.

The Hospitals & Institutions (H&I) and Public Information (P.I.) Subcommittees meet the last Sunday of each month @ 3 pm, Calvary United Church, 91 Gruhn St. Kitchener.

The Activities Sub Committee meets the last Sunday of each month @ 6 pm. Mackinnon Basement Home-wood Health Care 150 Delhi St., Guelph.

AREA

Golden Triangle Area Service Committee meets Saturday December 10 from 10-12 at the Allan Reuter Centre, 507 King St. E., Cambridge

CONVENTIONS

TACNA 7 (Toronto Area Convention), February 17-19, Toronto Ontario

ORCNA 25 (Ontario regional Convention), May 18-20, Ajax Ontario

ORCNA planning committee is looking for a Logo, a Theme Song and Workshop Speakers. Download their flyer for

more information <http://www.orscna.org/events/orcnaxxvregistration.pdf> or visit <http://www.orscna.org/english/events.php>

VOLUNTEERS NEEDED

H&I is looking for volunteers to share at facilities in our area. Attend their subcommittee meeting, put your name on any sign up sheet at any meeting or contact:

Jenn H. 519-635-2184, info@gtascna.on.ca

H & I needs your help to fill the following coordinator positions:

- Alcontrol/Bridges to Health
- Roof
- Secretary

Area is looking to fill the following positions—clean time requirements are noted

- Alternate Treasurer (1 yr)
- Alternate RCM (1 yr)
- Gorging Chair (2 yrs)
- Literature Chair (1 yr)

PI needs volunteers to present in schools and facilities; PI informs the general public what NA is about and what we do. Attend their subcommittee meeting or contact: publicinformation@gtascna.on.ca

EVENTS

Christmas Dinner and Dance, Saturday December 3, First Baptist Church. 255 Woolwich St., Guelph, 4:30 pm. Dance to follow regular meeting. Tickets \$10.00 pp includes Turkey dinner and dance. Desert potluck.

4yr Group Anniversary Clean Times Cambridge will host an OPEN Discussion meeting on Saturday December 24 to celebrate their 4 yr anniversary.

Marathon Meeting, Sunday December 25, Trillium United Church, 450 King St., Cambridge.

2pm to Midnight (CD)

Donations of time, snacks and coffee is appreciated

MORE INFORMATION

Golden Triangle Area Service Committee: info@gtascna.on.ca

GTASC Secretary: secretary@gtascna.on.ca

Hospitals and Institutions: info@gtascna.on.ca

Public Information: publicinformation@gtascna.on.ca

Newsletter: nun@gtascna.on.ca

The No Use News and NA as a whole, does not endorse or agree with any articles presented in this newsletter. The articles are considered personal opinions and interpretations of recovery. We invite you to submit an article, poem etc. to this newsletter. They need to be recovery oriented, reflect experience, strength and/or hope. In submitting an article, you understand that we may edit the content to convey an NA message. All contributions become the property of the GTA Newsletter Sub committee, we reserve the right to edit, or not publish any submission. Send your submissions to nun@gtascna.on.ca 2 weeks before the area meeting.

Note: N.A. is not affiliated with the places where we hold our meetings or events

MEDALLIONS

Jason W.	1 yr	Nov 6	Inside Recovery—Guelph
Diane P.	7 yrs	Nov 8	Recovery Rocks—Elora
Michael H.	6 yrs	Nov 13	Inside Recovery—Guelph
Alan M.	3 yrs	Nov 20	Inside Recovery—Guelph
Rob L.	1 yr	Nov 11	More Will Be Revealed—Guelph
Kevin Mc	1 yr	Nov 12	Phoenix—Guelph
Deb M.	5 yrs	Nov 24	Together We Can—Cambridge
Amber S	1 yr	Nov 26	Awakening—Guelph
Jay M.	22 yrs	Dec 13	Together We Can—Cambridge
Beth B.	2 yrs	Dec 20	Recovery Rocks—Elora
Kyle M.	1 yr	Dec 22	Together We Can—Cambridge
Dana J.	1 yr	Dec 30	Hope—Kitchener

Our Message is Hope, Our Promise is Freedom

Just For Today: The Last 3 Letters Of each Word Spell TRY

Christmas Dinner/Dance

Saturday, December 3

Doors open at 4:30 p.m., dance to follow regular meeting
 First Baptist Church, 255 Woolwich Street, Guelph (Phoenix Group location)

Turkey dinner provided, dessert is potluck from donations

Tickets are \$10.00 per person

Drinks for sale (\$1.00 each)

There will be an auction - recovery-related item donations wanted!

For info/tickets, contact:

Paul A.: 519-841-3567

Kelly S.: 519-831-9219

Shannon S.: 519-829-0027 (will deliver out-of-town tickets)

Marathon Meeting

Clean Times Cambridge is Holding a Christmas Day Meeting Marathon, 2pm - MIDNIGHT, December 25th, Closed Discussion, Step Study

Trillium United Church, 450 King St. Cambridge

Meeting Times

2pm-330pm

4pm-530pm

6pm-730pm

8pm-930pm

10pm-1130pm

In the Spirit of Unity

Clean Times is inviting people to lend a hand in a variety of ways:

- Come Chair a Meeting
- Be Available for a Newcomers or someone in crisis
- Donate Coffee
- Donate food/snacks

STEP 11

GRATITUDE

H A O W L I C G E T N K M V G O M S O L P S I T T
 E N K P C E A I S N N W N L E A S Y N E R W I P A
 T I S I C N A I P O I S O U G U D R E C T T S P U
 I Y D V E O D R W M G A I C R O I N D R O C S N C
 I O N A N N S L P N P T T R A T C R U I T P D A I
 A H D O O T E S S O S T E N A R A M G S I E E O T
 I I N O T D N S R E E W N V C I C W A S R R R M C I
 V E T C G L E O O D D E M I I A A T I S A S S M D
 W O C E N N S N C E O N R A N D M T T A C S P I R
 A O A N D G I A R C I D G N O M U O I I W R S O P
 D E E O A D I I E A A O H G K A O T W E O S P L G
 N I O E W T N O C G E C I I L D N N N V E I E S A
 L G O S A G P T I G S N C G G A N N E N O S E N H
 O R P S S L I E E O O R O I N H D O E A S M N M I
 O D S S G O O N C I O E S N G S E R E L E I A U P
 A N N E N D A G T C C R A S S N A R G Y E E E O G
 G N R K E R N A S N A R R E S W I U O S T I N S T
 N N P M T R T U A M I S N C A C V N E E S D N L R
 M A T R I I O T M E O G A I W R M N E N N G D T E
 L S R U D I R N S S N T P V N R E N O K E A N O N
 I G R E C O N P S I N U I I N C N Y N A A E A G P
 A A M S P D C A L I G T I V G C I N A O I W O O R
 N S N M I P I L L N A A T T E W R O V R R A A S N
 R O I E A C I U G U O N R O O S A D E C P C O E E
 C O S E D W W R A S S T E R I E L S P G U E N N R

I'm grateful for the support of friends and family. Tony

I'm grateful for my health . Darin

I'm grateful for the opportunity to make a difference in someone's life through H & I. Mark

I'm grateful to be able to practice spiritual principles in all my affairs. Jay

Take my will and my life. Guide me in my recovery. Show me how to live.

Please submit your brief snippet of gratitude by email nun@gtascna.on.ca

PRAYER	POWER	KNOWLEDGE	CONSCIOUS
MEDITATION	UNDERSTOOD	IMPROVE	AWARENESS
IMPORTANCE	HIGHER	SURRENDERING	MAINTAIN
GOODNESS	MOTIVES	ACCEPTANCE	ACTION
WILLINGNESS	SPIRITUAL	AWAKENING	GOD

“But the more regularly we attend NA meetings, the more we reinforce our identity as recovering addicts. And each meeting helps put us that much further from becoming using addicts again” Just For Today September 6

Membership Survey

Take a minute, go to our website www.gtascna.on.ca and fill in the membership survey. We are looking for feedback about recovery in our area and we need your feedback.

For those without a computer, please look for a paper copy at your home group which can be completed and given to your GSR.

CONTACT INFO

Golden Triangle Area Service Committee - 23-500 Fairway Rd. S. Ste 311 Kitchener ON N2C 1X3 www.gtascna.on.ca

Ontario Regional Service Committee - PO Box 5939 Depot A, Toronto ON M5W 1P3 www.orscna.org

Canadian Assembly—PO Box 25073 RPO West Kildonan, Winnipeg MB R2V 4C7 www.canaacna.org

World Service Office PO Box 9999 Van Nuys, California 91409 www.na.org