



The No Use News



Golden Triangle Area Newsletter

OCTOBER 2011

Jimmy K.

Jimmy K (5 April 1911 - 9 July 1985, was the co-founder of Narcotics Anonymous. During his lifetime, he was usually referred to as "Jimmy K." due to N.A.'s principle of personal anonymity on the public level. He never referred to himself as the founder of N.A., although the record clearly shows that he played a founding role.

From the very start, unlike many other attempts to form self-help groups for drug addicts, Narcotics Anonymous was based on both the Twelve Steps and the Twelve Traditions devised by Alcoholics Anonymous (AA) and adapted to the specific needs of N.A. While there is no official biography of Jimmy, a certain amount of pertinent information can be found on the web and in print.

Jimmy was born on 5 April] 91] in Paisley, Scotland. On 8 August] 923, he arrived with his family on Ellis Island, New York. He worked as a roofer, struggling with his drug addiction until he achieved permanent and complete abstinence from all drugs in Alcoholics Anonymous on 2 February 1950.

He and a few other drug addicts who had met in AA started holding a series of independent meetings for drug addicts, beginning] 7 August] 953. The first documented recovery meeting of Narcotics Anonymous was held on 5 October 1953 in Southern California. Today, members of Narcotics Anonymous hold more than 50,000 weekly meetings in over]00 countries worldwide.

Jimmy K. is a key figure in the history of Narcotics Anonymous for several reasons. He wrote several portions of the Little White Booklet, which formed the basis for N.A.'s basic text, published in 1983 under the title Narcotics Anonymous. This book also contains his anonymous biography, titled We Do Recover. Jimmy also designed the NA logo and served as the volunteer office manager of N.A.'s World Service Office from the time it began to 1983.

Jimmy K. died on 9 July]985 in Los A'1geles, having spent the last 35 years of his life as a clean and recovering member of Narcotics Anonymous. Preprinted from the Southwest California "Clean Times" Newsletter.

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

Reasons For Service

1. We can't keep it unless we give it away.
2. We show our gratitude for the recovery we've found in NA.
3. We recognize that when we heard about NA in treatment or from some other professional, it's because an NA member who came before us did service work.
4. We learn to work with others.
5. We learn to work with difficult people.
6. We are challenged to grow and change if we are to be truly of service.
7. We learn to make mistakes, forgive ourselves and change.
8. We get to see the message in action through the eyes of a newcomer.
9. We learn what it means to have a home, to have friends, to belong and to work together.
10. We become NA; no longer are we on the outside looking in.
11. We learn that even though it takes longer to work with others, the results are greater because of the process.
12. We understand that without service, our recovery would be like a stool that's missing a leg.

For these reasons and others, please attend Unity Day, October 29



ACTIVITIES, ANNOUNCEMENTS AND SERVICE

LOCAL

WE NEED SUBMISSIONS

NUN@GTASCNA.ON.CA

Our next meeting is Tuesday October 25 @ 7:00 pm, Preston Mennonite Church 791 Concession Rd. Cambridge

SERVICE

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 November 5 from 10-12 at the Allan Reuter Centre, 507 King St. E., Cambridge

CONVENTIONS

ORCNA 24 (Quebec Region Convention), October 7-9, 2011, Laval Quebec

C.C.N.A 19 (Canadian Convention of Narcotics Anonymous), October 14-16, Saint John New Brunswick

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>

SPEAKER MEETINGS

Inside Recovery—Guelph 3rd Wednesday each month

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
- Youth 180
- Grand River Withdrawal Management

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

Alternate Treasurer (1 yr), Alternate RCM (1 yr) and Gorging Subcommittee Chair (2 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

Speakers Wanted for the Unity Day Speaker Jam. Contact Marc S. marcs89@sympatico.ca

CHANGE OF VENUE

Second Wind Group Meeting in Orangeville now meets at 3 Zina St., Covenant Alliance Church in Orangeville at 7:30pm

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

Heather P.	18 yrs	Oct 1	Clean Times—Cambridge
Ashley W-MCN	1 yr	Oct 9	New Life—Orangeville
Adam T.	1 yr	Oct 11	Recovery Rocks—Elora
Shannon S.	9 yrs	Oct 27	Welcome Home—Guelph
Judy E.	1 yr	Oct 27	Together We Can—Cambridge
Wendy Mc	1 yr	Oct 27	Together We Can—Cambridge
Mark Mc	5 yrs	Oct 25	Keep it Simple—Guelph
Leah B.	18 mths	Oct 29	Awakening—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

Our Message is Hope, Our Promise is Freedom

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

**The Golden Triangle Area proudly presents
Unity Day/Speaker Jam 2011**

When: Saturday, October 29, 2011
1 pm - 7:30 pm before the Clean Times Meeting
Where: Trillium United Church
450 King St., Cambridge

The day includes Service Workshops, Fellowship, Speakers, Multimedia Presentations and a Potluck Dinner.

Come learn from experienced members about the fellowship you love and call home.

Speakers Wanted!

Sign up sheets are available at your home group or contact Marc marcs89@sympatico.ca

History Review

Jimmy K. was

- A. A Rock Star
- B. A Jesuit priest
- C. A hippie
- D. NA founding member

The First NA meeting was held

- A. August 27, 1965
- B. August 13, 1972
- C. October 5, 1953
- D. October 29, 1955

How many meetings are held per week in the world

- A. More than 18,000
- B. More than 13,500
- C. More than 27,000
- D. More than 50,000

NA was derived from the 12 Steps & 12 Traditions of

- A. SLA
- B. CA
- C. AA
- D. None of the above

Jimmy K's anonymous biography is called

- A. Just For Today
- B. Who is an addict
- C. We do recover
- D. Why are we here

Jimmy was a recovering member of NA for

- A. 26 years
- B. A year or 2 maybe 3
- C. 51 years
- D. 35 years

STEP 10

GRATITUDE

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

I'm grateful for my support network of other addicts, my sponsor, meetings, and my step group. Mark

I'm grateful for my grand sponsor . Darin

I'm grateful for the sanity clean time and recovery offers me.

Tony

I'm grateful for the ability to express anger and frustration in healthy ways. Jess

I'm grateful for the opportunities service work has provided and I like everyone's submissions to the NUN. 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

INVENTORY	PROMPTLY	ADMISSION	CONTINUOUS
AMENDS	MISTAKES	JUSTIFICATION	CONSEQUENCES
LIBERATION	INSANITY	WRECKAGE	GUILT
THOROUGH	PREVENTATIVE	AWARENESS	ACCEPTANCE
ACTIONS	FEELINGS	EXPRESSION	SIMPLICITY

“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