

AGENDA

Chinook Area of Narcotic Anonymous

April 2021

- Moment of silence
- Serenity Prayer
- Service Prayer
- 12 Traditions
- 12 Concepts
- 1 Introductions
- 2 Approval of previous minutes
- 3 Group reports with concerns or questions
- 4 Admin Reports
- A Chair
- B Vice-chair (open position no report)
- C Secretary
- D Treasurer
- E R.C.M
- 5 Sub Committees
- A Activities
- B Literature
- C H & I
- E PR
- F Outreach
- G Convention (open position no report)
- Break 15 minutes Time for IDT'S to be submitted in chat for discussions

- 6 Old Business
- 7 New Business (Information Discussion Topics)
- 8 Nominations/Elections
 - Open positions
 - Vice-chair
 - Treasurer
 - RCM ALT
 - Convention Chair
- 9 Announcements
- 10 Close Meeting
 - Serenity Prayer

Thank you all for your service

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Night Vision Group Report to the Area Service Committee, Chinook Area of Narcotics Anonymous, April 26, 2021

Addict named Daniel.

I am here representing Night Vision Group until the Group elects a GSR through group conscience. Our current GSR is no longer able to commit to the Area and our GSRA cannot always make it to these meetings.

I am proud to say Night Vision is doing very well in carrying the message of recovery in Narcotics Anonymous.

We have live meetings with average attendance around 40 or more. We have been successful with our Covid-19 protocols in keeping the meeting a safe place for all who wish to attend. We have modified our format because of this and have made other additions to the format including a "Welcome to the Newcomer" share from a member with some clean time.

We have signed up a few new home group members lately and we actively encourage them to participate in the group by learning how to set up and chair meetings. We now schedule an experienced chair with a new member to co-chair. Historically, *or at least in the 20 years this has been my home group*, NVG has always struggled with having just a few home group members for such a well attended meeting on Saturday nights.

Financially we are struggling a bit. I can tell you we are fortunate and grateful in being able to pay our rent which was raised to \$50 per meeting. The facility wanted to raise rent to \$90 per meeting to cover the cost of mopping the floor after the meeting but we have taken responsibility for that instead. I say fortunate only because a large part of our attendance is newcomers from nearby treatment centres who need to hear the message of recovery in NA.

Unfortunately, due to our high overhead, we will not be able to contribute to the Area at this time but hope to do so soon.

Yours in service,

Daniel C.

Chinook Area Chair Report April 2021

Welcome all to this months ASC for the Chinook Area of NA, I am Tim and your Chairperson and an addict. Thank you all for taking time from your daily life to attend tonight's meeting. I would also like to thank all who take the time to assist in keeping our meetings going either in person or by zoom, during these unprecedented times, so our members can continue to receive our message.

Not much to report from the area side of the fellowship but my life continues to become increasingly busy with personal family issues, however I continue to be of service to this body as well as my new/old homegroup. I continue to assist our outreach as I attended the recent trip to Medicine Hat.

We will be bringing back a ADIM meeting before the usual AGM meeting tonight (I am unsure if this was previously announced) and we will monitor the attendance and usefulness of said meetings progress.

Let's continue to make progress on our concerns within the area as we continue with this pandemic and remember "WE ARE ALL IN THIS TOGETHER" as we are starting to see a bit of light at the end of this tunnel, if we all continue to do the next right thing this area's fellowship will survive with more unity for the next addict who walks in our doors.

Thank you all for allowing me to be a part of this fellowship and for being of service to THE CHINOOK AREA OF NARCOTIC ANONYMOUS.

Tim R chairperson.

Admin meeting minutes report
April 26 2021
6:00 PM

Attendance
Chair – Tim
Secretary – Gloria
Literature – Ron

It was discussed and the admin is as follows according to the P&P:
4.7.2. The Administration Committee is defined as the following positions: Area Chair, Vice Chair, Treasurer, Secretary, Literature Depot, RCM, RCM Alt, and Sub-Committee Chairs.

ALSO GSR'S PLEASE NOTE IF YOU WOULD LIKE A FULL REPORT ATTACHED TO THE MINUTES PLEASE SEND A PDF FORM TO THE ASC.SECRETARY@CHINOOKNA.ORG EMAIL TO BE ADDED TO THE MINUTES. THANK YOU.

Activities Committee Report

April 26, 2021

Chair - Brian H.

Hello everyone, thank you for allowing me to be of service in our area. This will be my report for the month of April 2021 as your Activities Chair for the Chinook Area.

I have the Dream Centre, Hospitals & Institutions commitment Mondays from 6:30pm to 7:50pm so please excuse my late attendance to ASC. I will have another member read my reports and will answer any questions for you when I arrive.

We have been continuing to cultivate engagement on the Facebook Page with questions based on the emotional, physical, spiritual, and mental side of recovery. May will be another 31 days of questions so stay tuned. We held our first in person meeting of the year. We had 37 people in attendance to the event. The round table ask it basket style meeting was a lot of fun. We were given \$105.00 in contributions which will be given to the PR committee to be used to support their bus campaign.

The newsletter would like submissions from members in our area. Some groups have created a newsletter position amongst their home groups for birthday submissions which we would like to encourage. Celebrating clean time is important and not enough birthdays are being submitted to the newsletter. We are still requesting that groups to get involved and submit other entries as well. Personal stories, creative writing, whatever you feel is recovery related and would benefit the newsletter. All content that is submitted to the newsletter can be sent to: asc.newsletter@chinookna.org

We are having our second POP UP MEETING of the year Saturday May 22nd and 3pm at Lindsey Park. These outdoor meetings will pop up all over the city throughout the city and surrounding area so stay tuned for more to come. The formats will be fun and the shares will be fantastic so mark it in your calendars.

The bank account balance is unchanged at \$1384.55.

GSR NOTES FOR THEIR GROUP:

- asc.newsletter@chinookna.org is the email for members to sign up to receive the newsletter as well as the email to submit your stories to the newsletter.

- the area is looking for Subcommittee members that are will to do service. this is a WE program
- the next Activities Subcommittee meeting will be held May 5th at 8:00pm via Zoom. Zoom ID: 837 994 8457
- check the Facebook Page for more details

Kind Regards

Activities Chair
Brian H.

Current Account Details

Adjust the search details below to see this account's transaction history.

- 6 months of history is available for Mastercard accounts.
- 18 months of history is available for all other accounts, but you can only select 180 days (about 6 months) at a time. If you want to see more than 180 days of transactions at a time, try using [Download Transactions](#).

Account:	740-00271049879 CAD
Available Balance:	\$5,663.63
Current Balance:	\$5,663.63

Account History

Account: Literature - 740-00271049879 \$5,663.63 CAD

Type: All

From: 01/03/2021

To: 01/04/2021

Criteria: ---Choose a Criteric

Amount: \$

Show 100 transactions per page

[Search](#)

Posting Date	Transaction Type	Description	Reference Number	Debit	Credit	Running Balance
01/04/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$58.87	\$4,748.08
27/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$140.61	\$4,689.21
22/03/2021	Deposit	BUSMOBILE ATB - Mobile Deposit	1170543010		\$243.56	\$4,548.60
22/03/2021	Deposit	BUSMOBILE ATB - Mobile Deposit	1170541823		\$1,345.42	\$4,305.04
16/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$26.76	\$2,959.62
16/03/2021	Payment	ATBOL Interac e-Transfer Sent		\$768.48		\$2,932.86
16/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$65.00	\$3,701.34
16/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$31.75	\$3,636.34
15/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$52.10	\$3,604.59
13/03/2021	Payment	ATBOL Interac e-Transfer Sent		\$426.76		\$3,552.49
12/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$132.39	\$3,979.25
12/03/2021	Deposit	Deposit Cheque Lethbridge Paramount Branch			\$1,200.00	\$3,846.86
10/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$79.00	\$2,646.86
09/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$30.00	\$2,567.86
08/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$84.94	\$2,537.86
07/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$71.34	\$2,452.92
04/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$30.36	\$2,381.58
03/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$44.92	\$2,351.22
01/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$37.50	\$2,306.30
01/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$118.64	\$2,268.80
01/03/2021	Payment	INTERAC e-Transfer Received - Autodeposit			\$30.00	\$2,150.16

Chinook Area Literature Committee Report for April 26, 2021 ASC

Sales and Purchases for March 2021

March 2021 Sales - \$1,780.35 March 2021 Purchases - \$1,715.37

Current inventory is \$11,667.08

H&I requested \$89.40 of literature this month

H&I literature total for the year is \$190.36

PR literature total for the year is \$58.13

ASC literature total for the year is \$26.76

The literature committee is looking to elect a secretary for our committee meetings. Please contact Ron or Joel for more info on duties of this position if you might be interested in being of service.

- **SPAD! (Spiritual Principle a Day book project)**
- Principles are online for you to write about now: www.na.org/spad
- The drafts include entries on 22 different spiritual principles:
- Accountability, Authenticity, Awareness, Commitment, Communication, Connectedness, Courage, Discipline, Flexibility, Freedom, Hospitality, Humor, Inclusiveness, Integrity, Optimism, Patience, Prudence, Self-Acceptance, Self-Support, Tolerance, Unconditional Love, and We.
- Check it out! Send input on any or all of the entries by 31 May 2021
- NA literature is written by addicts. Be the we. Share your input or your writing.
- **SPAD principles reviewed in April:**
 - Communication
 - Connectedness
 - Courage

The purpose of these reviews at the subcommittee is to show members of the Fellowship how they can submit comments and provide input on new literature that will be published. We encourage anyone interested in doing this either on an individual basis or wanting to take it back to their home group members, to join us at the next literature committee meeting May 5 @ 5:30 pm.

Vice Chair report to the Chinook ASC for April 22nd

1. Zoho integration is almost completed, and some orders have already been sent via this program. There is extensive reporting capability with Zoho as you can tell via the snippet below.

Sales Activity

101 Qty TO BE PACKED	1 Pkgs TO BE SHIPPED	0 Pkgs TO BE DELIVERED	0 Qty TO BE INVOICED
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Inventory Summary

QUANTITY IN HAND	5416
QUANTITY TO BE RECEIVED	36

PRODUCT DETAILS

Low Stock Items	133	Active Items 
All Item Groups	16	
All Items	343	

TOP SELLING ITEMS 📅 This Year

 30 DAYS 169 pcs	 WELCOME 141 pcs	 JUST FOR TODAY (Soft.. 136 pcs
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2. Currently Joel temporarily has most of the literature stock in their garage and will be fullfulling orders during Ron's absence.

Yours In Service

Joel D./Ron S.

Public Relations Report

April, 2021

Amber S, PR Chair

Chinook Area of NA

Meetings and Attendance

April 14th
8 People attended

Next Meeting will be held May 12
at 7:00PM over Zoom [https://
us04web.zoom.us/j/
8379948457](https://us04web.zoom.us/j/8379948457).

Come join for the night or for the
year or anywhere in between.
Service opportunities abound!



Current Trusted Servants and Open Positions

Katie E. – Secretary, PR pr.secretary@chinookna.org

Amber S. - Chairperson, PR public.relations@chinookna.org

Brian H. – Web Servant, PR web.servant@chinookna.org

Troy Q. – Meeting List Coordinator, PR meetings@chinookna.org

Open Positions:

Vice Chair

Social Media Coordinator

Phone Line Coordinator

Financial

- Phone line bill is auto withdrawn, \$52.96 for this month
- No funds have been put towards the \$855.00 for the bus ad as yet, but will be submitted at the next AREA meeting
- PR would like to explore a possible dedicated monthly budget to allow for planning of ongoing initiatives
- Total expenditure by PR for March 22- April 22 2021 = \$52.96

Phone Line

- Phone line is currently with Stephen L. - Averaging 1-2 calls per day
- Requested update from Region on the status of the Tigertel “book” and what information is being passed to addicts as they call in. - This is now being addressed as of update from Region on March 14
- Phoneline Orientation held for Swinging into Recovery group. Great success. They are currently in possession of the phone line and will be keeping it for the next 6 weeks.

Website/Facebook Info

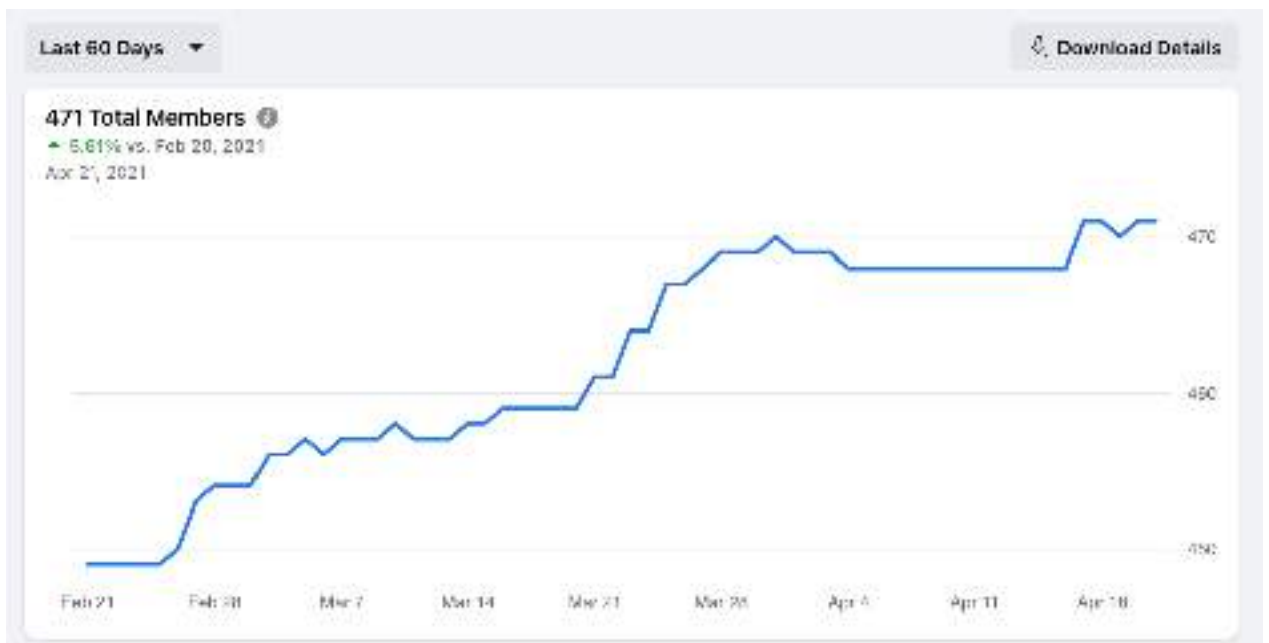
- Web-servant provided website analytics to determine levels of traffic and better understand the effectiveness of awareness efforts - See below
- Facebook analytics also below
- Membership and Engagement is growing in the Facebook community

Meetings

- Five and Dime will no longer be on the meeting list as of April 1st.
- Since addition to the BMLT a substantial increase in newcomers and meeting attendance from “out of towners” has been observed.

Other

- ★ PR would like an update from Region on the possibility of moving to YAP at the Regional Level. Is this something being explored? Area PR would like to determine if we need to be removing the regional line from our phone list or if it will be the primary line in the future (if Region uses Yap).
- The PR committee has billboard pricing and is reaching out to other areas (and has planted the seed with Region) to further expand the awareness campaign via highways in our area. - No update currently
- Connected with the United Way, we are being added to 211 and helpseeker.ca with current information.
- Stephen L. Has stepped down as PR Vice chair
-



Yours in Service,

Amber S.

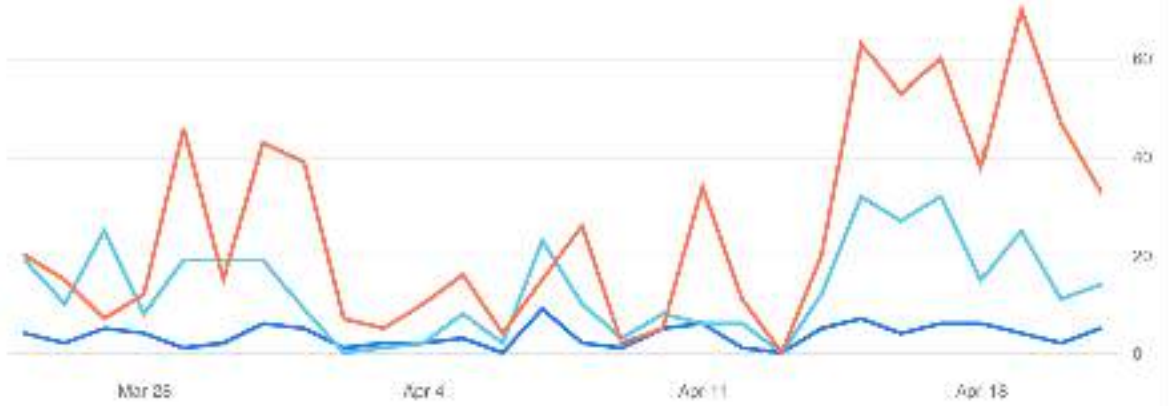
Last 28 Days

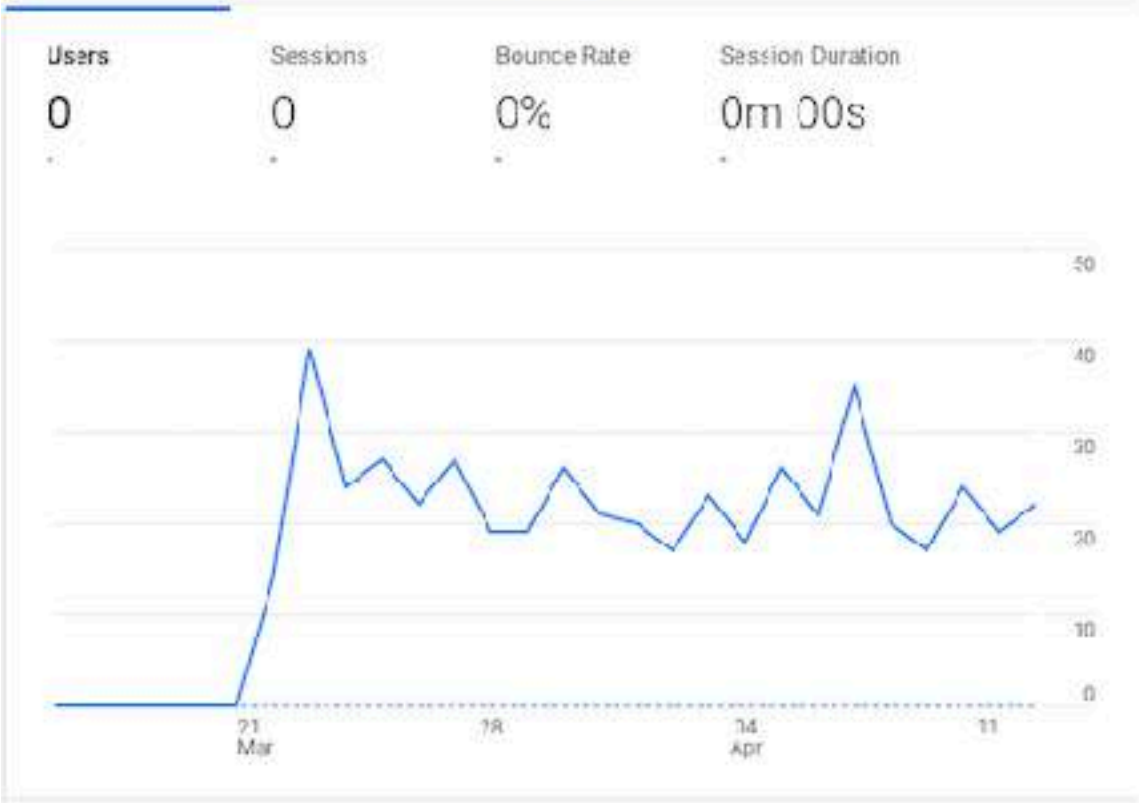
Download Details

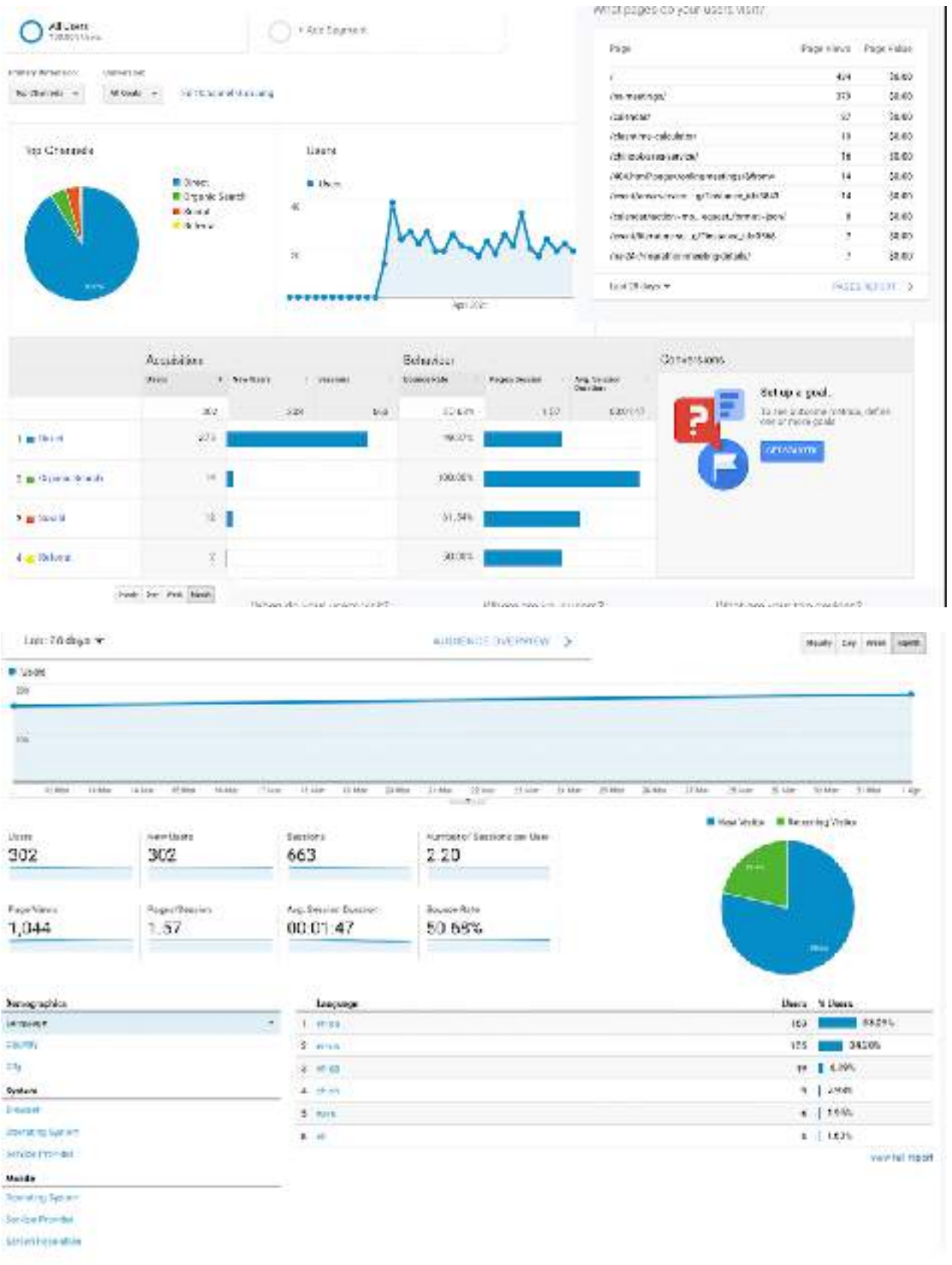
All

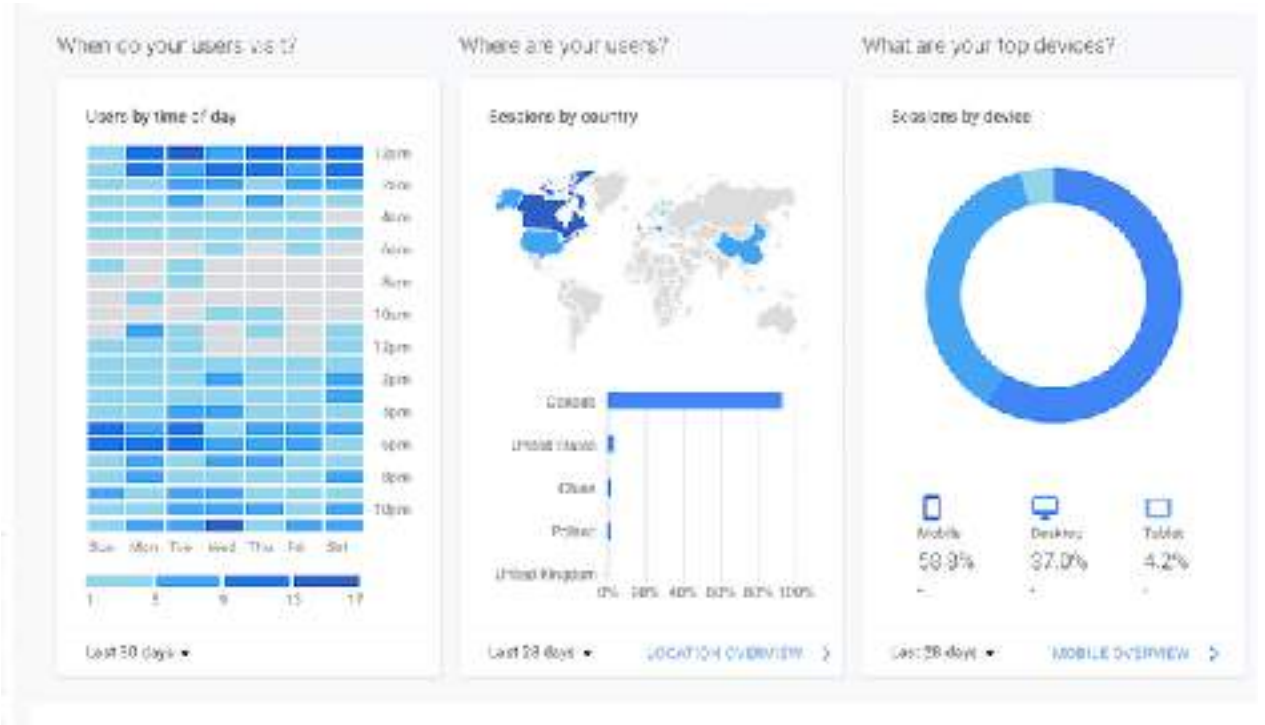
100 Posts - 18%
365 Comments - 58%
716 Reactions - 81%
Mar 25, 2021 - Apr 21, 2021

Posts Comments Reactions All











Outreach Committee Report

April 26, 2021

Chair - Joel H.

Hello everyone:

Past Meetings

Crashers:

March 28- Serenity
Sunday (New
Meeting)

Hybrid Meeting

Zoom: 403 012

0012

1903 19th Ave NW

Calgary AB

April 11- More Will Be
Revealed Group
7:30pm Scarborough
United Church
Calgary

April 21- We Do
Recover Group 7:00
pm 466 Macleod Trail
SE, Medicine Hat
(\$110 gas
reimbursement)

Upcoming outreach
trips:

May 11- 3n1 Tuesday
night NA group in
Three Hills

7pm @ Knox United
Church

May 30- new
beginners group in
Lethbridge

Noon @ Miz City
Church

Homegroup Member
Reach-out Program

- Any Homegroup
that has
member(s) who
might need a
support/welfare/
checkup call and
doesn't feel

confident or have the ability of reaching out themselves, the Outreach Committee is able to help.

The outreach committee has noticed Discrepancies in the NA app with regards to meetings. I will be bringing it forward to ASC to discuss who's responsibility it is to make sure this info is accurate.

The Outreach Committee meets the first Wednesday on Zoom (Zoom ID: 837 994 8457) at 8pm with the Activities meeting . We are looking for committee member to join the Outreach team! This committee is a great way to get into service if you have no experience in service or are looking for a relatively low commitment level position.

Thank you for letting
me be of service,

Joel H.

Outreach Chair

CHINOOK NEWS

CHINOOK AREA OF NARCOTICS ANONYMOUS NEWS

MAY 2021

LITERATURE

Wednesday May 05
5:30pm
Zoom ID: 837 994 8457
asc.literature@chinookna.org

H&I

Wednesday May 05
6:45pm
Zoom ID: 837 994 8457
hospitals.institutions@chinookna.org

ACTIVITIES

Wednesday May 05
8:00pm
Zoom ID: 837 994 8457
asc.events@chinookna.org

OUTREACH

Wednesday May 05
8:00pm
Zoom ID: 837 994 8457
outreach@chinookna.org

PUBLIC RELATIONS

Wednesday May 12
7:00pm
Zoom ID: 837 994 8457
public.relations@chinookna.org

CONVENTION

Open Position
TBA
asc.events@chinookna.org

PAIN IS GAIN

It has been widely said that 'the only way people change is because of either pain or gain'.

As addicts, we only stop using when the pain becomes too much to continue. The pain more commonly referred to as a 'bottom' can either be physical, mental, emotional, financial or spiritual. Often, it can also be a combination of these that living becomes unbearable unless we change.

This 'bottom' can be the start of recovery for many of us. But despite being abstinent, we still continue to experience pain, mainly resulting from old behaviours caused by deeply entrenched character defects. Bottom line, pain results when we do not get what we want.

This pain then motivates us to learn a new way to live through the twelve steps of Narcotics Anonymous. To be successful, we learn the spiritual principles of life from reading, writing and sharing these recovery steps which require continued daily practice.

After some time in recovery, life on life's terms can still regurgitate more pain and some of us persevere to keep learning this new way to live. Our hope is to one day reach a certain level of awareness where it does not matter what happens to us, but what's really important is how we respond to it.

It is only through this continuous cycle of pain, change and gain that we ultimately achieve the best reward of recovery - serenity. In the process, we learn to trust in a Higher Power believing that what's supposed to happen will happen and in the end, everything will be okay.

Strange as it seems, we become grateful for the pain in our lives since pain is continually pruning us to be the best people we can be for ourselves and others. This is when we finally realize that in recovery, pain is gain!

Thank you for my recovery (3/15/2002).

AREA RECOVERY CELEBRATIONS

Lorne G.	MAY 02	Serenity Sunday	22 YR
Laura P.	MAY 02	Fresh Start	28 YR
Miranda C.	MAY 07	Beltline Serenity	02 YR
Walt N.	MAY 06	Swinging Into Recovery	01 YR
John	MAY 14	Beltline Serenity	03 YR
Wendy S.	MAY 18	Free To Be	18 MT
Bill K.	MAY 19	Sowing The Seed	18 YR
Katie K.	MAY 22	Night Vision	01 YR
Curtis B.	MAY 22	Night Vision	16 YR
Tammy D.	MAY 23	Keeping It Real	03 YR
Ron S.	MAY 25	Living Clean	31 YR

"CLEAN TIME SPEAKS FOR ITSELF. PATIENCE IS AN IMPORTANT PART OF OUR RECOVERY. EACH POSITIVE MOVE ON OUR PART WILL BE WATCHED BY AN UNEXPECTED OPPORTUNITY."

BASIC TEXT - HOW IT WORKS

please submit birthdays for upcoming newsletters to asc.newsletter@chinookna.org

THINGS TO LOOK FOR THIS MONTH

TUE MAY 11 7:00PM
MEETING CRASHERS

SAT MAY 22 3:00PM
POP UP IN THE PARK

SUN MAY 30 12:00PM
MEETING CRASHERS

3-N-1 TUESDAY NIGHT NA GROUP
Knox United Church
Masks Required
108 5 AVE SE THREE HILLS, AB

Another "Ask It Basket" Pop
Up In The Park Meeting
Lindsay Park
2225 Macleod Trail SE CGY, AB

New Beginners (Hybrid Meeting)
Mix City Church
Skype ID: F1WD4gJgeq8
502 13 ST N Lethbridge, AB

MISPLACED CLEAN TIME

It has taken me 28 years to get 5 1/2 years clean. I had 10 years clean once, (and then I turned 11) haha.....

Seriously though, I came into Narcotics Anonymous for what I thought would be my last time using on December 11, 2004. I remember the reading in the Just for Today meditation book on that day, "Misery is optional." No one is forcing us to give up our misery. Basic Text page 29 I diligently worked my program in NA for a solid 5 years. I got the medallion, felt like I had my drug problem under control. I was floating on the proverbial "pink cloud," then I put "personalities before principles" and chose to leave NA for another fellowship. I never really did feel completely at home in that other fellowship, but it sure was a good place to hide. Eventually, I thought I just needed religion so I sought that with fervor. Needless to say, I stopped going to meetings, stopped being accountable altogether for my recovery. I thought I really didn't want to use anymore what is the point of going to meetings and just constantly listening to people talk about "the problem." I had a life to live don't you know?

I did manage to celebrate 10 years clean. Then, after consistently talking myself out of attending meetings and telling my sponsor (ok I just thought it but didn't actually tell her) to get a life! There's more to life than just meetings. I relapsed...Hard

I never thought it would happen to me. The catalyst was a relationship ending. Yes I spelled that right. Relationships have always been my biggest source of pain. That was in July 2015. You see, the disease of addiction is insidious. I never knew what that word meant until I experienced it firsthand. My disease was progressing as the years rolled on. When I chose to pick up, (yes I made that choice), it was not right where I left off, it was 1000 times worse. I honestly never believed the people in the rooms when they spoke of it in that way. Until it happened to me...

How did I make it back to NA?

When I was isolated in a small town named Indian Head Saskatchewan, in a quaint little resort aka: Treatment Centre named Pine Lodge (which us clients loved to refer to as "Pain Lodge") an H & I panel came into the treatment centre and I heard the readings read for the first time in about 9 years and I wept. I wanted to come home!

For the first 3 years I wallowed in such self-pity and the idea that "I should know better" that I continued to hide in that other fellowship and never even acknowledged my milestones. I then reconnected with a friend in NA through a different interest and what she said finally clicked in my stubborn addict brain. This is paraphrasing what she said, "We don't go to meetings just to stay clean, we go to meetings to develop healthy relationships in order to grow and feel connected and supported." What? I had been missing the point all along.

I finally made my way back to the rooms of NA and was able to share my relapse story which I so desperately needed to get out. I was home!

I joined a home group and with much convincing, decided to celebrate my 4th year clean at that group. So for 3 years, my ego stood in the way of me coming clean (pun intended) and letting my fellow addicts support me.

I honestly can say that I still was on the fence about coming back because I always selfishly wanted to know, "What am I getting out of it?" Just recently the answer came to me. It is not what can NA do for me, it's what can I do for NA?

Another friend asked me one night, "Hey, do you want to come to this cool meeting in the park?" I thought, that sounds like a great idea! So I did.... The rest is history.

I joined that home group "Swinging into Recovery." With a new set of eyes and ears and fell in love with the people there.

August 19, 2015 is my new clean date. The bottom of the just for today meditation book reads on that day, "Just for today: I will walk the path of my recovery by taking the step right in front of me."

So the blessing of this program is truly the "therapeutic value of one addict helping another." My favourite two words I ever hear in this program when sharing pain from my heart is:

Me too...

You see, I didn't lose my 10 years clean time. I just misplaced it for a while.