



Clean Voices Newsletter

May 2025



The COASC Clean Voices Newsletter welcomes articles from all readers.

- Articles may be your own story, experience, strength, and hope, or a response to any article that has appeared in the Clean Voices Newsletter, or simply a viewpoint about an issue of concern in the NA Fellowship.
- Articles should be no more than 800 words, and we reserve the right to edit.
- First names and last initial can be used as the signature line unless the writer requests anonymity. Send us your experience in recovery, your views on NA matters, cartoons, drawings, top tens, ideas, etc, to: coasc.newsletter@gmail.com

Find In-person and Online Meetings

www.narcoticsanonymouskelowna.ca

Helping an addict find their way to a meeting might be one of the most impactful acts of service we can offer. While it may be challenging at times, it's also deeply rewarding. Every effort we make – whether raising awareness through local PR committees, bringing hope into institutions by carrying the message inside, or simply keeping a meeting list up to date – contributes to the greater mission. This work changes lives and often saves them. Together, we can make a difference.

Upcoming Cakes: Total Clean Time - 74 years! 🎂

- Sara: 1yr, May 2nd, 6 pm - Good Clean Living
- Jordan H 3yrs, Paris 1 yr, May 3rd, 10 am - Wake Up! It's a Meeting
- Zoltan: 2yrs, May 4th, 7:30 pm - A New Beginning
- Niki: 2yrs, May 6th, 6 pm - No Matter What
- Alisa: 1yr, May 10th, 10 am - Wake Up! It's a Meeting
- Jason & Mori: 2yrs, May 11th, 12 pm - Steps to Freedom
- Shelby: 1yr, May 15th, 7:30 pm - Back to Basics
- Steph: 7yrs, May 16th, 6 pm - Good Clean Living
- Nicole D: 5yrs, May 24th, 6 pm - Just For Today
- Nicole M: 2yrs, May 25th, 12 pm - Steps to Freedom
- Jay: 3yrs, May 25th, 7:30 pm - A New Beginning
- Jordan S: 3yrs, May 30th, 6 pm - Good Clean Living
- Amy: 2yrs, May 31st, 6 pm - Just For Today
- Kara: 3yrs, June 4th, 8 pm - We're Alright By Candlelight
- Caity: 2yrs, June 22nd, 12 pm - Steps to Freedom
- Lisa: 3yrs, June 22nd, 5 pm - Girls Gone Mild
- Lesli: 30yrs, June 24th, 6 pm - No Matter What





Recovery Related Poetry



We Do Recover ~ *By Clean Voices*

🌀 *In the shadows we once stumbled,
Hearts heavy, spirits low—
Searching for a way to silence
The ache we didn't show.*

🍷 *We chased a fleeting comfort,
In bottles, pills, or smoke,
'Til everything we clung to
Turned bitter, burned, or broke.*

🍵 *But then a whisper found us,
A message tried and true—
"You never have to use again,
One day at a time will do."*

👥 *In rooms with plastic chairs and
coffee,
We dared to breathe and speak,
Our secrets spilled like rivers—
The strong became the meek.*

🛠️ *Step by step, we journeyed,
Past shame and hollow lies,
Through amends and quiet reckonings,
We began to humanize.*

🌱 *We found a Higher Power,
Not in doctrines carved in stone,
But in truth, in trust, in kindness—
In knowing we're not alone.*

🌟 *Now, where there once was silence,
Our laughter fills the air,
We share the strength we've borrowed,
The burdens that we bear.*

🕯️ *So if you're lost and broken,
And weary of the fight,
Come sit with us in a circle—
Let us share with you the light.*

📌 *Because miracles still happen
In coffee cups and tears,
In hugs that hold no judgment,
In clean and grateful years.
🌱 We rise from what once broke us,
With hearts no longer numb.
We walk in light, we lead with love—The
best is yet to come*

Puppet Show ~ *By Lacey*

I'm laying here in bed,
In an apartment that is mine;
You're laying in a cell,
Staring at the time.
While I was chasing recovery,
And asking God why?
You were out there late at night
Chasing your next high.
I'd say that I don't blame you,
That it's just your disease,
But I'm sick with it too..
So why am I the only one finding
ease?
You're stuck in old ways,
I'm trying to cope;
Without picking up the bottle,
Or resorting to dope.
"I love you" just hurts..
So please let me go.
I deserve to be happy,
Not part of your puppet show.

Upcoming Events:

- **PR Workshop on Mentorship and Unity:** May 10th, 11 am - First Baptist Church, Lunch will be provided, and detox orientation will take place after the workshop.
- **Newsletter Business Meeting:** May 31st, 11:30 am - 100-1615 Dickson Road (Bean Scene)

Clean & Serene

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

CLEAN
RECOVERY
UNITY
WILLINGNESS
PROGRESS
FREEDOM
NEWCOMER

SERENE
SPONSOR
FELLOWSHIP
ACCEPTANCE
COURAGE
HEALING
INVENTORY

HOPE
STEPS
HONESTY
SURRENDER
CHANGE
HIGHERPOWER
TRUST

FAITH
SERVICE
OPENMINDEDNESS
GRATITUDE
MIRACLE
FORGIVENESS
SPIRITUAL

COACNA 34

June 13, 14, 15 2025

Central Okanagan Area Convention of Narcotics Anonymous

REGISTRATION

Full packages include basic registration, 4 meals

All accommodations require your own bedding, towels, and toiletries.

PRE-REGISTRATION ENDS FEBRUARY 28th, 2025

Gates open at 4pm, PLEASE DO NOT arrive early

LOCATION

Our convention is located on the shore of beautiful Lake Okanagan at **GREEN BAY BIBLE CAMP**

1449 Green Bay Road.
Westbank BC

(GBBC has no affiliation with Narcotics Anonymous.)

ABSOLUTELY NO DOGS PERMITTED

Directions from South and West – Travel north on Highway 97 past Westbank, turn right onto Boucherie RD (4th set of lights after Canadian Tire on the right) ...

Directions from North and East – Travelling south on Highway 97 past Kelowna, across Bridge, turn left at 2nd set of lights, Boucherie RD.

Follow Boucherie RD towards lake, turning at bottom of hill on Green Bay RD. Watch for signage along the way.

PLEASE CHECK OFF
REQUIRED BOXES

ALL BEDS REQUIRE
YOUR OWN BEDDING

	# of adults				# of Youth				# of Children	
		Pre Reg			Pre Reg	7 - 11			Pre Reg	3 - 6
Full Package Lodge	<input type="checkbox"/>	\$150.00	\$175.00	<input type="checkbox"/>		\$120.00	<input type="checkbox"/>			\$100.00
Full Package Cabin	<input type="checkbox"/>	\$130.00	\$150.00	<input type="checkbox"/>		\$105.00	<input type="checkbox"/>			\$80.00
Full Package RV	<input type="checkbox"/>	\$115.00	\$130.00	<input type="checkbox"/>		\$90.00	<input type="checkbox"/>			\$70.00
Basic Registration	<input type="checkbox"/>		\$30.00	<input type="checkbox"/>		Free	<input type="checkbox"/>			Free
Sat Banquet	<input type="checkbox"/>		\$35.00	<input type="checkbox"/>		\$22.00	<input type="checkbox"/>			\$16.00
Vegetarian option	<input type="checkbox"/>									
Newcomer Contribution										\$ ____
									Total\$	____

Name: _____ Email address _____

Name: _____ Total Guest _____ Phone # _____

RV SPOTS ARE LIMITED TO 12 SPOTS. PLEASE CONTACT REGISTRATION CHAIR PRIOR TO CHECK AVAILABILITY

Please contact Registration Chair Marcel @250-859-9679

SEND PAYMENT TO **bythelakereg@gmail.com**