



# Clean Voices Newsletter

March 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 Voice's 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](mailto:coasc.newsletter@gmail.com)

## Find In-person and Online Meetings

[www.narcoticsanonymouskelowna.ca](http://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:

- **Josh:** 2yrs, March 5th, 8 pm - We're Alright By Candlelight
- **Connie:** 32yrs, March 5th, 7pm - Words of Wisdom
- **Tina:** 3yrs, March 6th, 7:30 pm - Back To Basics
- **Josiah:** 1yr, March 12th, 8 pm - We're Alright By Candlelight
- **Serena:** 10 yrs, March 15th, 10 am - Wake Up! It's A Meeting
- **Jojo:** 1yr, March 15th, 6 pm - Just For Today
- **Stormy:** 2yrs, March 16th, 5 pm - Girls Gone Mild **\*\*Open to Men\*\***
- **Jessica:** 5yrs, March 19th, 8 pm - We're Alright By Candlelight
- **Rachelle:** 9yrs, March 22nd, 10 am - Wake Up! It's a Meeting
- **Richard:** 4yrs, March 24th, 6 pm - Spiritually Speaking
- **Bristol:** 16yrs, March 25th, 12 pm - The Nooner
- **Grant:** 33yrs, March 30th, 7:30 pm - A New Beginning
- **Cavin, Joe, Jay:** 3yrs, 8yrs, 17yrs, March 31st, 7 pm - MIR **\*\*Open to Women\*\***
- **Devan:** 2yrs, April 17th, 7:30 pm - Back to Basics



### **Upcoming Events:**

- **Gym Activity:** March 15th, 1 pm - First Baptist Church 1309 Bernard Ave \$10
- **Brunch/Bingo Day Convention Fundraiser:** March 29th, 11 am - First Baptist Church 1309 Bernard Ave. \$10 Breakfast & \$10 Bingo.
- **Bunny Hop Event:** April 12th, 3 pm - 1696 Cary Rd. Free Easter egg hunt for kids, games, cash BBQ (\$5 hotdogs, \$7.50 burgers), dance (\$10), or dinner & dance \$15.
- **Okanagan Unity Day:** April 26th, 10 am - 696 Main St. Penticton, free admission.

### **Getting off the Not-So-Merry-Go Round.**

***Daniel R. from Brisbane, Australia***

Hi, my name is Daniel, and I'm an addict. Before coming to NA, life was a relentless combination of isolation, insanity, and disconnection. I had no trouble ever accepting I was an addict: I knew from a very early age that I could not control my drug use, so I tried to stop using. I felt hopeless, and living without hope was very painful. There were periods when I stopped now and then, when the pain got too bad or when I ran out of money, but this was for no longer than a month, and I was still using alcohol to numb the pain of life until I had enough money to score again. It was up and down, around and around. I seemed to be stuck on a rollercoaster of misery, never able to get off.

The lowest point was when my mum died. She called me while I was living overseas. I was driving at the time, and I heard the fear in her voice as she asked me to pull over. The knot of anxiety in my stomach grew as she said the words "I have stage four colorectal cancer". My mum had been my best friend, my protector, my biggest backer when all else was lost, and I knew in my heart that I was losing her. Three months later, she passed away. I returned home during the middle of the COVID pandemic, and despite wanting to spend time with her, I used more than ever. I lived to use and used to live despite knowing I could be spending more time with Mum. The lowest point was me messaging my mum on the day she started chemotherapy to ask for \$50 to go score. I don't call this my rock bottom, but this memory comes to mind when I recall how self-centred I had become. After Mum passed away, life was an ongoing disaster of rehabilitation, arrests, court, and short periods of clean time with new rock bottoms. I could write about them, but honestly, I'm not sure I even remember them. I had occasionally attended Narcotics Anonymous meetings, but at the time, I did not believe a program based on spirituality was for me. However, after multiple attempts at rehab, a violent relationship, multiple hospital admissions, and homelessness, I was finally ready to try anything. Finally, I gave up on the idea that I had anything left in my arsenal to help.

I was admitted to my fifth rehab in 2022 and was required to attend regular NA meetings. Unable to stand meetings at first, I hated everything about the program, particularly the idea of spirituality and a reliance on a higher power. I had experienced God through attending a very religious high school, and as an openly gay teenage boy, I wanted nothing more to do with him. I read "A God of your understanding" but thought that naïve NA people didn't believe this! It was a religious program despite all they said. I knew better!

There are a lot of cliches around the NA rooms and "bumper stickers" repeated over and over. However, my experience is that an older, cleaner member's clichés can be absolute gold for the newcomer. All it took was for a member to say "anything you put before your recovery, you will lose" and I thought "yes, that's exactly what happened to me. I suddenly identified with a group of

addicts trying to get better and felt our common experience and understanding of addiction. Suddenly, within the time it took to share 30 words or less, I had identified with experience, strength, and hope that NA members freely share.


Unfortunately, I couldn't quite let go of the idea that my sexuality made me somehow defective and slightly inferior. After 8 months of engaging with the program, doing regular meetings, and starting the steps with a sponsor, I found myself in an early recovery relationship. It was great at first; he told me loved me and accepted me exactly as I was. In hindsight, I no longer had to do any of the hard work around learning to love and accept myself because I had an intimate partner validating me every day. It was great at first, but it soon descended into hell and, by the end, domestic violence. I stopped going to meetings, and when the pain became too much, I relapsed. In four short months, chaos, pain, and unmanageability crept back into my life. I was, yet again, broken.

I needed to act, and yet again, I thought rehabilitation at an institution was the only way. Fortunately, I had done some NA and knew that the program, meetings, and fellowship worked. I knew from personal experience there was hope in NA, outside of rehabilitation, if I did what was suggested. And if I could let go of the idea that anything external could make me whole.

From the first day of my recovery, I've done exactly as suggested: I joined a homegroup (a beautiful, welcoming Rainbow homegroup) and begged an older, cleaner member to be my sponsor. With him, I worked out a daily program of readings, gratitude, and regular step work each day. I committed to attending 90 meetings in 90 days, and through this, I formed more connections with fellow addicts trying to stay clean than I've ever had in my life. I meditate regularly and set aside an hour each day to complete all of this. After doing my first three months of NA recovery without rehab, I've established a daily program that I do to the best of my ability.

These days, my life is full of hope. Life isn't perfect, and it isn't always easy, but it is simple. I'm on a long journey to self-acceptance and loving myself despite being imperfect, but for the first time, I've let go of the idea that external dependencies (romance, drugs, food, shopping) can ever complete me.

***I thank my Higher Power each day for all they've given me: hope, gratitude, friends, fellowship, and yes, each night, going to bed clean. There's a first for everything in this recovery, and it wouldn't be possible without NA.***



## 2nd Annual Okanagan's Men's Retreat

September 12, 13 & 14, 2025  
Sponsored by Kelowna's Monday Night NA 'Men in Recovery' Group  
Gardom Lake Bible Camp, 651 Glenmary Rd, Enderby

To get REGISTRATION LINK Email Joe K. at [okmeninrecovery@gmail.com](mailto:okmeninrecovery@gmail.com)

- Early Bird Registration Fee (Feb 10-May 26), \$210
- Regular Registration Fee (May 27-August 15), \$250 *Registration cutoff August 15th*
- Registration includes - Meals, Bed, and T-shirt
- E-transfers can be sent to [okmeninrecovery@gmail.com](mailto:okmeninrecovery@gmail.com)  
**PLEASE INCLUDE ATTENDEES NAME IN THE E-TRANSFER**
- Payment plans available, contact Joe K. for details
- Bring your own bedding

### Weekend Itinerary

FRIDAY	SATURDAY	SUNDAY
Arrive any time after 2:00 pm Dinner will be served Evening Meeting Camp fire (providing no fire bans)	Breakfast, Lunch and Dinner served Morning meeting Afternoon Workshop Evening Meeting with a Speaker Clean time countdown Evening camp fire meetings	Breakfast served Morning Meeting & Closing Ceremony Clean up and Departure by 12:00 pm

### Activities included in cost

- Kayaking, canoeing
- Frisbee Golf
- Volleyball, soccer, basketball
- Pool table
- Sauna
- BMX trail (bring your own bike)
- Climbing Wall and Zip Line Included

For these two activities, pre-booking on a first come first booked basis  
These 2 activities will only run for 4 hours on Saturday

Contact Joe K. for any questions, 250.878.8657 or email [okmeninrecovery@gmail.com](mailto:okmeninrecovery@gmail.com)



## Women's Retreat 2025

April 4, 5, 6  
CAMP HOPE - MOUNTAIN VIEW CONFERENCE CENTRE  
REGISTRATION OPENS JANUARY 16 @ 6PM



BUNK HOUSE /HEATED \$155	LODGE SINGLE \$360.00
MUST BRING YOUR OWN BEDDING SHARED WASHROOMS AND SHOWER FACILITIES	LODGE SHARE \$235.00

Financial assistance or payment plans available by request



## OKANAGAN UNITY DAY

26 APRIL 2025 | 10AM START

UNITED CHURCH  
696 MAIN ST. PENTICTON BC

NO ADMISSION  
REQUIRED

LUNCH, DINNER & REFRESHMENTS WILL BE SERVED

# Step Two ~ Came to Believe

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

LIVE  
BALANCE  
HOPE  
ABILITY  
GREATER  
POWER  
REALISTIC  
RESTORE  
ILLUSIONS  
BARRIERS  
CALMING  
VOID  
SANITY  
LIFE  
RELATE  
HEALING  
EVIDENCE  
WILLING  
FAITH  
BELIEVE  
CHANGE  
REVEAL  
PAIN



# 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 28<sup>th</sup>, 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 (4<sup>th</sup> 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 2<sup>nd</sup> 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	<input type="checkbox"/>						\$ _____
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 **serenitykelowna@gmail.com**