



NACONNECTIONS

HAMILTON AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

WELCOME TO CONNECTIONS!

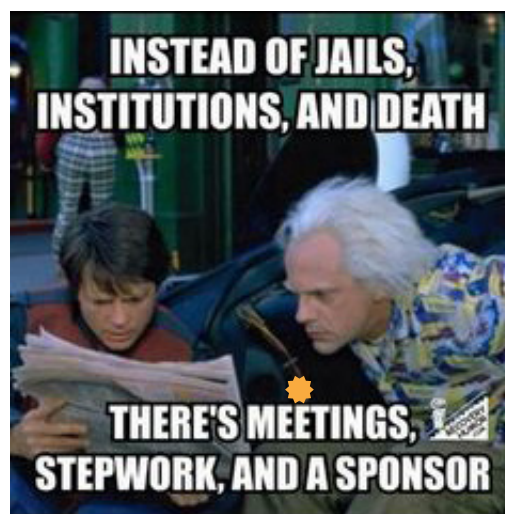
NACONNECTIONS is a free publication created and distributed by the HASCNA Newsletter Committee.

Articles and submissions in this newsletter may be open to personal interpretation, and are not the opinion or endorsement of Narcotics Anonymous or the Connections newsletter.

TO SUBMIT AN ARTICLE, EVENT OR CREATIVE PIECE, PLEASE EMAIL CONNECTIONSNA@GMAIL.COM

IN THIS ISSUE:

- 1 | Welcome
- 2 | HASCNA Minutes
- 6 | Anniversaries & Announcements
- 7 | Flyers
- 8 | Staying Clean during the Holidays
- 9 | My Name is David C.
| Bookmark
| Recovery Jokes
- 10 | Puzzles: Cryptogram & Word Tiles
- 11 | Colouring Page



DID YOU KNOW?

Narcotics Anonymous holds more than 70,000 weekly meetings in 144 countries around the globe?

*Source: NA Membership Survey 2018



HAMILTON AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

(HASCNA)

nahamilton.org



A Moment of Silence followed by the Serenity Prayer.

Meeting Open @ 10:08 am

Service Prayer: Brenda V.

12 Traditions: Heather J

12 Concepts: Beth L.

Roll Call done Yes. voting members present: 6

Quorum: 4

Roll Call

Vote Count @ 10:09 am

New Groups/GSRs – None

Presentation of Last Month's Minutes – No amendments. Minutes Accepted.

*Minutes for the meeting of:
November-20-2021*

ADMINISTRATIVE REPORTS – REFER TO ATTACHMENTS

Chairperson's Report: Beth L present report read & received
Alt. Chair's Report: Vacant absent report read & received
 Motion to accept reports made byMotion seconded by .
Motion to accept: Heather J, Seconded: Brenda V. /Carried

Secretary's Report: Vacant absent no report
Alt. Secretary Report: Vacant absent no report
Amendments to minutes: None
 Motion to accept reports made byMotion seconded by .
/Carried..... unanimous consent

Treasurer's Report: Vacant absent no report
Alt. Treasurer's Report: vacant absent no report
 Motion to accept reports made byMotion seconded by .
/Carried..... unanimous consent

REGIONAL Committee Member

RCM Report: Vacant absent no report
RCM II: Vacant absent no report
 Motion to accept reports made byMotion seconded by .
/Carried.....unanimous consent

Web servant's Report: Rodney S. absent no report
 Motion to accept reports made byMotion seconded by .
/Carried.....unanimous consent


SUB-COMMITTEE REPORTS – REFER TO ATTACHMENTS.....

Activities Report:	Brent H	present	report read & received
Literature Report:	Vacant	present	no report
H & I Report (Hospitals and Institutions):		Vacant	absent no report
P. R. Report (Public Relations):	Vacant	absent	no report
Motion to accept reports made by Brenda V, Motion seconded by Heather J /Carried.....			

GSR REPORTS (GROUP SERVICE REPRESENTATIVE) – REFER TO ATTACHMENTS

Meeting	Rep/Position	Present	Report
Courage To Change	Miles V./ GSR	present	report read & received
Alive and Well	Click here to enter text./ GSR	absent	no report
H.O.W.	vacant /GSR	absent	no report
Mountain Freedom Grp	vacant/GSR	absent	no report
Phoenix Rising	Ian S /GSR	present	report read & received
HOPE Group	vacant / GSR	absent	no report
The River's Edge	Heather J/ Acting GSR	present	report read & received
Friday Night Group	vacant /GSR	absent	no report
Learn To Live	Daryl B /Acting GSR	present	report read & received
Clean and Free	Brenda V /Acting GSR	present	report read & received
Questions to the GSR's			

Motion to Accept GSR Reports: Brent H, Second: Daryl B. Carried.

Visitors: Matt C., Steven P., Brian S.

SHARING SESSION

Sharing Session 30 minutes:

Start 10:45

End: 11:05

Daryl B. Meeting Lists Discussion. The area is using the BMLT tool to create meeting lists. Webservant to “unpublish” meetings that are temporarily closed.

Brent H needs literature for MASH/Men’s Detox. Brent to check with Geoff C. regarding pamphlets. There is literature in the storage locker.

ELECTIONS

Positions up for election are:

Vice Chair – VACANT

Treasurer - VACANT

Alt Treasurer – VACANT

Secretary – Heather J. Nominated by Brian S. Seconded: Brent H. ELECTED.



Alt Secretary - VACANT

HIPI – Steven P. Nominated by Brian S, Second: Heather J. ELECTED

RCM – VACANT

LIT – Ian S. volunteers for position. Seconded by Daryl B. Clean time Requirement 2 Years.

Vote on Waiving Clean Time for Ian S. CARRIED. ELECTED.

ORCNA Rep – VACANT

Motion to close Elections: Brenda V, Seconded Daryl B.

FINANCIAL REQUESTS

None.

UNFINISHED BUSINESS

None.

OLD BUSINESS

Motion Submitted: 21-10-01

Motion: To close the HASC bank account and reopen a new online account

Intent: Accessibility for a new treasurer

Financial: None

Budget Line: [Click here to enter text.](#)

Motion to accept made by Heather J.....Motion seconded by CJ K.

Motion Ruled Out of Order by Beth L.

Budget Meeting: Beth, Brent, and Heather to meet to discuss budget. Current bank account to have new signing authorities assigned.

Motion to close: Brent. Second Brenda V. CARRIED.

QUESTIONS & ANSWERS

Q – Ian S – What can be done with 7th tradition?

A – Set up an account with TD Canada Trust. Beth L to assist.

NEW BUSINESS

[Click here to enter text.](#)

Meeting Location New Meeting location - First Unitarian Church on Dundurn or the Welcome Inn on Wood Street

Intent: Service members have expressed an interest in meeting in person

Financial: \$2/person per meeting

Budget Line: [Click here to enter text.](#)

Friendly Vote: Unanimous for First Unitarian Church. CARRIED.



Motion to close New Business: Brenda V. Second, Heather J

ANNOUNCEMENTS

Anniversaries:

Brent H – 3 yrs Jan 2, Courage to Change

Brian D – 2 yrs, Jan 3, Courage to Change

Miles V – 1 yr Jan 16, Courage to Change

New Year's Dance, at Unitarian Church on December 31, 2021 from 9pm to 1am.

Candlelight Gratitude Meeting, The River's Edge Dec 23, 7pm.

Tradition Study – 9am before HASC Meeting

Activities Committee is looking for members. If you'd like to join contact activities@nahamilton.org

Please announce that HASCNA is now meeting in person at the First Unitarian Church and that we are looking for a Treasurer.

Motion to close Announcements: Brenda V. Second: Brent H.

CLOSING

Motion to Close: Brenda V, Second Heather J. CARRIED

Meeting adjourned: 12:16pm

Next Meeting: December 18, 2021 – at the First Unitarian Church

***If you have not received the minutes and attachments, but would like to, please email secretary.hasc@gmail.com with your first name and last initial with a request. Attachments from the minutes are included in the newsletter.**

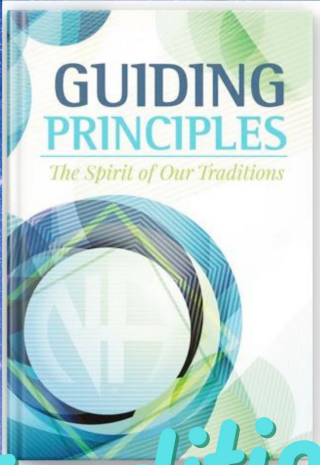


ANNIVERSARIES & ANNOUNCEMENTS

Celebrant	Homegroup	Date/Time	Celebrating
Justin V.	Mountain Freedom Group	December 2, 2021	2 years
Brent H.	Courage to Change	January 2, 2021	3 years
Miles V.	Courage to Change	January 16, 2021	1 year
Brian C.	Courage to Change	January 23, 2021	2 years

EVENTS	DETAILS
Candlelight Gratitude Meeting	Mountain Freedom Group Tuesday, December 7, 2021 @ 7pm
Tradition Study	First Unitarian Church December 18, 2021 @ 9am
Hamilton Area Service Committee Meeting (HASC)	First Unitarian Church December 18, 2021 @ 10am
Candlelight Gratitude Meeting	The River's Edge Group Thursday, December 23, 2021 @ 7pm
New Years Dance	First Unitarian Church Friday, December 31, 2021 @ 8pm

- Interested in service? Get involved with the Activities Committee! No clean time requirements. Please contact Brent H. at activities@nahamilton.org to get involved.
- Have bookkeeping experience? Want to get involved in service and have 3 years + cleantime? The HASCNA committee is in need of a Treasurer! For more information, please attend the next HASC meeting December 18th, 2021 or contact Heather J. at secretary.hasc@gmail.com



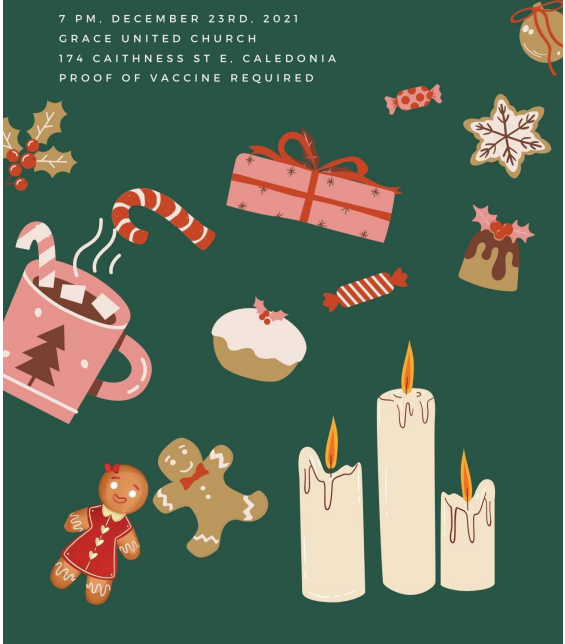
GUIDING PRINCIPLES
The Spirit of Our Traditions

Tradition Study

9am - 10am before HASC
First Unitarian Church
December 18 - Orientation

Candlelight Gratitude Meeting at the River's Edge

7 PM, DECEMBER 23RD, 2021
GRACE UNITED CHURCH
174 CAITHNESS ST. E. CALEDONIA
PROOF OF VACCINE REQUIRED



HAMILTON AREA NARCOTICS ANONYMOUS

NEVER ALONE ON NEW YEARS DANCE PARTY



JOIN US ON DECEMBER 31ST.
THE PARTY STARTS AT 8:00 PM!

First Unitarian Church
170 Dundurn St. S
Tickets \$15 • Food and drink available
More info contact: activities@nahamilton.org



STAYING CLEAN DURING THE HOLIDAYS

Submitted by Bethany L.

The holiday season is meant to be a joyous occasion that brings family and friends together. But even in the midst of all the excitement, there are often moments of stress and anxiety. If you are a recovering addict, this broad spectrum of holiday emotions can challenge even your best intentions for recovery.

Though the risk of relapse runs high during the holidays, it is not inevitable. If you are in recovery, there are steps you can take to stay healthy and safe. Becoming aware of potentially triggering situations and knowing how to prepare for them can help minimize your risk of relapse and allow you to truly enjoy your holiday season.

Potential TRIGGERS:

- **Changes to Your Routine:**

People get time off of work, travel to see their families, spend time preparing for the holidays, and often don't adhere to their typical routines during the holiday season. Your exercise routine, healthy eating patterns, and even your meeting attendance may fall by the wayside. All of these disruptions can put serious stress on your recovery.

- **Holiday Parties:**

The holiday season is a time of celebration and gatherings are typically overloaded with alcohol. The sheer amount of alcohol present at some holiday get-togethers can be overwhelming, especially if you're new to recovery.

- **Family Stress:**

The holiday season is often about spending time with family members. If you have a strained relationship with your family, spending a significant amount of time with them could cause stress and even symptoms of depression or anxiety.

Seeing your family could also lead to you feeling guilty or ashamed about the effect your previous addictive behaviors had on your loved ones. All of these emotions can be triggering, especially if you used to escape them in the past.

The holidays can be challenging, but they don't have to end in relapse. Here are some tips to prepare for stressful holiday situations and give yourself the best gift this holiday season - continued clean time and recovery!

Friendly Suggestions:

1. Have a pre-planned response when offered a substance (ie. "No thank you", "I'd love a pop!", or use humour to deflect!)
2. Bring a friend in recovery (or your sponsor) to gatherings with you for support. Discuss strategies before you go.
3. Create an exit strategy (excuses: babysitter, work, pets, work)
4. Look up meetings in your area using the BMLT (Basic Meeting List Tool app) or the web. Plan ahead so you know which meetings closest to you are open, and make sure you have transportation figured out ahead of time.

Things to Remember:

- There is no rule saying that you have to attend every party you're invited to. Your recovery, health and stability are far more valuable than one night of holiday celebration.
- If you are traveling for the holidays, reach out to people you are close to and explain to them that you may need extra support during the holidays. Ask them if it would be OK to contact them every now and then. You can even ask them to check on you. Call before you fall!
- If you're traveling, plan to attend a meeting wherever you will be and plan in advance. Try to find a local meeting long before you arrive and build it into your holiday schedule.
- You are not alone! Everyone in recovery has gone through these situations around the holidays and we are all here to support each other through. Be proud of even the smallest accomplishments!



MY NAME IS DAVID C.

CleanTimes (Toronto NA - Jan 2021)

My name is David C. and I am an addict. I am writing about how I stay clean through the holidays. Well, since I have been clean, which is almost 4 years now, the holidays have been a really rough time for me. My first year clean I lost my foster dad, the man who raised me from the age of 6, to a stroke on Christmas Eve. That was a very hard thing to go through clean, especially during the holidays. The way I got through that was through keeping in contact with other fellow NA members, and also talking a lot with my sponsor. The following years I went through a breakup and also dealt with my mom dying during the holidays. All these things were very tough to handle clean- but, through the program, meetings, fellowship, and just staying connected I was able to get through it all without picking up.

Sharing these hardships at meetings and letting the newcomers and also people with ample amounts of clean time helped me a lot. I didn't have to be alone during the holidays and I also didn't have to be isolated with the pain of all the incidents that occurred. I am very grateful for the people in the rooms for showing me the love and support that they have and letting me know they were there when I felt at my lowest during those times. The holidays can be a very tough time for me. Especially without the parents that I was lucky enough to have growing up. But I get to choose whether I want to spend them alone or not. There are always meetings available, and as long as I decide to reach out, there is always someone to call or someone to go and hangout with so I don't have to be alone. There are always people to reach out to that may even be going through the same kinds of emotions as me, and as fellow addicts we can understand and help each other through these tough times. Staying connected with my higher power and reaching out to newcomers are all great ways to spend the holidays when I'm feeling alone. I no longer have to be alone, whether during the holidays, or ever. My higher power is there when I want him there, so in that sense I am never alone.

By David C. - Clean Date February 13, 2017

BELIEVE IN
YOUR
SELF!



PRINT AND COLOUR YOUR OWN BOOKMARK!

RECOVERY JOKES

a laughing matter

You know it's time to get clean when those fluttering things that keep scaring you are your hands!

Why did the duck go to rehab?
Because he was a quack addict!

I'm a recovering people pleaser.
Is that ok?

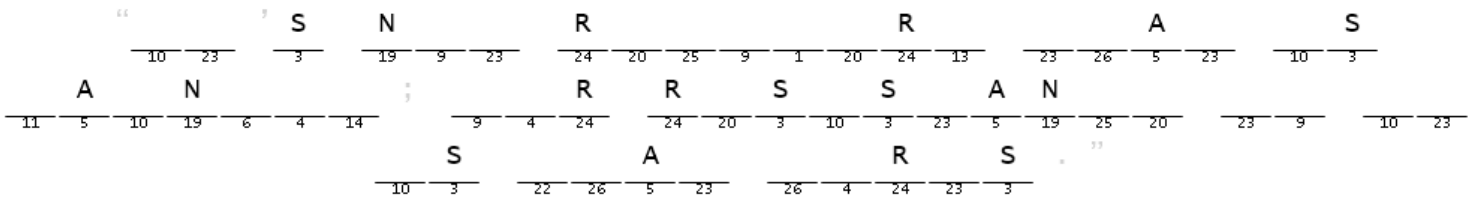


PUZZLES

CRYPTOGRAM

A QUOTE FROM "LIVING CLEAN - THE JOURNEY CONTINUES"

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
5			18										19				24	3							



CRYPTOGRAM INSTRUCTIONS:

- DECODE THE MESSAGE.
- EACH LETTER IN THE PHRASE HAS BEEN REPLACED WITH A RANDOM LETTER OR NUMBER.
- TRY TO DECODE THE MESSAGE.

WORD TILES

A QUOTE FROM LIVING CLEAN, CH. 5, "AMENDS & RECONCILIATION"

u	s	n	k	t	h	e	d	p	.	w	e	e	a	c	l	o				
v	e	w	h	a	f	e	e	n	d	g	a	r	e	s	,	t	o	f	o	r
e	r	s	g	i	v	f	o	-	t	h	i	r	s	d	l	e	e	l	l	
w	e	u	r	s	o	f	,	a	w	e	o	t	h	r	e	o	r			
r	t	f	i	n	e	l	v	r	g	i	m	a	y	e	o	s	s			

WORD TILE INSTRUCTIONS:

- UNSCRAMBLE THE TILES TO REVEAL A MESSAGE.
- EACH TILE IS USED ONLY ONCE.
- USE SPACING, PUNCTUATION AND COMMON WORDS TO FIND ADJACENT TILES.
- SOME WORDS MAY BE SPLIT INTO TWO LINES.

