



NACONNECTIONS

HAMILTON AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS



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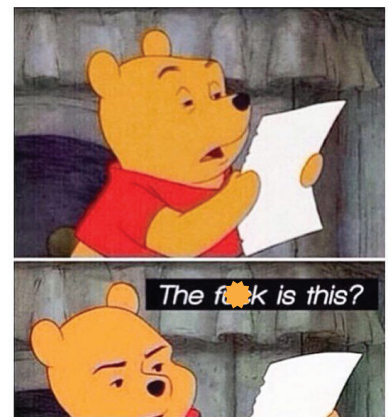
WELCOME TO CONNECTIONS!

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

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

When you read "How It Works" for the first time



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

SEPTEMBER 2021 - MINUTES

ATTENDANCE:

Brenda V. - Clean & Free (representative)
 Bethany - Visitor
 Ian S. - Phoenix Rising (representative)
 Christine M. - Visitor
 Meghan - Visitor
 Todd S. - Visitor

- Start at 10:15am
- *Don't have quorum, continuing meeting vote
- 2 group representatives (GSRs), no admin.

Service Prayer - Christine M.

12 Concepts - Meghan

12 Traditions - Bethany L.

Chair - vacant	Vice Chair - vacant
Secretary - vacant	Vice Secretary - vacant
Treasurer - vacant	Vice Treasurer - vacant
Webservant - Rodney (absent)	
Lit. Rep - vacant	Alt. Literature Rep - vacant
RCM - vacant	RCM2 - vacant
ORCNA Rep - vacant	HIPR Chair - vacant
Newsletter - vacant	Activities Chair -
P&P Chair - vacant	S.S. Co-ordinator - vacant

REPORTS: n/a

SHARING SESSION:

1. Phoenix Rising
 - \$212.00 to Christine M. (no bank account)
 - \$80.00 in Tim's Cards in Meghan's possession
 - Christine L. (To be contacted by Bethany L.)
 - Christine M. (for e-transfer to area account)
 - Outbreaks of COVID - 19 = closures
 - Location is uncomfortable for some members
 - Looking to relocate, assistance needed
 - Contact Brian S. (Fellowship Development Co-ordinator)
- Christine M. / Meghan
2. Masks that have been donated to the fellowship
 - Storage unit available for storing masks?

- Matt (contact him for access to storage unit)
 - Brenda V.
- Motion to close: Meghan, Ian S.

FINANCIAL REQUESTS: n/a

OLD BUSINESS: n/a

NEW BUSINESS: (discussion only)

- ADHOC committee has been formed from NASC to help support and mentor our Area at this time (3 month ADHOC, TBA)
- Contact Rodney to send out info from NASC Adhoc meeting and minutes
- Send out invite for next NASC ADHOC mtg

QUESTION & ANSWER:

1. Ian S.:
 - Few groups open for in person in Hamilton
 - Strong Hamilton zoom preference?
 - Recognize we're in an impossible situation
 - Don't want to be involved with the structural aspect because of the mess that we are in
 - On the ground meetings need to be opened
 - Don't want to get stuck on procedural stuff
 - Focus on groups
 - Communication problem (not just meetings opening)
2. Meghan:
 - Need to go to more in person meetings to spread the message that we need some help.

NEXT SCHEDULED MEETING:

- October 9, 2021 at noon (12pm) NASC
- October 16, 2021 at 10am HASC
- NASC Adhoc meeting - September 26 @ 10am

Close the Meeting: Brenda V., Meghan
 All in favor, closed at 11:15am

ATTACHMENTS:

1. Announcements
2. Group Inventory (please fill out and submit by HASCNA Meeting on November 20, 2021)



ANNIVERSARIES & ANNOUNCEMENTS

CELEBRANT
HOMEGROUP
DATE
TIME

Please submit all anniversaries to webservant@nahamilton.org

MEETINGS:

MONDAY	AN INTRO TO NARCOTICS ANONYMOUS - 7:00 PM - 7:30 PM This meeting is designed for people who are new to NA so you can get your questions answered and find the help you need. MEETS VIRTUALLY - https://zoom.us/j/87556022689
TUESDAY	MOUNTAIN FREEDOM GROUP - 7:00 PM - 8:15 PM Elliott Heights Baptist Church - 1300 Fennell Avenue East, Hamilton, ON, L8T 1T6
WEDNESDAY	PHOENIX RISING - 7:00 PM - 8:30 PM Good Shepherd -378 Main Street East, Hamilton, ON, L8N 1J7 Please note that closures due to COVID-19 outbreaks in facility may occur (2 week closure will be posted)
THURSDAY	HOPE GROUP - 7:00 PM - 8:00 PM (Closed for in-person meetings until further notice) MEETS VIRTUALLY - https://zoom.us/j/93287110440?pwd=NjhIMUpGaFhvWEZzR2I2Wkp1ZEZYUT09 RIVERS EDGE GROUP - 7:00 PM - 8:30 PM Grace United Church - 174 Caithness Street East, Caledonia, ON, N3W 1C2 Fellowship Room. We adhere to all public health measures. Masks must be worn, attendance limited.
SATURDAY	LEARN TO LIVE GROUP - 1:30 PM - 3:00 PM Saint Joseph's Church - 260 Herkimer Street @ Locke, Hamilton, ON, L8P 2H9 Enter door closest to parking lot, and down the stairs.
SUNDAY	COURAGE TO CHANGE GROUP - 7:00 PM - 8:30 PM First Unitarian Church - 170 Dundurn Street South, Hamilton, ON, L8P 4K3 CLEAN & FREE GROUP - 7:30 PM - 9:00 PM Anglican Church of the Nativity - 1831 King Street East @ Barons, Hamilton, ON, L8K 1V8 There is a limit of 15 people inside. Masks must be worn and screening will take place at the door.

NASC ADHOC MEETING:

MEETS VIRTUALLY - September 26, 2021 - Meeting ID: 839 1205 2017 - <https://us02web.zoom.us/j/83912052017>

To help support and mentor the Hamilton Area of Narcotics Anonymous

NEXT HASCNA MEETING: October 16 @ 10am - Meeting ID: 910 6416 2087 - Passcode: Service

NEXT NASCNA MEETING: October 9 @ 12pm - Meeting ID: 849 1047 1304 - Password: 235609



NASCNA ADHOC PRESENTS

H A S C N A
**SUPPORT &
MENTORSHIP**

WE WANT YOUR INPUT!

Come out with your ideas & brainstorm with us on how to best support the Hamilton Area of NA through mentorship.

MEETS VIRTUALLY

SEPTEMBER 26, 2021 @ 10 AM



<https://us02web.zoom.us/j/83912052017>
Meeting ID: 839 1205 2017



Narcotics Anonymous Group Inventory Form

HAMILTON AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

Please fill this out with homegroup members and submit at the HASCNA area meeting on November 20, 2021 at 10am. This will determine how many groups the Hamilton Area of NA has and shows how we can best support each other.

- 1) Name of Group _____

- 2) How long has your group been in existence? _____

- 3) Do you have a stable meeting place? ___yes ___no ___recently moved

- 4) Has your location been an asset to your group or a source of problems? Why?

- 5) Has the meeting place been made as attractive as possible? ___yes ___no
 Comment: _____

- 6) Do your meetings start at time and place stated on meeting lists? ___yes ___no
 Comment: _____

- 7) Do you have a written group conscience on the meeting format, how long it lasts, clean time requirements for speakers, chairpersons, trusted servants, voting procedures, prudent reserve, etc.? ___yes ___no
 Comments: _____

- 8) What is the average weekly attendance at your meeting? _____

- 9) What is the usual attendance at business meetings? _____



10) Are business meetings held every month? On a regular date? ___yes ___no

11) Is there a membership list? ___yes ___no

Comment:_____

12) Are minutes kept of business meetings? ___yes ___no

Comment:_____

13) How does your group take a group conscience?

14) What are the trusted servant positions in the group? ___Chairperson
___Secretary ___GSR ___GSRA ___Treasurer ___Other

Comment:_____

15) Are group officers picked with care and consideration? ___yes ___no

Comment:_____

16) Do trusted servants fulfill commitments? ___yes ___no

17) Is there a rapid turnover? ___yes ___no

Comment:_____

18) Does the treasurer keep up-to-date financial records and report regularly to your group? ___yes ___no

19) Are regular bank deposits made? ___yes ___no

20) Is loose cash kept around? ___yes ___no



- 21) Are two signatures required on group cheques? ___yes ___no
- 22) Rank the following group budget priorities (1 to 5) (1 least important, 5 most important) ___NA literature ___refreshments
___group reserve ___meeting hall rent ___service donations
- 23) Has an effort been made to explain regularly to members the need and value of
set-up? ___yes ___no
Coffee? ___yes ___no
Greeting? ___yes ___no
Clean up? ___yes ___no
7th Tradition? ___yes ___no
Comment: _____
- 24) Do new members come back or does the turnover seem to be high?
___yes ___no
Comment: _____
- 25) What conscious efforts are made to reach out to newcomers?

- 26) Does the group feel its needs are being met by the Area Service Committee?
___yes ___no
Comment: _____



27) Is your group doing its share of helping the Area provide services?

yes no

Comment: _____

28) Do your group members actively participate in Area Service Committees?

yes no Comment: _____

29) Would your group be willing to have a representative for each of the area sub-committees? yes no

Comment: _____

30) Does GSR/GSRA attend every Area meeting? yes no

31) Is GSR member of any other subcommittee? yes no

32) Do you feel there is good, two—way communication of information and understanding between your group and the Area table? yes no

Comment: _____

33) What do you think is helping your home group fulfill its primary purpose?

34) What do you think undermines the ability of your group to fulfill its primary purpose? _____



35) What do you think promotes NA unity?

36) What undermines N.A. unity?

37) What suggestions does your group have to improve the carrying out of its primary purpose? How can the Area help?

38) What suggestions does your group have to improve the functioning of the Area Service Committee? How can your group help?

39) Do you have any other comments?



6 THINGS MY ADDICTION HAS TAUGHT ME

BY LORELIE R.

Recovering from addiction is a process. Below are six things I learned.

Feeling your feelings won't kill you.

By the time you figure out you're addicted, your life is a complete mess. You might have been fired from your job, or have a DUI (or other criminal charges) your relationships are in ruins, you're broke, and you're doing things – you said you'd never do. Unless you're wasted, you feel depressed and anxious all the time. You can't meet your eyes in the mirror. You don't want to live this way, but you're too scared to stop. You reach out for help, or are intervened upon, and find yourself in a rehab/meeting. Everything is strange. As if plucked from the freezer, you begin to thaw out. The process is overwhelming. Hurt, hurts. Embarrassment is hot and uncomfortable. Shame is toxic, but shrinks when exposed to the light. You realize that even though your feelings aren't always comfortable, sharing them is healing and they won't kill you.

The new you is awesome! You become a morning person (maybe). You're eager to meet the day and all the exciting possibilities it will bring. You don't flinch when you look in the mirror. Your eyes shine with life. Even your hair is shinier. You see, hear and feel better. You have more energy and laugh more. Without the heavy burden of shame, you feel lighter. Your mind works so much better. The fog has lifted. You look out the window and smile. Your car is parked exactly where you left it. Recovery rocks!

Gratitude prevents self-pity and relapse. The practice of gratitude is a huge part of my daily routine. I give thanks

upon waking and when I go to bed. Giving thanks is more than a reminder of where I've been, it also produces happy cells. It helps me focus on all that is good, rather than ruminating on what isn't. Gratitude gives you a positive outlook on life. You're more fun to be around. People are drawn to you. Gratitude is the antidote to self-pity and results in a state of peaceful happiness.

You can't control what other people think, say or do – but you can control what you think, say and do. Just because you've changed, doesn't mean everyone else has. People will still be rude and say hurtful things. You won't have a cheerleader in every corner. Don't expect everything to be peachy just because you're clean. If you find yourself reacting to a person/place/thing – use your tools. (Tools: healthy coping skills and the ability to identify your character defects and adjust accordingly) Although you can't change others, you can change the way you interact with them.

Giving back helps you as much as it helps others. I am not cured. I still slide back into my old ways. If I don't use my tools regularly, the slide happens fast. A warning sign for me is focusing too much on self. Getting caught up in me, me, me – is my definition of hell. A way to counteract this, is to give back. Take the time to help others. Listen and share what works for you. Let someone in line behind you, go ahead of you. Do random acts of kindness. The next time you disagree, be the bigger person. You don't always have to be right or prove a point. Helping others takes your mind off yourself and your troubles. You may also realize

through the process that your problems aren't nearly as big as you made them out to be.

You are not a victim. No matter what happened in the past, it's over. As an adult you play a role in everything you do. If you're feeling victimized chances are you've taken a short cut. Are you asking for what you need? Or do you just expect people to know what you want? It's important to note that expectations lead to resentment. Resentment leads to relapse. And relapse leads to death. When I'm feeling resentful I ask myself this question, "What's my role in this?" If I'm honest, I have my answer.

We all struggle in life. Some more than others. Recovering from addiction taught me to face those struggles and live with integrity. Many people never discover the tools of healthy living, or how to be their best self. A simple phone call can change the entire direction of your life. If I hadn't accepted help, I wouldn't be living the amazing life I am today.

SERVICE WORK HAIKU SUBMITTED BY BETHANY L.

Stay CLEAN today.
Do something for someone else;
Get out of your head.



Things overheard at a Meeting

The NA WAY Magazine - December 1983

Recovering addicts do one thing in moderation—Stepwork.

“... but we may create service boards or committees defecting those they serve.”

“Each group has but one primary purpose—to carry the message to the addict who shall suffer.”

What I know about God is, “Tag! Not it!”

My disease has been arrested, but believe me, that b*tch makes bail every day.
- AJ H, New Jersey, USA

The NA waltz: Step 1, Step 2, Step 3...
and...change sponsors!
- Marc G, Wisconsin, USA

I had a slip of the tongue and called a keytag a cleantag when I was doing cleantime recognition. (Sounds pretty cool; maybe it'll catch on!)
- Steve C, Ontario, Canada

“...just that much sooner do we become responsible, acceptable, and reproductive members of society.”



NO MATTER WHAT

The NA Way Magazine - Jan 2020

Nineteen years ago today (28 July 2000), I woke up in rehab. I had reached the beginning of my end. My soul was broken, hopeless, and desperate. Every Monday night this mismatched bunch of weirdos would come to the rehab for an NA meeting—but I loved those weirdos! They saw me. They knew me. They were me. I saw someone celebrate 100 days clean, and I could not for the life of me fathom how a person could not use for that long. The idea seemed preposterous and impossible. A lot of time has passed and a lot of things have changed since I came to NA 19 years ago. The first book I bought back then was the Fifth Edition Basic Text. I gave it away

to someone years ago. I now have a Sixth Edition, which is not as old as these two books—Just for Today and the NA Step Working Guides. The Just for Today is from 2000. When I first got here, it would take another ten months and four relapses for me to finally concede defeat, but I never left NA. I stayed. I was always welcome even when I was high and talking bullshit, even when I was eleven years clean and a danger to others and myself because I would allow the disease to manifest in other ways. No matter what. No matter what. No matter what.

Leanne B, Durban, South Africa



KEEPING UP WITH RECOVERY DURING A PANDEMIC

SUBMITTED BY BETHANY L.

Remember your goals

Remind yourself why you chose recovery in the first place!

Keep your perspective

Pandemic's don't last forever, keep putting in the effort to stay clean!

Create a routine

Structure is still super important - do the best you can!

Reach out

Be aware of your thoughts/feelings/emotions, and call someone or go to an online or in-person meeting - isolation is our disease!

Find a (virtual) homegroup

If you're not comfortable with in-person, there's online meetings worldwide!

Prioritize self-care

Eat right, excersize, sleep well, and do what makes you happy!

Explore new things

Find new hobbies, join a service committee, or give back to your community!

Practice compassion

Respect your journey and others. Offer kindness, encouragement and forgiveness!

Above all, hold on to hope. This situation is rough, but it's not permanent.

RECOVERY JOKES

a laughing matter

I was addicted to soap once.
Now I'm clean.

I'm a recovering optimist.
I'm getting worse day by day.

Why do recovering addicts make good bankers?
They have a lot of experience with withdrawals.



RECOVERY
SUBMITTED BY BETHANY L.

WORD SEARCH

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

- | | | | | |
|------------|-------------------|-----------------|--------------------|---------------------|
| ACCEPTANCE | CHARACTER DEFECTS | HUMBLE | PATHWAY | SPIRITUAL AWAKENING |
| ADDICT | COFFEE | INTERVENTION | PATIENCE | SPONSOR |
| ADMITTANCE | COUNSELOR | LET GO LET GOD | PERSONAL INVENTORY | STRENGTH |
| ADVERSITY | COURAGE | MEETINGS | PRAYER | TWELVE STEP |
| ALCOHOLIC | DEDICATION | MORAL INVENTORY | RELAPSE | UNMANAGEABLE |
| AMENDS | FELLOWSHIP | ONEDAY | REPENTANCE | WISDOM |
| ANONYMOUS | GRATITUDE | OPENMINDEDNESS | SANITY | |
| BOOK | HIGHER POWER | OUTREACH | SERENITY | |

DON'T QUIT
BEFORE THE
MIRACLE
HAPPENS

