

# **NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA**

## **AUGUST 2023 ISSUE**



<https://nahamilton.org>



**W**elcome to the Narcotics Anonymous newsletter of the Hamilton Ontario area! We are part of a global organization dedicated to helping those affected by substance abuse and addiction. We offer support through our meetings, group activities, and events. Our aim is to provide a safe and supportive environment where members can share their experiences, strength and hope, while learning from each other. We also provide resources and information to those seeking help. Our members come from all walks of life and have all kinds of backgrounds and experiences. We believe that no matter how long someone has been using, they can find relief from addiction. We offer a wide range of activities to help our members feel supported and empowered. This includes organized meetings, group activities, and events such as movie nights, game nights, and recreational activities. We also have a volunteer program to help our members pursue their goals. Our newsletter contains updates on our activities, upcoming events, and other helpful resources. We strive to provide our members with the support and resources they need to get, and stay clean. We hope you will join us in our mission to provide support and resources to those affected by substance abuse and addiction. Thanks for joining us!



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## WHO WE ARE

A member of Narcotics Anonymous (NA). Membership is not limited to addicts using any particular drug. Those who feel that they may have a problem with drugs, legal or illegal, including alcohol, are welcome in NA. Recovery in NA focuses on the problem of addiction, and not on any particular drug.

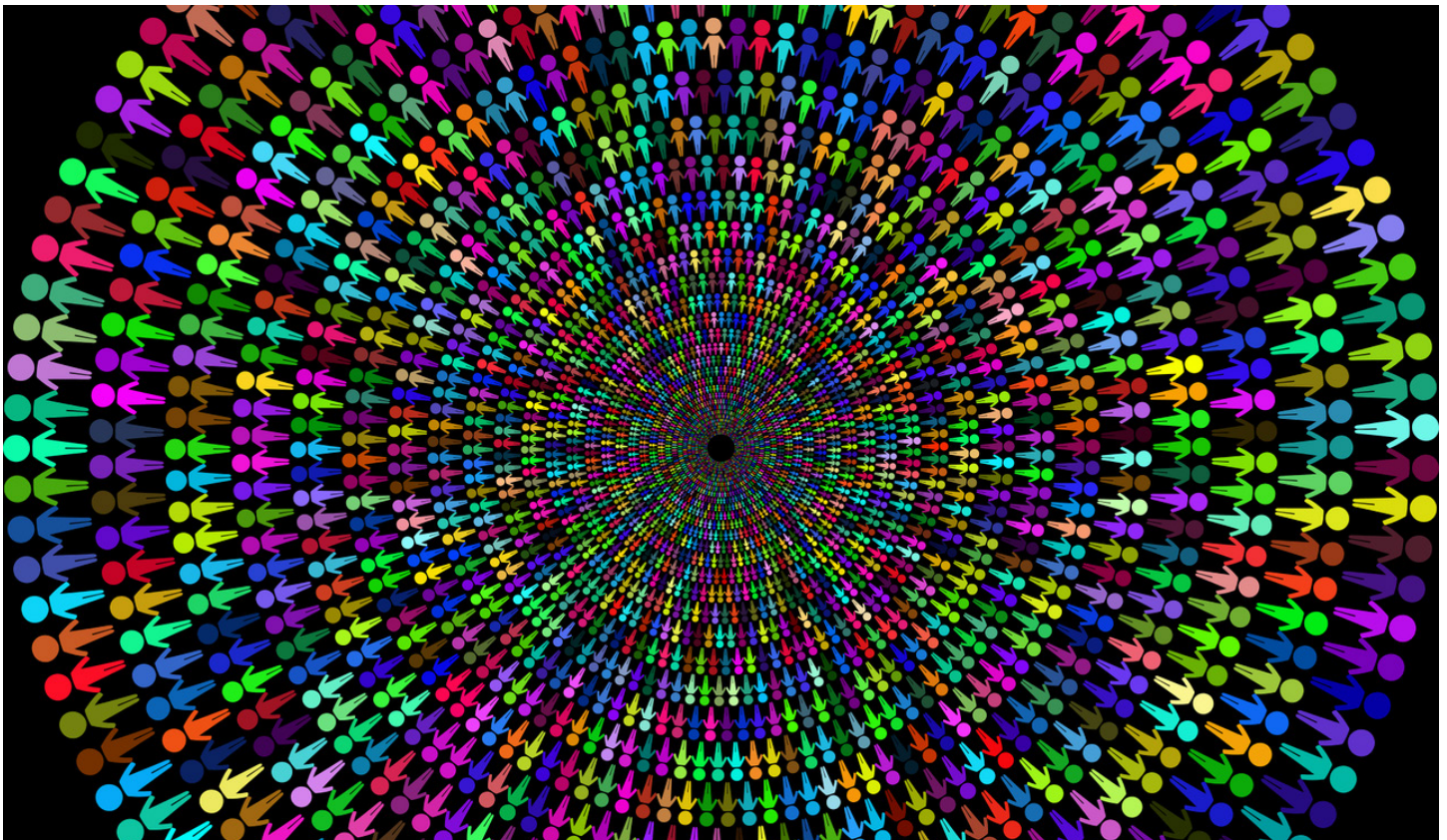
## WHAT WE ARE

Narcotics Anonymous is a nonprofit fellowship or society of humans for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.



## WHERE WE ARE

Most NA meetings are held regularly at the same location. There are two basic types of meetings; those that are open to the public and those that are closed to the public (for addicts only.) NA meetings are informally structured. The function of any meeting is always the same. To provide a suitable and reliable environment for personal recovery.







## **FOR THE NEWCOMER**

You don't have to be clean (drug free) when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or a jail sentence to get help from N.A., nor is addiction a hopeless condition from which there is no relief from the desire to use drugs.

## **WHAT IS OUR MESSAGE**

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.



# AN ADDICT ALONE IS IN BAD COMPANY

Having difficulty dealing with reality? Call someone in NA. Ask people at meetings to write their name and phone number on a piece of paper or add it to your contact list on your cell phone, so you'll have an alternative to being in your own bad company.







## MEETING FORMAT LEGEND

<b>B:</b> Beginners	<b>BK:</b> Book Study
<b>BT:</b> Basic Text	<b>C:</b> Closed
<b>D:</b> Discussion	<b>JT:</b> Just for Today
<b>LC:</b> Living Clean	<b>O:</b> Open
<b>QA:</b> Question and Answers	<b>So:</b> Speaking only
<b>VM:</b> Virtual Meeting	<b>WC:</b> Wheelchair

## HELPLINES

English	(888) 811-3887
French	(800) 385-7247
Farsi	(888) 377-7881

## SERVICE MEETINGS

Hamilton Area Service Committee: It's on the 3rd Saturday of each month at 10:00am



Date and Time	Name of NA Group Meeting	Address	Meeting Format Legend
Sunday: 9:30am (1 hr)	Gage Park Group	Gage Park Hamilton ON, L8M 1N6	O
Sunday: 7:00pm (1½ hr)	Courage to Change	170 Dundurn Street First Unitarian Street South Hamilton ON, L8P 4K3	O, D, JT, WC, BK
Sunday: 7:30pm (1½ hr)	Clean and Free Group	1831 King Street East Hamilton ON, L8K 1V8 (Anglican Church of the Nativity at Barons)	O, BT, So, WC
Monday: 7:00pm (1½ hr)	An intro to Narcotics Anonymous. (This meeting is designed for peopple who are new to NA so you can get your questions answered and find the help you need)	(Virtual Meeting)	B, QA, VM
Monday: 7:30pm (1½ hr)	H.O.W. Group	100 West 5th Street Hamilton ON, L9C 3R2 - Enter off Fennell outside the auditorium (Saint Joseph's Healthcare, Enter off Fennell Ave, through lobby to Seminar Room A217)	C, D, WC, BK
Tuesday: 7:00pm (1.25 hr)	Mountain Freedom Group	1300 Fennell Avenue East Hamilton ON, L8T 1T6 (Bus: Upper Kenilworth to Fennell)	O, D, WC, BK
Wednesday: 7:00pm (1½ hr)	New Beginnings Group	1 King Street Stoney Creek ON, L8G 1G7 (Stoney Creek United Church)	O, D, JT, LC



Date and Time	Name of NA Group Meeting	Address	Meeting Format Legend
Thursday: 7:00pm (1½ hr)	Hope Group	166 Charlton Avenue West Hamilton ON, L8P 2C8 (Central Presbyterian Church, moved to virtual Meeting via Zoom)	O, BT, D, VM (password: <u>Recovery</u> )
Thursday: 7:00pm (1 hr)	River Edge Group	174 Caithness Street East Caledonia ON, N3W 1C2 (Grace United Church, Fellowship room.)	WC, BK
Thursday: 7:00pm (1.25 hr)	Strong Hold Recovery	720 Ninth Avenue Hamilton ON, L8T 2A3 (Trinity Presbyterian Church)	O
Friday: 5:30pm (1½ hr)	Friday Night Group	70 James Street South Hamilton ON, L8P 2Y8 (Saint Paul's Presbyterian Church)	C, BT, D
Saturday: 1:30pm (1½ hr)	Learn to Live Group	115 Stanley Avenue Hamilton ON, L8P 2L5 (Blessings Christian Church, Corner of Locke and Stanley. Parking is off Stanley)	O, BT, D



# Just for today Reading (Taken from JFT reading)

## Responsible recovery

“...we accept responsibility for our problems and see that we’re equally responsible for our solutions.”

**Basic Text, p. 97**



Some of us, well accustomed to leaving our personal responsibilities to others, may attempt the same behavior in recovery. We quickly find out it doesn’t work.

For instance, we are considering making a change in our lives, so we call our sponsor and ask what we should do. Under the guise of seeking direction, we are actually asking our sponsor to assume responsibility for making decisions about our life. Or maybe we’ve been short with someone at a meeting, so we ask that person’s best friend to make our apologies for us. Perhaps we’ve imposed on a friend several times in the last month to cover our service commitment. Could it be that we’ve asked a friend to analyze our behavior and identify our shortcomings, rather than taking our own personal inventory?

Recovery is something that has to be worked for. It isn’t going to be handed to us on a silver platter, nor can we expect our friends or our sponsor to be responsible for the work we must do ourselves. We recover by making our own decisions, doing our own service, and working our own steps. By doing it for ourselves, we receive the rewards.

**Just for today:** I accept responsibility for my life and my recovery.



## FROM ELAINE

Elaine's childhood had been far from ideal. Her parents were divorced, and growing up with a single parent meant there was no one to turn to for support or guidance. She never had any close friends or mentors, so she began to hang around with an older crowd. At 16, Elaine had her first taste of drugs. It was an addiction that took her rapidly downhill. She started doing cocaine, then crystal meth, and eventually heroin. Her world had become a haze of drug abuse.

A friend got her into a rehab program and she was able to kick her addiction. After she had

completed the program, Elaine was advised to stay in contact with her support system and joined Narcotics Anonymous. She was resistant and felt like it wouldn't solve her problem. But, slowly she changed her attitude and started to look at things differently. She began to take control of her life, and through her commitment to staying clean, she achieved a renewed sense of self-worth and found strength in herself she never thought she would find.

Elaine has come a long way since her early days of drug addiction.





Her struggles with drug abuse have given her a newfound appreciation for life and she strives to live life to the fullest each and every day. With the support of her family, friends in Narcotics Anonymous, and her counselors in rehab, she is determined to stay clean and make something of her life.







## FROM AL

### **The word “Must” can be found 48 times in the Narcotics Anonymous Basic Text**

1. “We **MUST** face our problems and our feelings.” - pg. 15
2. “We **MUST** always remember that as individual members, groups, and service committees we are not and should never be in competition with each other.” - pg. 16
3. “Everything that occurs in the course of N.A. service **MUST** be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers.”- pg. 16
4. “We are people with the disease of addiction who **MUST** abstain from all drugs in order to recover.” -pg. 18



5. “A second admission **MUST** be made before our foundation is complete.” - pg. 21

Explanation: It is not enough to admit that we are powerless over drugs, we **MUST** also admit that our lives had become unmanageable. - pg. 21

6. “We **MUST** be done with the past and not cling to it.” - pg. 28’

7. “Assets **MUST** also be considered, if we are to get an accurate and complete picture of ourselves.” - pg. 28

8. “Although He already knows, the admission **MUST** come from our own lips to be truly effective. Step five is not simply a reading of step four.” - pg. 31

9. & 10. “We **MUST** carefully choose the person who is to hear our fifth step.’ We **MUST** make sure that they know what we are doing and why we are doing it.” - pg. 31

11. “We **MUST** be exact.” - pg. 32

12. “We **MUST** realize that we are not perfect.” - pg. 35



13. “Our experience tells us that we MUST become willing before this step will have any effect.” - pg. 36 (step eight)

14. “We MUST separate what was done to us from what we did to others.” - pg. 37

15. “As with each step we MUST be thorough.” - pg. 38

16. “We MUST remember the pain that they have known.”  
- pg. 40

17. “It is said that for meditation to be of value, the results MUST show in our daily lives.” - pg. 46

18. “We MUST give freely and gratefully that which has been freely and gratefully given to us.” - pg. 47

19. “Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple abstinence.” - pg. 53

20. “We MUST give up this old concept and face the fact that reality and life go on, Whether we choose to accept them or not.” - pg. 53



21. & 22. “When we are prepared, we MUST try out our newly found way of life. We learn the program won’t work when we try to adapt it to our life. We MUST learn to adapt our life to the program.” - pg. 55

23. “Unity is a MUST in Narcotics Anonymous.” - pg. 60

24. “We MUST live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish.” - pg. 60

25. “We MUST be constantly on guard that our decisions are truly an expression of God’s will.” - pg. 61

26. “An atmosphere of recovery in our groups is one of the most valued assets, and we MUST guard it carefully, lest we lose it to politics and personalities.” - pg. 61

27. “We MUST remember that offices have been placed in trust, that we are trusted servants, and that at no time do any of us govern.” - pg. 61

28. “Our Sixth Tradition tells us some of the things we MUST do to



preserve and protect our primary purpose.” - pg. 66

29. “We MUST first understand what N.A. is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so.” - pg. 70

30. “In order to achieve our spiritual aim, Narcotics Anonymous MUST be known and respected.” - pg. 71

31. “To improve ourselves takes effort and since there is no way in the world to graft a new idea on a closed mind, an opening MUST be made somehow.” - pg. 75

32. “We MUST relearn many things that we have forgotten and develop a new approach to life if we are to survive.” - pg. 77

33. “We realize we MUST do something.” - pg. 78 (read the prior sentences)

34. “When we feel the old urges come over us, we think there MUST be something wrong with us, and that other people in Narcotics Anonymous couldn’t possibly understand.” - pg. 79



35. “We come here powerless and the power that we seek comes to us through other people in Narcotics Anonymous, but we **MUST** reach out for it.” - pg. 79

36. “Recovery found in Narcotics Anonymous **MUST** come from within, and no one stays clean for anyone but themselves.” - pg. 80

37. “If we have relapsed it is important to keep in mind that we **MUST** get back to meetings as soon as possible.” - pg. 80

38. “We **MUST** totally surrender ourselves to the program.” - pg. 81

39. “We **MUST** use what we learn or we will lose it in a relapse.” - pg. 81

40. “We **MUST**, use what we learn or we will lose it, no matter how long we have been clean.” - pg. 82

41. “Eventually we are shown that we **MUST** get honest or we will use again.” - pg. 82

42. “We **MUST** smash the illusion that we can do it alone.” - pg. 82

43. “Staying clean **MUST** always come first.” - pg. 82





44. “Some things we MUST accept, others we can change.” - pg. 92
45. “We MUST be willing to do whatever is necessary to recover.” - pg. 93
46. “We never know when the time will come when we MUST put forth all the effort and strength we have just to stay clean.” - pg. 93
47. “No matter how painful life’s tragedies can be for us, one thing is clear, we MUST not use no matter what!” - pg. 98
48. “In order to receive we MUST be willing to give.” - pg. 102

A definition of the word “MUST” is; “something that should not be overlooked or missed”. In reflection, the basis of my recovery can be found in the first 103 pages of the Basic Text. The 48 musts listed above have been instrumental to my own personal recovery.



# SUBMIT A STORY



Do you have a special story, experience, or moment that you would like to share? Whether it is a funny or a touching moment, we want to hear your story! We are always looking for great stories that we can share with the world. If you would like to share your story, simply email it to [newsletter@nahamilton.org](mailto:newsletter@nahamilton.org). Be sure to include only your first name and a brief description of your story. We are excited to hear your story and are looking forward to hearing from you!



## WALK IT OFF NA HIKE

Sunday, August 13th @ 10am

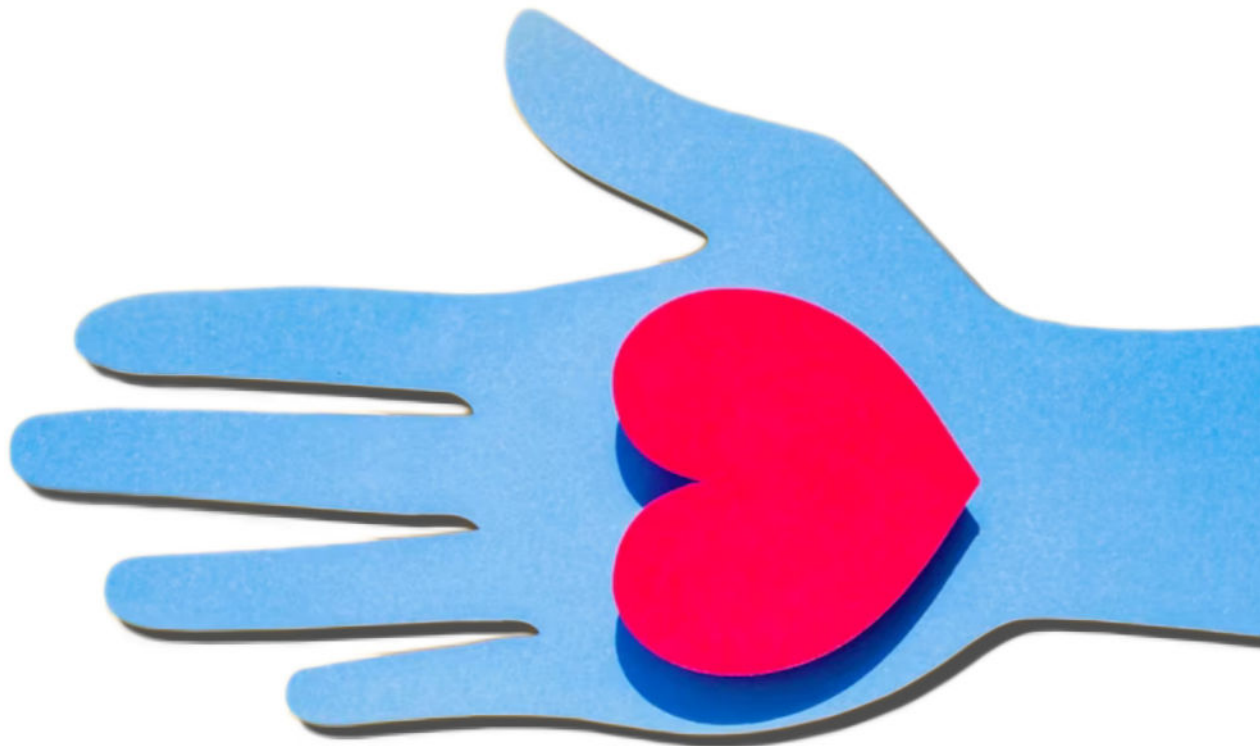
Smokey Hollow Waterfall | 80 Mill St S, Waterdown. ON





# Service Work

- Are you interested in doing service work? Get involved with the Activities Committee. No clean time requirements. Please send an e-mail to [activities@nahamilton.org](mailto:activities@nahamilton.org) to get involved.
- Do you have bookkeeping experience? Get involved in the service! You must have 3 years or longer clean time to qualify. The HASCNA committee is in need of a Treasurer. For more information, please attend the next HASC meeting or contact Brenda V, at [secretary@nahamilton.org](mailto:secretary@nahamilton.org)





## NA Quote

“We learn that our spirit is not apart from us; it is a part of us. We gain awareness of the exact nature of what is right about us. Our fractured personalities come back together into an integrated whole. Integrity is the state of being fully integrated: Our actions, our thinking, our feelings, our ideals, and our values all match up. It takes a long time for a lot of us to get here, and longer still for us to feel like it’s real. More and more, we are able to bring our behavior into alignment with our values and beliefs rather than our feelings and reactions.”

- *Narcotics Anonymous, Living Clean: The Journey Continues*





Thank you so much for taking the time to read the Narcotics Anonymous of Hamilton Newsletter. Narcotics Anonymous is a fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from their addiction to drugs and alcohol. We offer a safe, supportive, and non-judgmental environment for members to work together to overcome their addiction and lead productive, healthy, and meaningful lives. The Narcotics Anonymous of Hamilton newsletter is designed to keep members and the community informed on what we are doing, upcoming events, and news from our group. Our newsletter also contains stories of recovery and hope that inspire and motivate members. We hope that you have gained insight and inspiration from reading this newsletter and that it has helped you to better understand the work that we do and the lives that we touch in our community. Thank you again for your interest and support of Narcotics Anonymous and our Hamilton group.

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