

NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA

JULY 2023 ISSUE



<https://nahamilton.org>



Welcome 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.

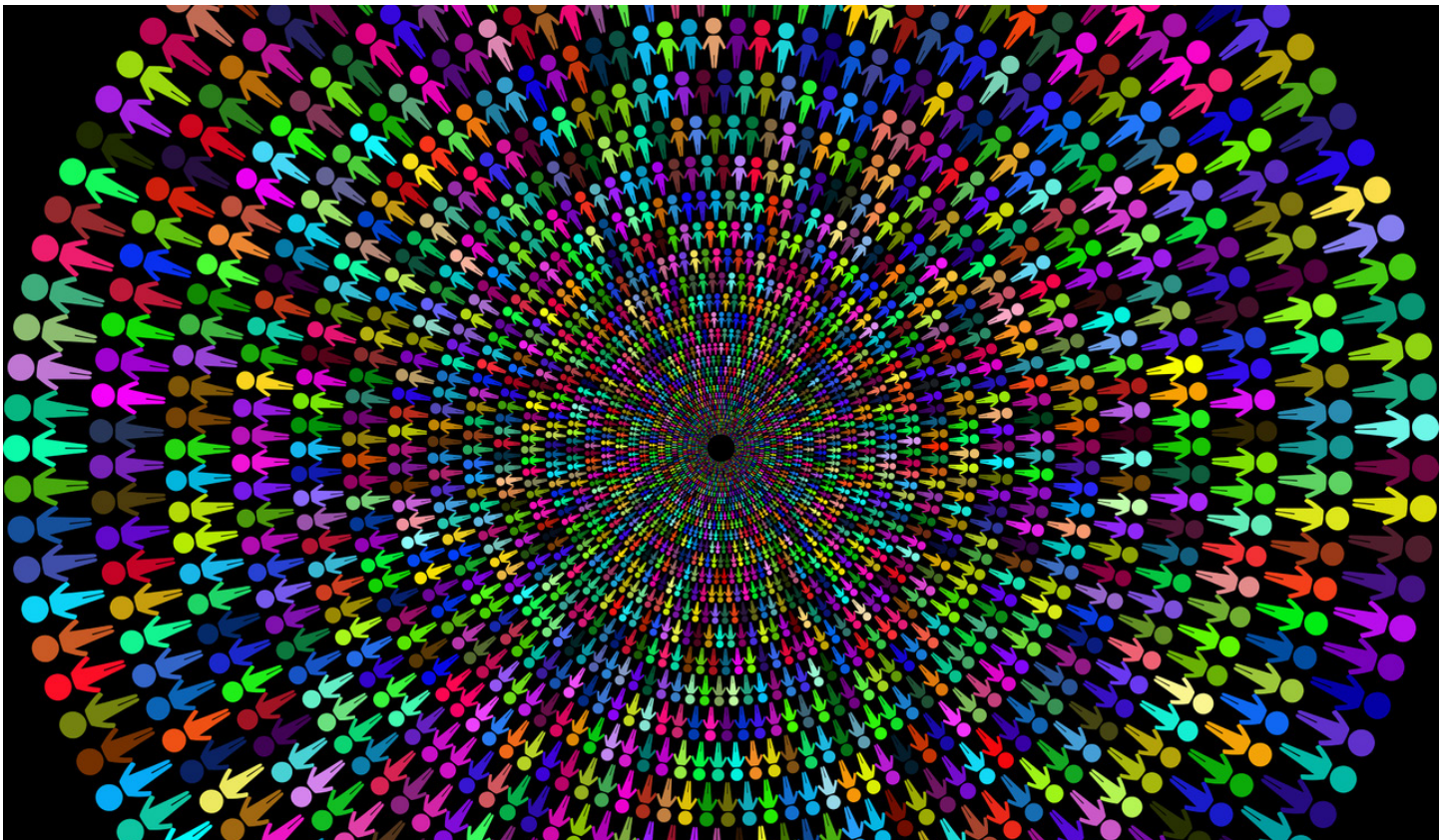
WHAT WE ARE

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



Please take note that we will no longer have the "Learn to Live" Group meeting at 260 Herkimer Street (Saint Joseph Church). The last meeting at Saint Joseph Church was on June 24th 2023. The Saturday's Learn to Live meeting will now be held at Blessings Christian Church.

**115 Stanley Avenue
Hamilton ON, L8P 2L5**





Just for today Reading (Taken from JFT reading)

Freedom from active addiction

“Narcotics Anonymous offers only one promise and that is freedom from active addiction, the solution that eluded us for so long.”

Basic Text, p. 106



NA offers no promises other than freedom from active addiction. It is true that some of our members meet with financial success in recovery. They buy nice houses, drive new cars, wear fine clothes, and form beautiful families. These outward signs of prosperity are not the lot of all of our members, however. A great many of us never achieve financial success. This does not necessarily reflect on the quality of our recovery.

When we are tempted to compare ourselves to these other, seemingly more affluent members, it is good to remember why we came to the rooms of Narcotics Anonymous. We came because our lives had fallen down around us. We were emotionally, physically, and spiritually defeated. Our Basic Text reminds us that “in desperation we sought help from each other in Narcotics Anonymous.” We came because we were beaten.

For addicts, even one day clean is a miracle. When we remember why we came to Narcotics Anonymous and in what condition we arrived, we realize that material wealth pales in comparison to the spiritual riches we have gained in recovery.

Just for today: I have been given a spiritual gift greater than material wealth: my recovery. I will thank the God of my understanding for my freedom from active addiction.



Addiction can be a devastating disease, one that can lead to a lifetime of physical and emotional struggle in those affected. Of those struggles, nutritional deficiencies can be some of the most difficult to overcome. In order to begin a successful journey of recovery, it is essential to understand the nutritional needs of someone in recovery from addiction and take advantage of the available resources in order to support proper nutrition.

The nutritional needs of someone in recovery from addiction are not drastically different from those of any other person. However, there are certain nutrients that are essential for maintaining a healthy recovery. Vitamins, minerals, healthy fats, and essential amino acids are all important for providing the body with the nutrients it needs to heal from addiction.

For instance, there are certain vitamins and minerals that are essential for proper brain health. Vitamin B-12 is one of these,





as it helps to create new neural pathways and promote mental clarity. Magnesium is another important mineral for brain health, as it helps with anxiety and stress levels. Additionally, omega-3 fatty acids from sources such as fish oil can help to reduce inflammation in the body, which is associated with depression, anxiety, and a number of other mental health conditions.

FOODS TO EAT

When it comes to selecting the best foods for a recovering addict, natural foods are always the best choice. This means an emphasis on fruits, vegetables, lean proteins, whole grains, and healthy fats. Some of the best sources of these nutrients include:

- Fruits and vegetables: Leafy greens, berries, citrus fruits, bell peppers, and calciferous veggies are all excellent sources of vitamins, minerals, and fiber.
- Nuts and seeds: Almonds, walnuts, flaxseeds, and chia seeds are all excellent sources of healthy fats,

protein, and fiber.

- Whole grains: Oats, quinoa, brown rice, and other whole grains are packed with vitamins, minerals, and fiber.
- Lean proteins: Lean meats, poultry, fish, and beans are all excellent sources of protein that provide essential amino acids.

When it comes to providing a body with the nutrients necessary for maintaining a successful recovery from addiction, a healthy diet is essential. Eating a variety of nutrient-dense, whole foods is the best way to get the vitamins, minerals, and essential amino acids that the body needs. By making healthy food choices and taking advantage of the available resources, those recovering from addiction can set themselves up for a successful and long-term recovery.



MORNING PRAYER

In the quiet of the morning
In the stillness of my heart
I come to You unafraid and unashamed
I praise You and I thank You
For letting me see another sunrise
As the sparrow greets the coming dawn

I welcome and invite You
Into my life once more
Please guide me throughout
The next twenty-four hours

Think into my thoughts
Speak into my words
Work in all my deeds
When I speak today
Let me speak words of

Healing not hurting
Compassion not criticism
Acceptance not blame
And love not apathy



Grant me one more day
Of sweet, blessed recovery
So that I may be of use to You
By serving my sisters and brothers
If I should fall [as I most certainly will]

Gently pick me back up
And plant my feet on solid ground
Let me seek to follow You
Instead of my ego

I ask all this only if it be
In accordance with Your most perfect will
To which I now humbly submit
Let it be so; Let it be done



Jackson found himself lost in his addiction. The once joyous soul was now consumed by the powerful grip of drugs, leaving him a mere shadow of his former self. His family and friends watched helplessly as he descended deeper into this vicious cycle, the light in his eyes flickering with each passing day.

One evening, as the city lights illuminated the streets, Jackson hit rock bottom. He found himself alone, sitting on the cold pavement, his mind clouded and his heart heavy. It was in the

midst of this desperation that a faint whisper of hope reached his ears. A friend, who had also fought his own demons, shared the existence of a rehabilitation center that offered solace to those seeking recovery.

With trembling hands and a glimmer of hope in his eyes, Jackson reluctantly made his way to the facility after completing the gain's assessment. As the doors swung open, he was welcomed by a warm and empathetic staff. Their eyes held a profound



understanding, having walked this treacherous path themselves.

Days turned into weeks, and weeks into months, as Jackson dove headfirst into the rigorous journey of rehabilitation. His body trembled as he battled the withdrawal symptoms, but his spirit, though weakened, grew stronger. The therapists and counsellors guided him through therapy sessions, helping him unravel the underlying reasons behind his addiction.

During this process, Jackson discovered the strength in unity. At the facility, he discovered Narcotics Anonymous (NA) meetings, where individuals from all walks of life shared their stories and lent support to one another. These meetings became his sanctuary, a haven where he was not judged, but understood.

“Progress, not perfection.” It reminded him that every step forward, no matter how small, was a victory over addiction.

In the embrace of this newfound community, Jackson felt an unshakable sense of belonging.

As days turned into months, Jackson started rebuilding his life. He uncovered dormant talents, rediscovered forgotten passions, and managed to repair the relationships he had once nearly destroyed. Through it all, he held onto the mantra his therapist had instilled in him during recovery: “Progress, not perfection.” It reminded him that every step forward, no matter how small,



was a victory over addiction.

Jackson stood before the NA group and shared his story. His voice, once fragile, resonated with strength and resilience as he recounted the battles he had fought, the victories he had conquered, and the person he was becoming.

Tears started running down the peers eyes as they stood together, applauding this warrior's journey. Their shared experiences had forged bonds that transcended judgment, envy, or the need to prove oneself. In the embrace of his newfound family, Jackson found the affirmation he had longed for. The affirmation that he was not alone.

Years passed, and Jackson continued to attend NA meetings, not as a patient, but as a mentor

to others fighting the darkness of addiction. He shared the lessons he had learned, the tools he had acquired, and the hope that lies beyond the long path to recovery.

In one profound moment of reflection, Jackson realized he had come full circle. From a lost soul drowning in addiction to a guiding light for others, he had transformed himself through sheer determination and the support of those who never gave up on him.





SARAH'S STORY

Sarah was living a chaotic lifestyle defined by compulsive drug use and partying. She was hiding her true feelings and seeking out constant approval from others in order to mask her deep emotional issues. It seemed like she had lost control of her life and was slowly headed down a path of destruction. A path that included five drug overdoses and was in and out of jail. She had been through so many ups and downs, but she had never been able to stay sober for longer than a few weeks at a time. Sarah

was sick and tired of being sick and tired, and she wanted to take control back again.

She finally admitted herself to a rehab facility and attended Narcotics Anonymous meetings every week, which helped her stay focused on her goal of getting clean and staying sober. It was a long process of discomfort and self-discovery, but Sarah made her commitment to stay clean and sober. Shedding her old habits, Sarah began focusing on her mental and physical health. She learned how to deal



She found the support and encouragement she needed to stay clean and sober, and soon she was thriving.

with her problems in healthy ways, reach out for help, and make a conscious effort to look after her own well-being. As she slowly regained and strengthened her sense of self, Sarah was ultimately able to make a lasting change and wanted to build a new life for herself. One that she could be proud of.

Once Sarah left rehab, she decided to give her life a fresh start. She found a job, made new friends, and began attending Narcotics Anonymous meetings on a

regular basis. She found the support and encouragement she needed to stay clean and sober, and soon she was thriving. She was a leader in her meetings, and she wanted to help other addicts recover just like she did. Sarah's life was finally on the right track. She was able to make positive changes in her life, and she was an inspiration to everyone around her. She had come a long way, and she was determined to never let substance abuse ruin her life again.





NAY NAY'S STORY

I'm an addict called NayNay.

My story doesn't begin with me. I was surrendered by a young and slightly neurotic birth mother to a foster home in Toronto in the mid-90s. I lived there with two older girls who were sisters – both of whom were of different birth parents; yet they were to be adopted as sisters – and they were under the process of being adopted by a couple who were in their forties. As these two sisters were to be adopted, the prospective parents walked into

a room where this little blue-eyed boy with blond curls, shy, with a little smile, was sitting in a highchair having a snack. My sister Jessie says, “Mummy saw you and fell in love right away.”

Addiction is characterized by self-obsession. Our literature talks about the child's process of development from childhood self centredness, where all our needs are met by those in our environment to a self sufficient individual who recognizes their limitations and the needs of



others. With addicts, this process is disrupted. My sister hypothesizes that this disruption began with the separation from my birth mother during infancy, relinquished to the mercy of the world. A chasm was created, a gulf, that I tried to fill since that moment of disruption.

The earliest way that my addiction manifested itself was my collection of stuffed animals. I loved to collect. When I wanted a plush toy, I would beg my mummy to get it. If you had one that I wanted, I saw no problem with stealing it. If I had *this* stuffed animal, then I would be complete. I had a very rich imagination; it was projected onto these stuffed toys. Each one had a name and a personality. It was very elaborate. I have been pursuing that *thing* ever since that thing that will complete me, make me whole, and restore my life connection with the divine.





Poem from Muzza

**I'm home now but still a ways to go to fully recover
So thank you to you my Canadian brother. Positive
messages I felt the energy flow
Harmony with reality we're getting to know.
From my Commonwealth Northern Cuzza
All the way South to your grateful mate Muzza**



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. 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!



Events

**HAMILTON AREA OF NARCOTICS
ANONYMOUS PRESENTS**

SECOND ANNUAL FUN IN THE SUN



**Saturday, July 15th
11:00am - 4:00pm
Binbrook Conservation Area
550 Harrison Rd
Binbrook Ontario, LOR 1c0**

**DRIVER AND VEHICLE IS \$13.75 EACH
ADDITIONAL PASSENGER IS \$4.75.**

POTLUCK

**We will provide hamburgers and hotdogs
so bring your best side dishes.
Bring your own towels chairs as necessary.
Will have some games for the children.**

**Please contact Costa for
More information (905) 928-9553**



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 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





NA Quotes

“Each time we surrender, we find once more that the desperation that drives us to our knees fuels the passion that carries us forward. When hope manifests into reality, our lives change. Our experience affirms what we believe, and belief grows into faith. When our faith grows into knowledge, the program that we once struggled to practice has become part of who we are. We find here what we were looking for all along: connection to others, connection to a Higher Power, connection to the world around us—and, most surprising of all, connection to ourselves.”

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



Narcotics Anonymous Word Search

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

BASICTEXT
MEDITATION
SPONSOR
JAIL
SUPPORT
CHOICE
RECOVERY
RELAPSE
ADDICTION
DRUGSAREBAD
FREEDOM
KEYTAGS
HIGHERPOWER
DEATH
SOBER



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.

Website:

<https://nahamilton.org/>

Address:

PO Box 68002 Blakely
Hamilton, ON, L8M 3M7
Canada