

NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA

JUNE 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.

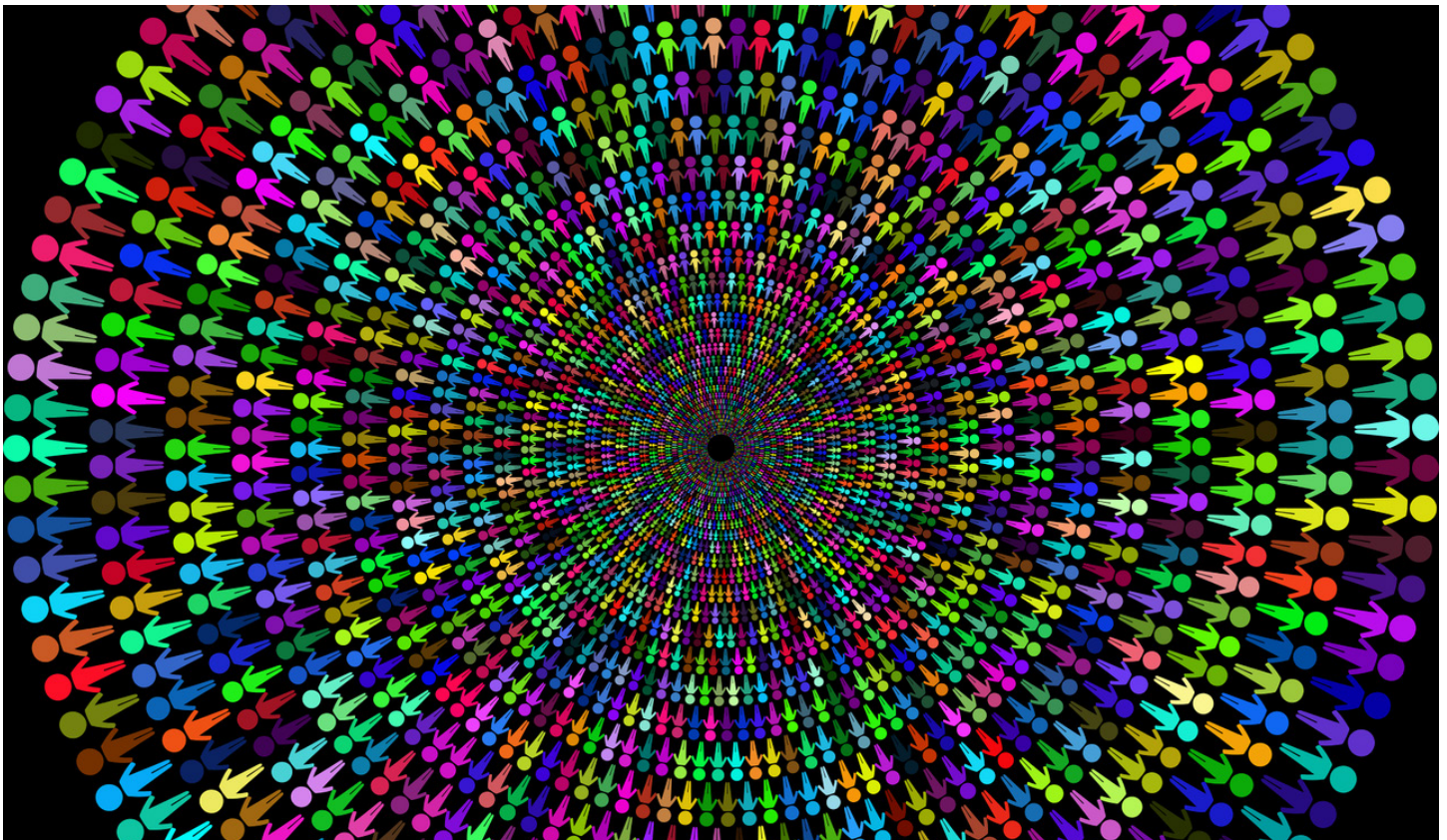
WHAT WE ARE

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)

Indirect amends
Page 176

“Indirect amends may be necessary where direct ones would be unsafe or endanger other people.”

Basic Text, p. 41

When we used, we allowed nothing to stand in the way of that next high. As a result, many of us didn't always know precisely whom we had injured, either financially or emotionally. When it came time to make amends through our Ninth Step, we found that there were so many people we had victimized that we might never remember them all.

With the help of our sponsor and other recovering members of NA, we found a solution to this obstacle. We vowed to complete these nameless amends by making restitution to our communities. We focused our service efforts on helping the still-suffering addict. In this manner, we found a way to give back to society.

Today, with the love and guidance of members in NA, we are giving back to the world around us rather than taking. We are making our communities better places to live by carrying the message of recovery to those we encounter in our daily lives.

Just for Today: I will make indirect amends by reaching out to an addict who may need help. I will strive in some small way to make my community a better place in which to live.



Self help program

Narcotics Anonymous is a self-help program designed to help individuals stay clean and sober. The program uses the twelve-step model to help individuals break free from addiction.

The first step is to admit that one's life has become unmanageable because of drug or alcohol use. This leads to a need for understanding and support, which is what Narcotics Anonymous offers.

The next step encourages individuals to make an honest effort to review their life and how addiction has affected it. This includes facing any guilt, shame, or resentment the individual may be carrying. It is important to be open and honest during this time as it encourages growth and understanding.

The third step is to make a decision to turn one's life and will over to a higher power. This higher power can be defined however the individual chooses. It may be God, the Universe, or any other belief system.

The fourth step is to make an inventory of one's wrongs and how the individual has caused harm. This includes admitting to oneself and another person the mistakes one has made.

The fifth step is to admit to a higher power and to one self the errors one has made.



Self help program continued

The sixth step is to be willing to accept the help that a higher power can provide to change one's behavior.

The seventh step is to humbly ask a higher power to remove any character defects or shortcomings.

The eighth step is to make a list of people one has harmed and become willing to make amends to them all.

The ninth step is to make direct amends to these individuals, except when to do so would cause harm to them or oneself.

The tenth step is to take personal inventory and, when wrong, to admit it promptly.

The eleventh step is to seek through meditation and prayer to deepen one's relationship with a higher power and to understand its will for one's life.

The twelfth step is to carry this message of hope and to practice these principles in all areas of one's life.

Narcotics Anonymous offers individuals in recovery from addiction a supportive and caring community to rely on when times are tough. By following these twelve steps, individuals can remain clean and sober and work towards a life of recovery.



Melanie's Story

There was a woman named Melanie who grew up in a household filled with domestic violence and alcoholism. From a young age, she turned to drugs as an escape from the constant chaos surrounding her. Her addiction led her down a dark path, filled with dangerous encounters and poor decisions. Soon enough, her life was spiraling out of control, and she knew she had to make a change.

With the help of a supportive friend, Melanie decided to check herself into a rehabilitation center to get clean and sober. At first, it was an uphill battle. She struggled to come to terms with her traumatic past and often had cravings for the drugs she once relied on.

However, with the help of Narcotics Anonymous meetings and the support of her fellow recovering addicts, Melanie slowly but surely started to turn her life around. She began to gain a newfound appreciation for life and all the joys it had to offer outside of drugs.

Over time, Melanie found herself rediscovering her passions and interests that she had previously neglected in the depths of her addiction. She began to rebuild relationships with loved ones and make new friends within her support groups.

While there were certainly setbacks along the way, Melanie never gave up on her journey to sobriety. She persevered, even when it seemed



Melanie's Story continued

like it would be easier to give in to her addiction.

Eventually, Melanie reached a point where drugs were no longer controlling her life. She was able to break free from the chains of addiction and begin a new chapter of her life filled with hope, positivity, and self-love.

Although she will always carry the scars of her childhood trauma, Melanie now knows that she has the strength and resilience within her to overcome any obstacle life may throw her way.



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.hasc@gmail.com





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*



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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<https://nahamilton.org/>

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