

NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA

NOVEMBER 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.

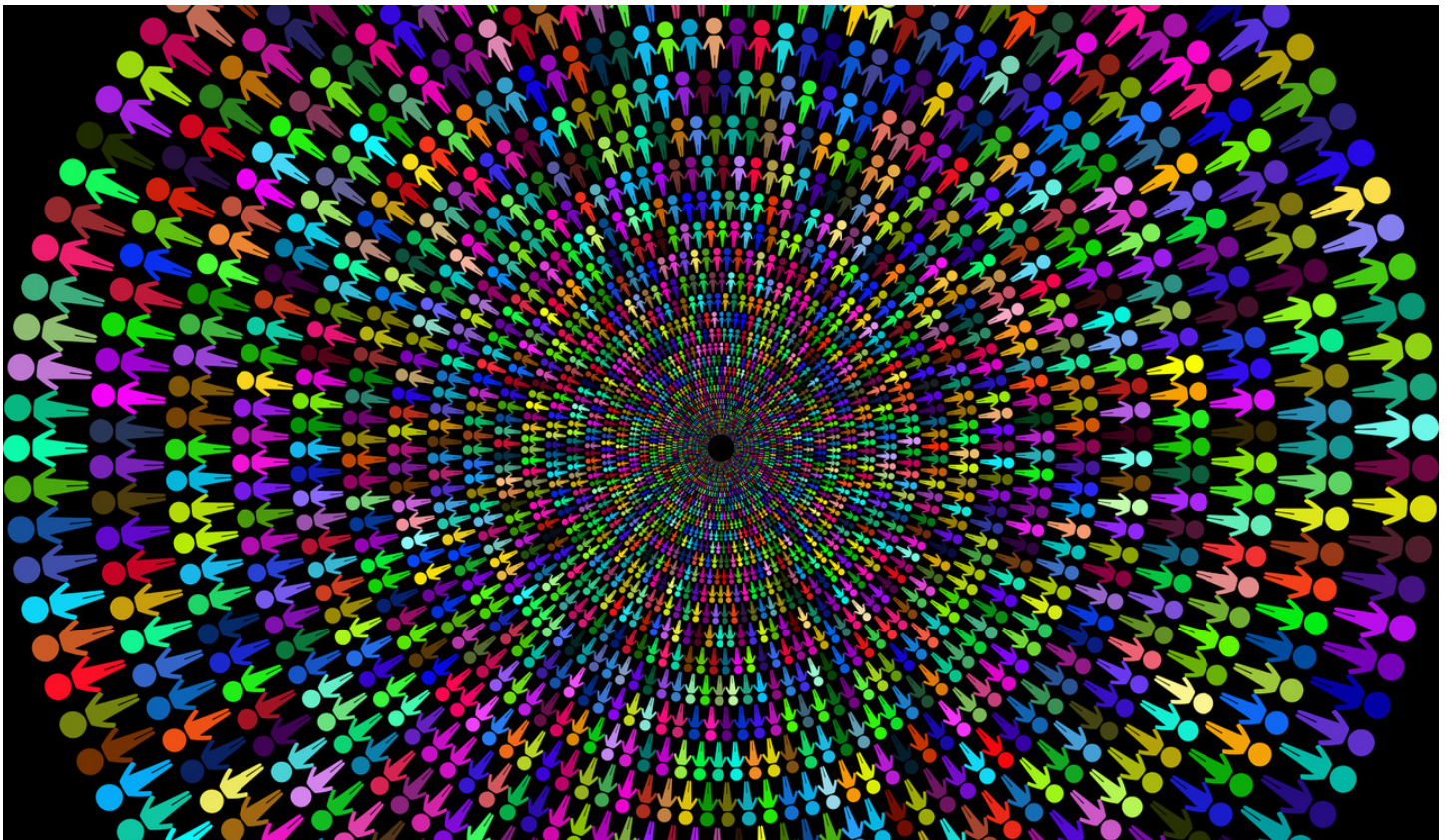
WHAT WE ARE

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 170 Dundurn Street South at 10:00 am



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: 7:30pm (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)

Awakening

“God helps us as we help each other.”

Basic Text, p. 38

Our addiction caused us to think almost exclusively of ourselves. Even our prayers—if we prayed at all—were self-centered. We asked God to fix things for us or get us out of trouble. Why? Because we didn’t want to live with the problems we’d created for ourselves. We were insecure. We thought life was about getting, and we always wanted more.

And in recovery we get more—more than just not using. The spiritual awakening we experience in working the Twelve Steps reveals to us a life we never dreamed possible. We no longer need to worry about whether there will be “enough,” for we come to rely on a loving Higher Power who meets all our daily needs. Relieved of our incessant insecurity, we no longer see the world as a place in which to compete with others for the fulfillment of our desires. Instead, we see the world as a place in which to live out the love our Higher Power has shown us. Our prayers are not for instant gratification; they are for help in helping each other.

Recovery awakens us from the nightmare of self-centeredness, strife, and insecurity that lies at the core of our disease. We wake up to a new reality: All that is worth having can be kept only by giving it away.

Just for today: My God helps me as I help others. Today, I will seek help in giving away the love my Higher Power has given me, knowing that is the way to keep it.



Chriss W's Story

You give me drugs so that I can fit in, but when I share them around they send me to the bin. You say I need it to rid myself of the evil within, but in reality you're just a legal kingpin. If your drugs don't sell its fine we will just stage a break in. The capacity of your dealing makes any drug lord look like there a has been. You say a teenager shouldn't have caffeine, but I was only 3 and you gave me

my DOC. I took it 3 times a day until I was thirteen. 29 years later I find out I was misdiagnosed and that is what messed me up the most. Every day an all you can eat pill buffet and im the host, this should be front page on the new York post. I couldn't have done it without you so screw it, let's all raise in toast.

(Faster)



All because I was a little energized so you authorized my childhood to be vaporized. I grew up despised and chastised I never even socialized. Not allowed to be left unsupervised, all because you miss analyzed and that forever compromised what could have been. Now all I can do is dream of having self esteem playing as a part of the team but that's more embarrassing then your first wet dream, but instead I got jail. There goes my chance at yale, I was never good at math but damn im good with a scale. See we are the same you and I, even tho you may deny. You give people drugs for a disorder you overly mistreat, that only end up with them buying it on the street. You gave them a illness treating something that didn't exist. You dump them all alone in the deep dark abyss. I swoop in and pick up the pieces.

You got them so screwed up they think I'm Jesus ? why is it legal you gave him the same thing as me? Only difference now he needs it to breathe.



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!



**There are no events
for this month**



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 Quote

“We learn that the program won’t work when we try to adapt it to our life. We must learn to adapt our life to the program.”

(Narcotics Anonymous)



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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