

# **NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA**

**DECEMBER 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!



# TABLE OF CONTENTS

**05:**

Introduction to Narcotics  
Anonymous

**09:**

Meeting Schedule

**13:**

Just for today reading

**14:**

Recovery Stories

**17:**

Events



# TABLE OF CONTENTS

**18:**

Service Work

**19:**

NA Quote



## 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.

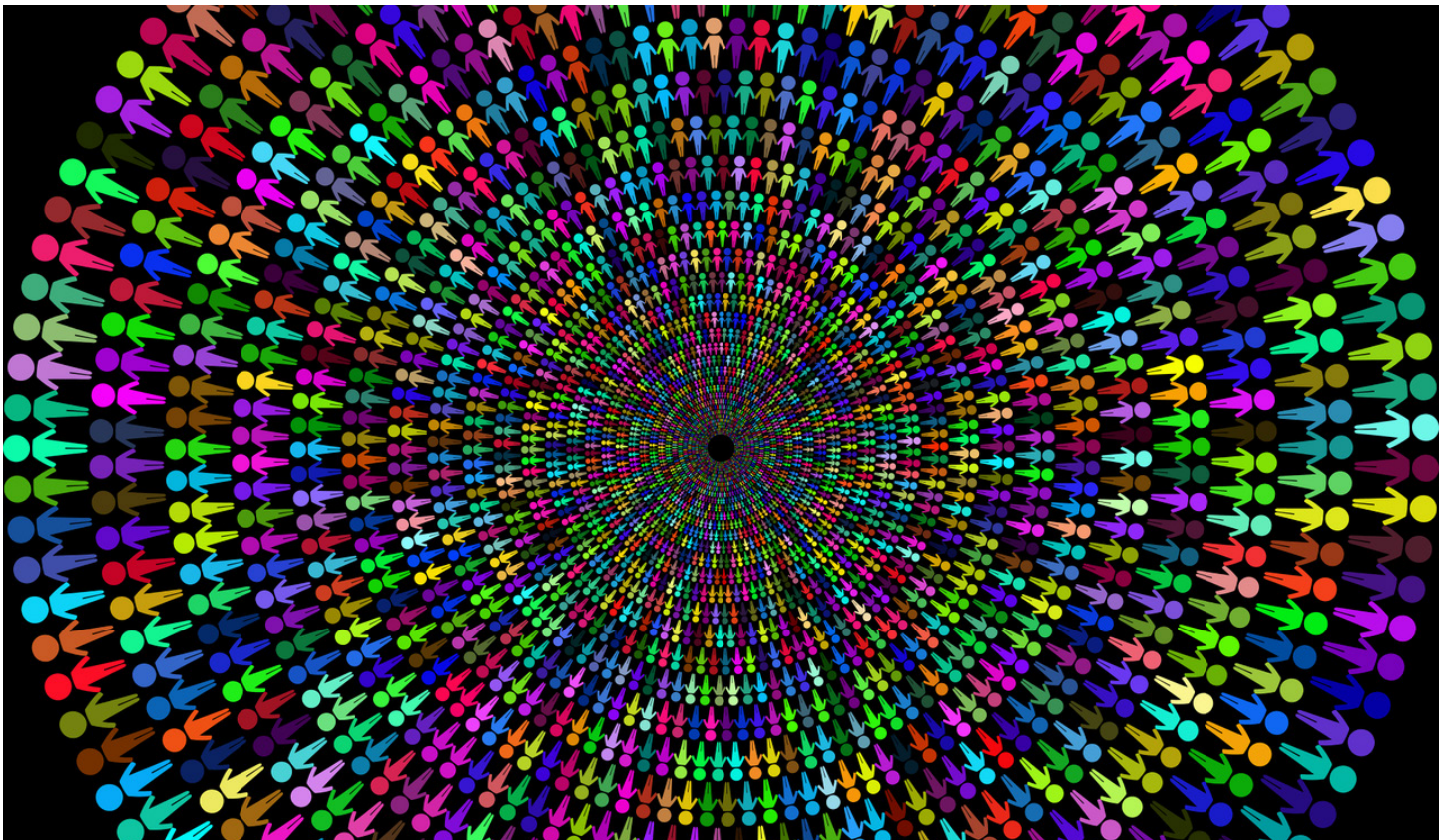
## WHAT WE ARE

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 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: 12:00pm (1½ hr)	Spiritual Awakenings	155 Ottawa Street North	O, D
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



Date and Time	Name of NA Group Meeting	Address	Meeting Format Legend
Saturday: 7:00pm (1½ hr)	The Recovery Room	155 Ottawa Street	BT, O, D



# Just for today Reading (Taken from JFT reading)

## **Recovery: our first priority**

“We have to keep our recovery first and our priorities in order.”

### **Basic Text, p. 82**

Before coming to NA, we used many excuses to justify our use of drugs: “He yelled at me.” “She said this.” “My partner left.” “I got fired.” We used these same excuses for not seeking help for our drug problem. We had to realize that these things kept happening because we kept using drugs. Only when we made recovery our first priority did these situations begin to change.

We may be subject to the same tendency today, using excuses for not attending meetings and being of service. Our current excuses may be of a different nature: “I can’t leave my kids.” “My vacation wore me out.” “I have to finish this project so I can impress my boss.”

But still, if we don’t make recovery our first priority, chances are that we won’t have to worry about these excuses anymore. Kids, vacations, and jobs probably won’t be in our lives if we relapse.

Our recovery must come first. Job or no job, relationship or no relationship, we have to attend meetings, work the steps, call our sponsor, and be of service to God and others.

These simple actions are what make it possible for us to have vacations, families, and bosses to worry about. Recovery is the foundation of our lives, making everything else possible.

**Just for today:** I will keep my priorities in order. Number One on the list is my recovery.





## Anonymous Story

I remember before I tried my DOC, I asked what it was like. They said it's like a burst of energy, a rush that takes your breath, it's the best feeling ever, I don't know how to explain it really. And they were right, but now if someone were to ever ask me what it's like, I would tell them..

It's like having to lie to every family and friend you had ever had.

It's like going days without eating even though you were starving.

It's like waking up hating yourself from the shame and guilt

It's like never attending any family event because you were too high or too sick.

It's like crying yourself to sleep every single night because of your choices but you can't stop





It's like knowing you have one more chance to get better but you still chose drugs

It's like asking others how your own blood child is doing.

It's like stealing everything worth value for dope. No matter how sentimental it was to you, or someone else.

It's like nobody believing a word you said, even if it was true

It's like contemplating suicide every single day

It's like trying to shut your brain up for even five minutes. It was worth that little time of peace.

It's like seeing your family cry for you to stop, only for you to leave and go get high. Because stopping wasn't an option. It wasn't possible.

It's like everyone hating you no matter where you went, because they knew you were a drug addict.

You'll miss out on your children and they'll be grown before you Know it. You'd kill for your child and do any and everything for them yet you won't be able to get clean for them and we actually turn out to be the ones who hurt them the most.

It's like overdosing and going to get high right after.

It's like walking into rehab over and over scared to death

It's like giving your ENTIRE LIFE AWAY.



# 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!



HAMILTON AREA OF NARCOTICS  
ANONYMOUS PRESENTS

# THE MIRACLES ICE SKATING

**FELLOWSHIP • FOOD • FUN**

SATURDAY, DECEMBER 23, 2023 AT 12 PM  
47 DISCOVERY DRIVE, HAMILTON



**SKATE  
RENTALS**  
\$5

**MUST BRING  
ID FOR  
RENTALS**

MORE INFO CONTACT  
JESSE 416-890 0537



# 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

“Our disease involved much more than just using drugs, so our recovery must involve much more than simple abstinence.”

*(Narcotics Anonymous Fellowship, 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.

Website:

<https://nahamilton.org/>

Address:

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