

# **NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA**

**MAY 2024 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

**12:**

Just For Today Reading

**13:**

Recovery Stories

**20:**

Anniversaries



# TABLE OF CONTENTS

**21:**

Service Work

**22:**

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.

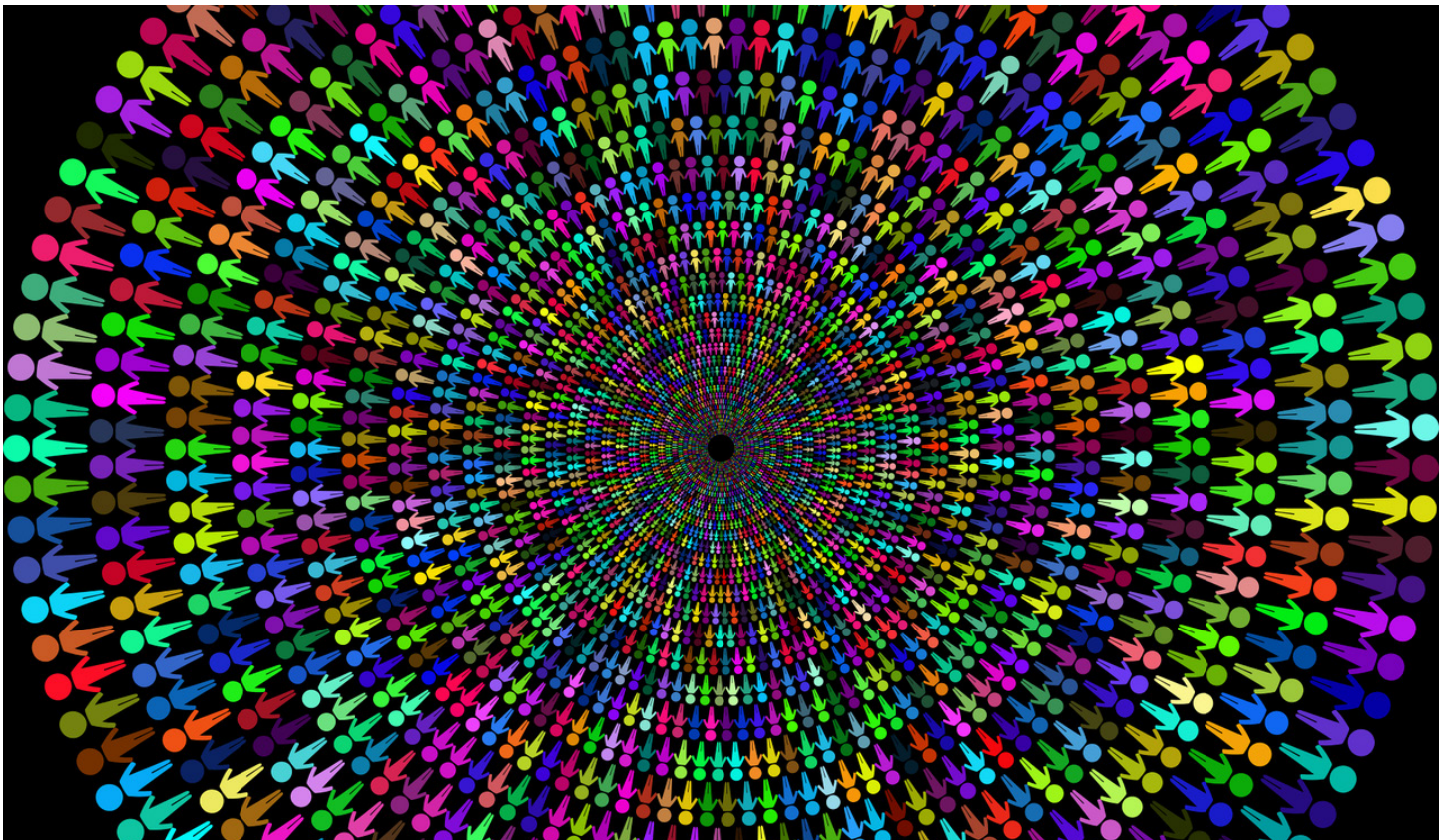
## WHAT WE ARE

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> Speaker Meeting
<b>SPAD:</b> Spiritual Principle A Day	<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)	Recovery in the Park	Gage Park We meet outside near the Children's Garden and baseball diamond next to the parking lot off Lawrence Rd. Inclement weather: meeting held in the Greenhouse., 42 Lawrence Rd, Hamilton, ON, L8M 1N6	O, D, IW, WC
Sunday: 7:00pm (1.5 hr)	Courage to Change	170 Dundurn Street First Unitarian Street South Hamilton ON, L8P 4K3	O, D, JT, WC, BK
Sunday: 7:30pm (1.5 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 (1.5 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 (1.5 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)	O, 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



Date and Time	Name of NA Group Meeting	Address	Meeting Format Legend
Wednesday: 7:00pm (1.5 hr)	New Beginnings Group	Stoney Creek United Church, Entrance off of Lake Ave S Board Room, 2nd Floor, 1 King St West, Stoney Creek, ON, L8G 1G7	O, D, JT, LC
Thursday: 12:00 pm (1.5 hr)	Spiritual Awakenings	155 Ottawa St N, Hamilton, ON L8H 3Z2 (Laidlaw United Church)	O, JT, SPAD
Thursday: 7:00pm (1.25 hr)	Strong Hold Recovery	720 Ninth Avenue Hamilton ON, L8T 2A3 (Trinity Presbyterian Church)	O
Thursday: 7:30pm (1 hr)	River Edge Group	174 Caithness Street East Caledonia ON, N3W 1C2 (Grace United Church, Fellowship room.)	WC, BK
Friday: 5:30pm (1.5 hr)	Friday Night Group	70 James Street South Hamilton ON, L8P 2Y8 (Saint Paul's Presbyterian Church)	C, BT, D
Saturday: 1:30pm (1.5 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
Saturday: 7:00pm (1.5 hr)	The Recovery Room	St. Paul's United Church, 42 Tragina Ave N, Hamilton, ON, L8H 5C5 Fellowship Conversation.	WC



# Just for today Reading (Taken from JFT reading)

## Self-worth and service

“Being involved in service makes me feel worthwhile.”

Page 127

When most of us arrived in Narcotics Anonymous, we had very little self-worth left to salvage. Many members say that they began to develop self-esteem through being of service early in their recovery. Something just short of a miracle occurs when we begin to have a positive impact on others' lives through our service efforts.

Most of us don't have a lot of experience, strength, or hope to share at thirty days clean. In fact, some members will tell us in no uncertain terms that what we can do best is listen. But at thirty days, we do offer something to that addict just coming into the rooms of NA, struggling to get twenty-four hours clean. The very newest NA member, the one with only the desire to stop using and none of the tools, can hardly imagine anyone staying clean for a year, or two years, or ten. But he or she can relate to those people with thirty days clean, picking up a keytag with a look of pride and disbelief emblazoned on their faces.

Service is something that is our unique gift--something that no one can take away from us. We give, and we get. Through service, many of us start on the sometimes long road back to becoming productive members of society.

Just for Today: I will be grateful for the opportunity to be of service.



## My name is Joe

My journey began as a young child living with addicted parents who were unable to care for my siblings and I. There was physical, mental, sexual abuse and neglect from birth. I experienced abandonment and trust issues and I ended up growing up in foster care and although I had an amazing foster family, I struggled with not really knowing what love was as well as not knowing what a real family was supposed to look and feel like. When I was 8 my foster father passed away and that really hurt because he was the only positive male role model I had in my life, his death was followed by several losses including my grandfather, my grandmother, my best friend in 2014 and my sister in 2012. I began to fill the void with





scandalous sexual encounters selling myself on the street living as a homeless teen at the age of 15. I started smoking pot at the age of 16 which progressed to drinking at 18 and then I was introduced to the dance floor drug scene by my social worker at 19, which was around the time I met my first husband. We divorced when I was 23 because he would prove to be unfaithful, verbally and physically abusive. Looking back on it now, it seems as though I was groomed to accept this behavior from a very young age as my brother would physically abuse me and began sexually assaulting me when I was 12. Feeling like there was a void inside me that I could not fill, I felt like something was missing. I tried to fill that void with all my relationships leading to me having several sexual partners, it seemed to me that the meaning of love was sex and so my life began to revolve around that. Some relationships lasted a couple of days some a couple of weeks my longest relationship being 3 months until I met my first husband whom I was with for 4.5 years. When my relationship with my husband broke down and I really felt like I could not handle being alone, which to this day is my biggest fear. I started dating again thinking it would help me to feel worth something and not like I had been thrown away like garbage. It wasn't until 2010 that I tried my D.O.C, I was dating a guy and I did not like feeling like he isolated and ignored me when he used, so I began using thinking it would bring us closer.





After that relationship ended, I never thought about using again until 2015. When I started using again it was minimal maybe a \$40-\$50 bag every 3-4 months and at this point I was only smoking my D.O.C. I worked my day job and only used on Friday and Saturday making it back to work on Monday. It really did not feel like a problem until it progressed after my birthday in January of 2017, when I met a man on an on line hookup site. We met and spent 3 days using together and it felt like bliss, I'm not sure when I fell in love with him, but I convinced myself it was love at first sight.

He was 6 foot something, with gorgeous eyes and a great smile, dirty blond hair and I felt like he was exactly what I thought beauty was. He had been through pain and heartache, it felt like he understood me, I thought to myself how could I go wrong, he was beautiful and had life experience. It was amazing at first then it progressed with his addiction and now with mine, what had seemed like using every few months turned into monthly for me, however what I did not know was his method of use was not the same. He would use for a week at a time not just on the weekends and soon enough I was using during the week as well and I began using in the same method as he was. It seemed blissful all over again and we were supposed to share our lives together but soon the drug use made him stray and we were at each others' throats.



I would beg him to stop using and get beat with coffee tables or whatever else was handy. Eventually he left and then continued to leave and return several times, leaving me longing for him. He would go to be with someone else and when he would come back, he would say all the things I needed to hear to take him back, inevitably drugs would be used, infidelity would happen, and I would get hurt. He would say let it go, it's in the past but I couldn't and would continue to hurt in terrified silence. When he was gone, he would continue to email me and calling me a junkie which achieved the desired effect of making me feel worse, not only because it was true but also because I felt as though I had become my parents. Finally, he left and met another guy and soon after they were together and planning to get married. During this time, I tried to control my addiction and the pain that I felt the relationship had caused me and found that I was failing. It was not until October of 2018 that I reached out to someone in the rooms, I did not know then that he would become my sponsor. I was not ready at this point to work a program and I felt as though I did not need meetings and convinced myself that meetings were bad for me because addicts hung out at meetings and addicts use drugs and wasn't, I trying to stay clean?



However, I found out that I needed a meeting when I was feeling a slip or coming back from a relapse and trying to get back on the wagon. It was not until 2019 near the end of February beginning of march that I finally admitted that I needed help because I could not do it on my own. My ex and I ended up back together, using no drugs this time but he still could not handle me and could not love me without conditions. I flew across the country to be with another man whom I had dated 10 years prior and maintained not using while I was with him but after a month he felt as though I was a negative influence and he kicked me out. I felt disconnected, I was alone with nothing, living on the streets of a city I wasn't familiar with, broke, triggered and wanting to use to numb the pain. Finally, I got back home and was able to stay with some amazing friends however eventually they could not house me because my behavior ended up getting me banned from the building. My ex's engagement fell through and he again returned to me and again I took him back, it still failed. I was alone again living in a motel and I had lost my job, I had lost my friends, my family wasn't speaking to me, I felt as though I had nothing and no one. In my despair I reached out to my friend from



Narcotics Anonymous again and told him I need help. He took me to a meeting and now I am working a program which includes going to meetings daily and trying to build a life for myself in which I can take pride, knowing that using only masks my feelings of unworthiness. I know that if I pick up again, I will end up back where I was homeless, alone and afraid and because of Narcotics Anonymous I strive everyday to live sober just for today. And today im able to tell my story in more detail at meetings and conventions throughout ontario and canada, i hope one day to be on the narcotics anonymous world services panel. Today I still struggle with dealing with domestic sexual abuse from an ex and am in counselling for such, I've been working in funeral services for 10 years. I've recently gotten out of another abusive relationship and worked to get out of that and my own place I have a rescue pup Tiffany she's 3 she's a rat terrier that I've had for a year and a half. I still struggle to get caught up with bills from use of credit cards in active addiction and I'm looking at bettering my life with a career change, rather than just getting by I try to plan for the future.



# 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 from you! We are always looking for great stories that we can share with the world. If you would like to share yours, 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 looking forward to hearing from you!



Sunday May 12th : Dave G is  
Celebrating 21 years @ Clean &  
Free @7:30 PM





# 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 clean time or longer 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)

Check out if your own home Group needs help!

- GSR & Alternate
- Secretary
- Treasurer
- Literature Representative (Some groups have a group Lit Rep)

The Hamilton Area (HASCNA) has several positions open for election: Alternate Chairperson, Alternate Treasurer, Regional Committee Member (RCM) and RCM II, ORCNA Representative and Service System Coordinator. You must be present at HASC in order to be nominated for any position.



## NA Quote

“We want to look our past in the face, see it for what it really was, and release it so we can live today.”

*(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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