

# **NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA**

**August 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!



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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.

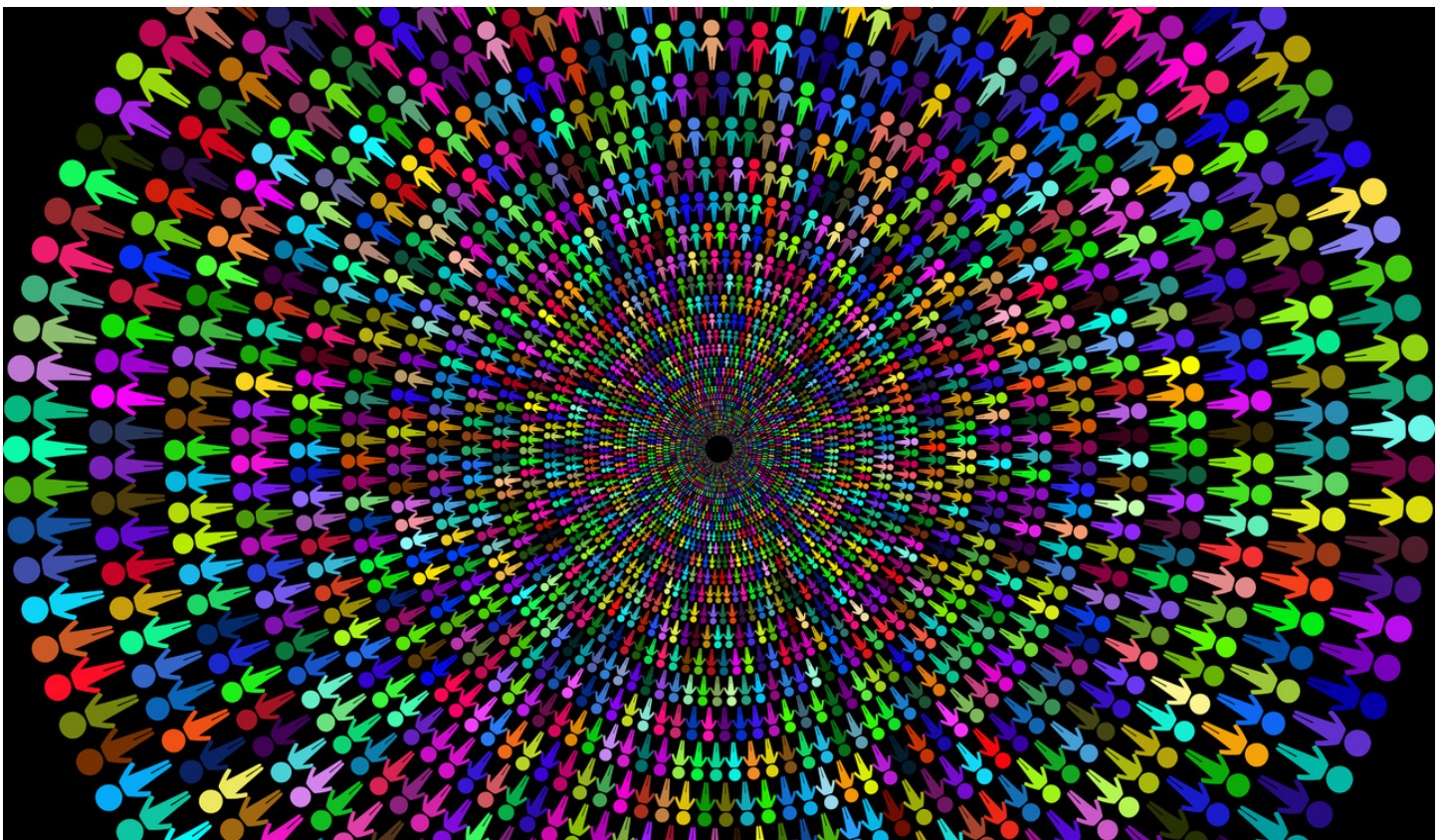
## WHAT WE ARE

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>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: 7:00pm (1.5hr)  **START DATE AUGUST 12TH**	Pride in Recovery  This is a women and LGBTQ2+ focused meeting	93 West Avenue South Hamilton ON, L8N 1S1 (Central Memorial Recreation Center ) Located in craft room upstairs	C, D, BK, LGBTQ+
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



Date and Time	Name of NA Group Meeting	Address	Meeting Format Legend
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 (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)

Freedom from guilt

August 1

*"Our addiction enslaved us. We were prisoners of our own mind and were condemned by our own guilt."*

Basic Text, p. 7

Guilt is one of the most commonly encountered stumbling blocks in recovery. One of the more notorious forms of guilt is the self-loathing that results when we try to forgive ourselves but don't feel forgiven.

How can we forgive ourselves so we feel it? First, we remember that guilt and failure are not links in an unbreakable chain. Honestly sharing with a sponsor and with other addicts shows this to be true. Often the result of such sharing is a more sensible awareness of the part we ourselves have played in our affairs. Sometimes we realize that our expectations have been too high. We increase our willingness to participate in the solutions rather than dwelling on the problems.

Somewhere along the way, we discover who we really are. We usually find that we are neither the totally perfect nor the totally imperfect beings we have imagined ourselves to be. We need not live up to or down to our illusions; we need only live in reality.

**Just for Today:** I am grateful for my assets and accept my liabilities. Through willingness and humility, I am freed to progress in my recovery and achieve freedom from guilt.



# The Choice.

Oblivion is calling  
It's call is strong and loud  
It's always been with me, that call  
I listened to it for so long now  
It's call is comforting and familiar.  
There's another call along side it now  
It's hope.  
It's call is crisp and clear  
It's always been with me too.  
I just didn't listen.  
It's call is terrifying and unfamiliar.  
Today I get to choose, oblivion or hope.  
Today I choose hope. There's always hope



# 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!



Saturday August 10th: Maggie M is Celebrating 1  
Year @ Recovery Room

Sunday August 11th: Lucy M is Celebrating 5 Years @  
Recovery in the Park

Thursday August 15th: Lindsey P is Celebrating 5  
Years at River's Edge

Saturday August 24th: Mary A is Celebrating 1 Year @  
Recovery Room

Sunday August 25th: Brenda V is Celebrating 26 Years  
@ Clean and Free

Sunday August 31st: Mark L is Celebrating 4 Years @  
Recovery in the Park



# 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

"It's hard to spot a spiritual crisis: Usually it is disguised as a crisis in our relationships, finances, career, or family."

*(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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