

NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA

September 2024 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.

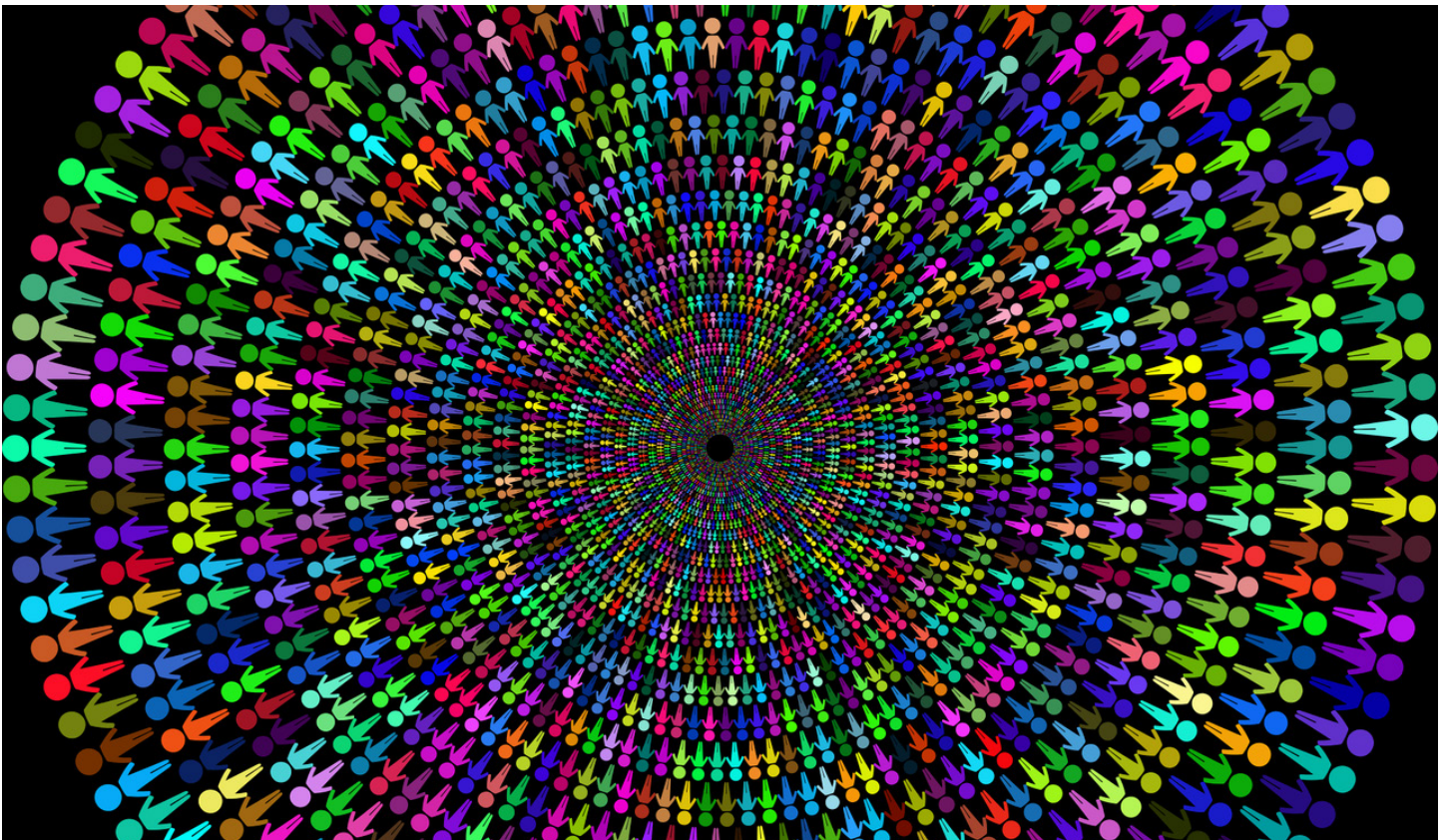
WHAT WE ARE

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: Speaker Meeting
SPAD: Spiritual Principle A Day	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)	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)	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



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
Friday: 7:30pm-8:30pm (1 hr)	The Journey Continues	181 Jackson Street West Hamilton ON, L8P 1L8 Community Room, Main Floor	
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)

Real values

September 1

"We become able to make wise and loving decisions based on principles and ideals that have real value in our lives."

Basic Text, p. 101

Addiction gave us a certain set of values, principles we applied in our lives. "You pushed me" one of those values told us, "so I pushed back, hard." "It's mine" was another value generated by our disease. "Well, okay, maybe it wasn't mine to start with, but I liked it, so I made it mine." Those values were hardly values at all - more like rationalizations - and they certainly didn't help us make wise and loving decisions. In fact, they served primarily to dig us deeper and deeper into the grave we'd already dug for ourselves.

The Twelve Steps give us a strong dose of real values, the kind that help us live in harmony with ourselves and those around us. We place our faith not in ourselves, our families, or our communities, but in a Higher Power - and in doing so, we grow secure enough to be able to trust our communities, our families, and even ourselves. We learn to be honest, no matter what-and we learn to refrain from doing things we might want to hide. We learn to accept responsibility for our actions. "It's mine" is replaced with a spirit of selflessness. These are the kind of values that help us become a responsible, productive part of the life around us. Rather than digging us deeper into a grave, these values restore us to the world of the living.

Just For Today: I am grateful for the values I've developed. I am thankful for the ability they give me to make wise, loving decisions as a responsible, productive member of my community.



A Story Of Hope

My name is Prabh, and I'm an addict. My journey through addiction has been a tumultuous odyssey, marked by moments of despair, but ultimately leading me to a place of redemption and hope. Today, I want to tell you with a heart full of gratitude for the opportunity to share my story and shed light on the transformative power of finding solace and community in Narcotics Anonymous.

I hail from a household ruled by the firm hand of strict parents, whose vigilant eyes followed my every move as I navigated the chaotic waters of adolescence. While my friends reveled in the joys of youth, I found myself confined to the safety of home, shielded from the allure of mischief and adventure. Their intentions were noble, of course – they wanted to protect me from the pitfalls of bad habits and rebellious paths.

But as the only child, I couldn't help but feel the weight of their expectations bearing down on me. Their well-meaning restrictions only fueled my curiosity, igniting a desire to experience life beyond the confines of their watchful gaze. Thus, at a young age of fifteen, I seized upon the opportunity to taste my first drink, to rebel against the constraints that held me captive.

Yet, my yearning for freedom extended beyond mere rebellion. I was also driven by a deeper need – a need to belong, to shed the cloak of isolation that shrouded me in my youth. For as long as I could remember, I had been the odd one out, the misfit, the target of ridicule and scorn from my peers. I longed to break free from the shackles of alienation, to find my place in a world that seemed determined to cast me aside.

And so, when the opportunity arose for me to embark on a new chapter in Canada, the land of opportunities, I seized it with both hands. For the first time in my life, I felt the sweet embrace of freedom, the intoxicating rush of autonomy coursing through my veins. Here, amidst the vast expanse of possibility, I finally had the chance to chart my own course, to carve out a future that was uniquely mine.

It was eight years ago, I made the bold decision to leave the comfort of my parents' home in search of freedom and self-discovery. Canada beckoned with its promise of new beginnings and untapped opportunities. I didn't know that my quest for independence would plunge me into a harrowing battle with addiction.

I was 8 days fresh in Canada and Another encounter with alcohol happened to me innocently enough at a party in Hamilton on my first day in the city, where I wanted to bridge the gap between myself and my peers, eager to dissolve the barriers of loneliness that surrounded me. With each subsequent beer, I found myself drawn deeper into the intoxicating embrace of alcohol, its allure masking the underlying pain and uncertainty that plagued me.

What started as a simple social crutch soon transformed into a consuming whirlwind of addiction, leaving me perpetually longing for more, a slave to the numbing embrace of substances. Alcohol and marijuana became my sanctuary, offering a temporary relief from the relentless onslaught of loneliness that plagued my every waking moment.

Caught in the throes of addiction, I found solace in the fleeting euphoria provided by these substances, oblivious to the toll they were taking on my well-being. Driven by the false sense of confidence they instilled in me, I convinced myself that my popularity among my newly found peers was a direct result of my substance use, blinding myself to the deeper issues lurking beneath the surface.

But my descent into darkness knew no bounds. Driven by an insatiable craving for escape and a desperate longing for belonging, I found myself wandering the dimly lit streets of Hamilton, lost in a haze of desperation and longing. It was on one fateful night that I stumbled upon a decrepit trap house, nestled in the shadows like a siren calling out to lost sailors.

Despite the warning bells sounding in my head, I was drawn inexorably towards the promise of oblivion that awaited behind those weathered doors. Stepping over the threshold, I entered a realm of chaos and self-destruction, surrounded by a motley crew of lost souls.

It was there, amidst the swirling smoke and dimly lit haze, that I took my first hit of my drug of choice. In that moment, I felt a rush of euphoria unlike anything I had ever experienced before, and I knew, deep down, that I was hooked. What started as a quest for a mere \$20 worth of drugs quickly spiraled into a marathon session of indulgence, as I squandered every last penny in my pocket in pursuit of that fleeting high.

As my addiction tightened its grip, the consequences multiplied, casting a shadow over every aspect of my life. I became a master of deception and manipulation, weaving webs of lies and deceit to feed my insatiable cravings. No one was spared from the fallout – I betrayed the trust of those closest to me, leaving a trail of broken relationships in my wake.

With each lie, each theft, I pushed away the very people who cared for me the most, isolating myself in a self-imposed prison of addiction. The pain I inflicted on others was a bitter reminder of the depths to which I had sunk, a testament to the all-consuming nature of my demons. But it was the failed suicide attempt that served as the ultimate wake-up call, a stark realization of the suffocating grip addiction had over me.

In the aftermath of that dark night, I found myself at a crossroads, teetering on the brink of oblivion. It was then that I mustered the courage to seek help, embarking on a journey of recovery that would test my resolve like never before. Yet, despite multiple attempts at rehab and countless promises to change, I found myself trapped in a vicious cycle of relapse and regret.

It wasn't until I hit rock bottom, having squandered every penny on drugs, that I found myself in detox. Amidst the bleak walls of that facility, the message of Narcotics Anonymous found its way to me like a beacon of hope in the darkness. Sitting in those meetings in the men's detox of Hamilton, I felt a glimmer of recognition, a sense of being truly heard for the first time in ages.

The day I left detox, I was determined to find Narcotics Anonymous meetings. I figured, what did I have to lose? With only eight days of clean time under my belt, I hesitantly stepped into my first NA meeting, feeling a mix of apprehension and hope swirling within me.

But as I crossed the threshold into that room, I was met not with judgment or pity, but with genuine warmth and acceptance. It was a profound moment of connection, as I was embraced by a community of kindred spirits who understood my struggles intimately. For the first time in years, I felt seen and understood, welcomed into a fellowship that celebrated both my journey and my victories, no matter how small & I knew I was home.

From that pivotal moment forward, I immersed myself completely in the program, treating each meeting as a sacred ritual, a sanctuary where I could lay bare my soul and find solace in the shared experiences of others. With unwavering determination, I sought out a sponsor, someone who could guide me through the journey of recovery with wisdom and compassion.

Each step of the program became a beacon of light, illuminating the path towards inner healing and self-discovery. With a renewed sense of purpose burning within me, I tackled each challenge head-on, confronting my demons with courage and resilience. And as I dived deeper into the heart of the program, I discovered the profound impact of service, realizing its ability to help not only others but also transforming myself. By giving back to a community that had once embraced me in my darkest hour, and has given me so much. I found a sense of purpose and fulfillment that transcended my own struggles.

Slowly but surely, the fractured pieces of my life began to fall back in place, forming a mosaic of redemption and hope. It was a journey marked by moments of triumph and setbacks, but through it all, I remained steadfast in my commitment to growth and renewal. And as I look back on my journey, I am filled with gratitude for the profound transformation that has taken place within me, a testament to the resilience of the human spirit and the healing power of community.

Today, I proudly stand before you, over a year removed from the clutches of addiction, my heart brimming with gratitude and humility. Together with my mother and uncle, I now run a cozy small family takeout restaurant, where every dish served is a testament to the bonds of love and resilience that have been forged through adversity.

In the midst of the chaotic juggling act of running our business, it's the tranquil respites that etch the deepest impressions on our hearts. The reverberations of joyous laughter reverberating through the air, the unspoken connections of empathy – these are the threads that weave the tapestry of healing within our family.

I cherish the seemingly mundane yet profoundly significant moments, like the shared laughter among friends, the peaceful sleep at night, the satisfaction of a nourishing meal, and the liberation from the relentless grip of addiction. Each of these experiences serves as a beacon of hope and renewal, reminding me of the simple yet profound joys that life has to offer beyond the shadows of darkness. Once fractured by the chains of addiction, our relationships have been strengthened and renewed, a testament to the power of love and forgiveness.

Yet, perhaps the most profound revelation on my journey to recovery has been the realization that I am not alone. Through the embrace of Narcotics Anonymous, I have found a tribe of kindred spirits who have walked alongside me every step of the way. Their unwavering support has been a beacon of hope in my darkest hours, lifting me up when I falter and celebrating my victories as their own.

For those entangled in the relentless grip of addiction, I extend a beacon of solace and encouragement. You need not navigate this journey alone; within the sacred space of Narcotics Anonymous, a supportive community eagerly awaits to envelop you in compassion and understanding. Take that courageous first step towards healing, and have faith that amidst the darkness, there are brighter days awaiting your arrival. In the nurturing embrace of Narcotics Anonymous, miracles happen here, one day at a time, illuminating the path towards a renewed sense of hope and freedom.

With a heart full of Gratitude,
Prabh S.



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. Be sure to include only your first name and a brief description of your story. We are looking forward to hearing from you!



Saturday September 4th: Joanna R is Celebrating 12
Years @ Learn to Live

Sunday September 22nd: Justine Y is Celebrating 1
Year @ Clean & Free



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 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

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 Treasurer, Regional Committee Member (RCM) and RCM II, Alternate Literature Rep and Service System Coordinator. You must be present at HASC in order to be nominated for any position.



NA Quote

"Recovery is about progression not
perfection."

Campout 2024





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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