

NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA

December 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. **O**ur 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. **O**ur 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. **T**his 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. **O**ur 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. **T**hanks 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.

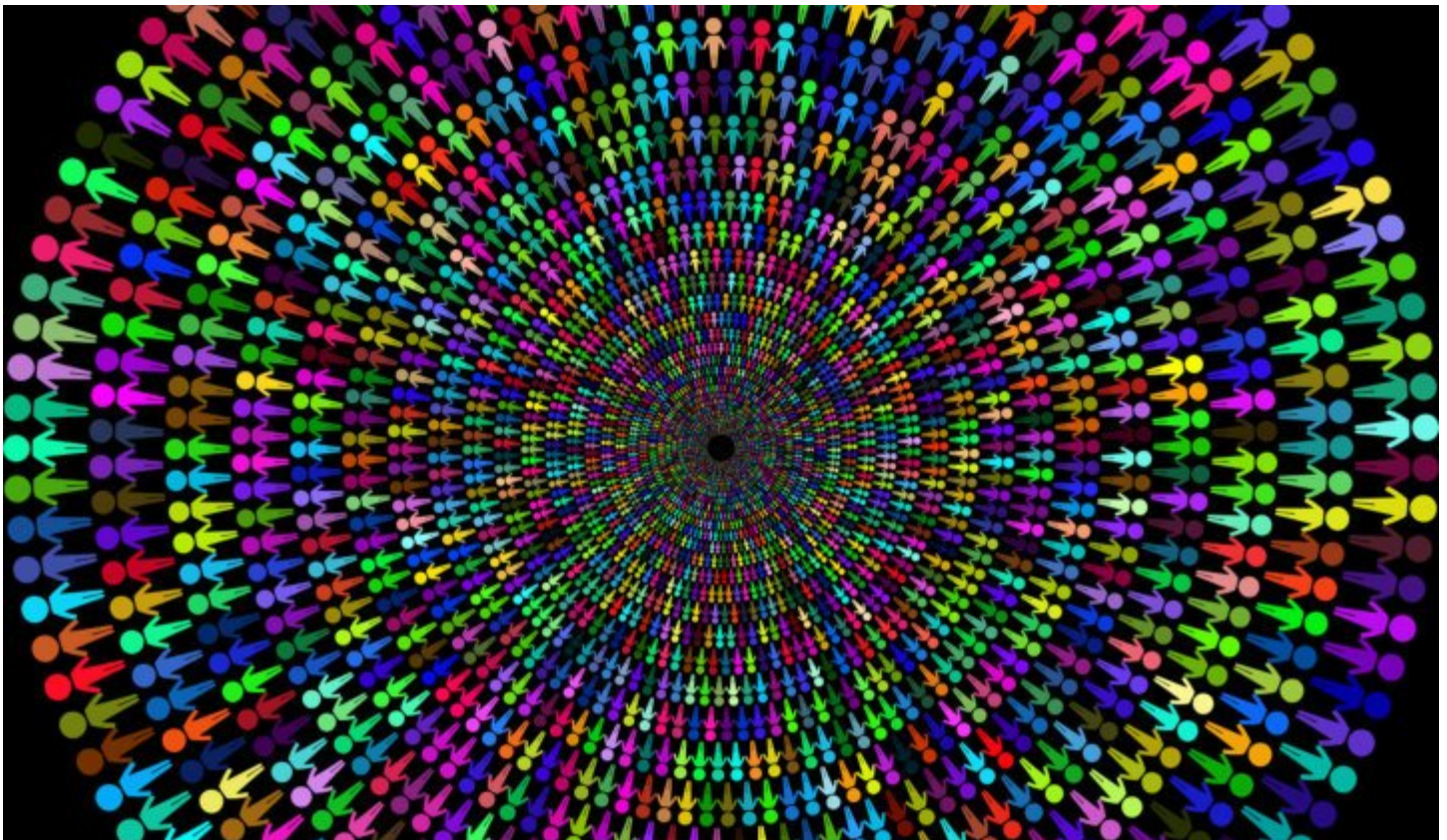
WHAT WE ARE

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)

Life's rewards

December 1

*"We begin to pray only for God's will for us. That way,
we get only what we are capable of handling"*

Basic Text, p. 49

Imagine what might happen if God gave us everything we wanted. A fabulous new car, straight As, a triple salary raise --- all ours without effort, just for the asking.

Now imaging the problems that come along with unearned riches, new luxury cars, and unmerited scholastic recognition. What would we do with a huge salary raise that had been granted for no reason? How would we handle our new financial responsibilities? And how would we live up to that raise? Could we ever make it appear that we deserve such pay when we know we don't?

What about that fantastic new car? Most come with expensive insurance premiums and hefty maintenance costs. Are we prepared to care for what we've asked for?

Academic honors? Could we perform like A students after we'd been given high marks we hadn't earned? What would we do if we were exposed as frauds?

When we talk to God, we need to remember that we live in the real world. We earn rewards and learn to handle them as we do. Confining our prayers to requests for knowledge of God's will, the power to carry it out, and the ability to live with the consequences will ensure that we get no more that we can handle.

Just for today: I will pray only for knowledge of God's will and the power to carry that out in the real world.



You

I remember it like yesterday, the day we were introduced to one another. I was shaking, it felt like my work was ending, I wanted it to end. A friend of mine introduced us, he said that you could help me, that you'd be good for me. I saw what you had done for him, and I figured it was worth a shot. I was fairly nervous at first, but I decided to let my guard down, and I decided to let you in. When you first embraced me, I wondered where you had been all my life, I felt a comfort, like none I had ever felt before. I felt tears from in my eyes as I felt my body relax, the knots come loose. Just that one embrace, was enough to make me decide that I wanted to live. We all stayed very close together that night, eventually sinking into a deep slumber together. I awoke in the morning, and reached out for you, but you were no longer there. My body no longer felt like bliss, but it felt roughed up. My bones were a little bit sore but I just attributed that to sleeping on the floor. I let out a yawn and stretched which made me feel worse for some reason. With some difficulty, I got to my feet, and stepping over other people who were still sleeping, went searching for you. You were at the table with my friend, and you both beckoned me over. This time, I took hold of you, keeping you to myself for just a little longer. I let out a sigh after we broke the embrace. I knew that I needed you in my life. Things are always rosy at first. I still remember the first time I lost consciousness because of you. I mean most of it was hazy, but I remember waking up in the hospital. I think I was out for three days. I swore that I was done with you. Promised myself. I walked back to where I was calling home, and when I arrived, there you were, sitting with our friend. And at that moment I realized I couldn't give you up, not just yet, mistakes happen, right? I took you into my hands, and just that small touch was enough. I would never leave you. We saw each other a lot. People seemed to be jealous of you, saying things like I should give up on you, and that you keep hurting me, why am I still with you, and even had the nerve to say that some day you're going to kill me! What did they know anyways? They didn't understand



they never could, you always made me feel so good. Even when you left, you always found your way back into my arms, I could taste you on my lips. I needed you there when I woke up, I needed you there to sleep, I needed you there so I could do what I had to do to survive, but the more I took from you the more I needed from you. I knew what you were capable of from day one,, I knew it could have been me at any point. I found out you had killed someone I was close to, and instead of giving you up and washing my hands of you for good, I sought you out. You made the emotions go away, and I didn't want to have emotions, I just wanted to feel you, and be blissed out. And then, you killed me. I wwoke up in the ambulance, and instantly knew my ribs were broken, that wasn't your doing, that was my mom's doing, because she had to restart my heart. I spent the three days they made me stay in the hospital, sleeping, and all I could think about was you. It's like I had Stockholm Syndrome. When I left, I called my mom who told me, I could come back, but you were not to ever be in her house again. I agreed, and still I snuck you in. I was doing things for you I NEVER in my life would have dreamed of doing. I ignored all of your red flags. I mourned for the people you had killed, but I still chose to stick by your side. I didn't care that people were leaving my life because they couldn't handle what you were doing to me. I was FINE! I needed to have you, because without, I couldn't function, I was broken, screaming mess. I didn't even choose to leave you, I was forced to leave you. At first I really missed you. I would cry and scream for you everyday. All of the bad things that you took away, came back tenfold. The pain in my body, the pain in my heart, the memories I wanted to forget. But as time passed I began to realize how much you F**ked up my entire life. I realized how much I hated you. I was so thankful to be out of your grasp, my brain to be free from your whispers. And I vowed to never touch you again. It's been over three years since I've been free from your grasp, and I'm never going back. 08/20/2021.

- Anonymous



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!



Birch Y celebrating 1 year Dec 8 @ Clean and free

Dennis A celebrating 1 year Dec 12 @ Stronghold
Recovery

Shannon L celebrating 11 years Dec 18 @ New
Beginnings

Katie M celebrating 1 year Dec 21 @ Recovery Room

Prabh S celebrating 2 years Dec 26 @ Stronghold
Recovery

Connor W celebrating 1 year Dec 29 @ Courage to
Change



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, and Service System Coordinator. You must

be present at HASC in order to be nominated for any position.



NA Quote

"Recovery didn't open the gates
of heaven and let me in.
Recovery opened the gates of
hell and let me out!"
- 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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<https://nahamilton.org/>

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