

NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA

January 2025 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.

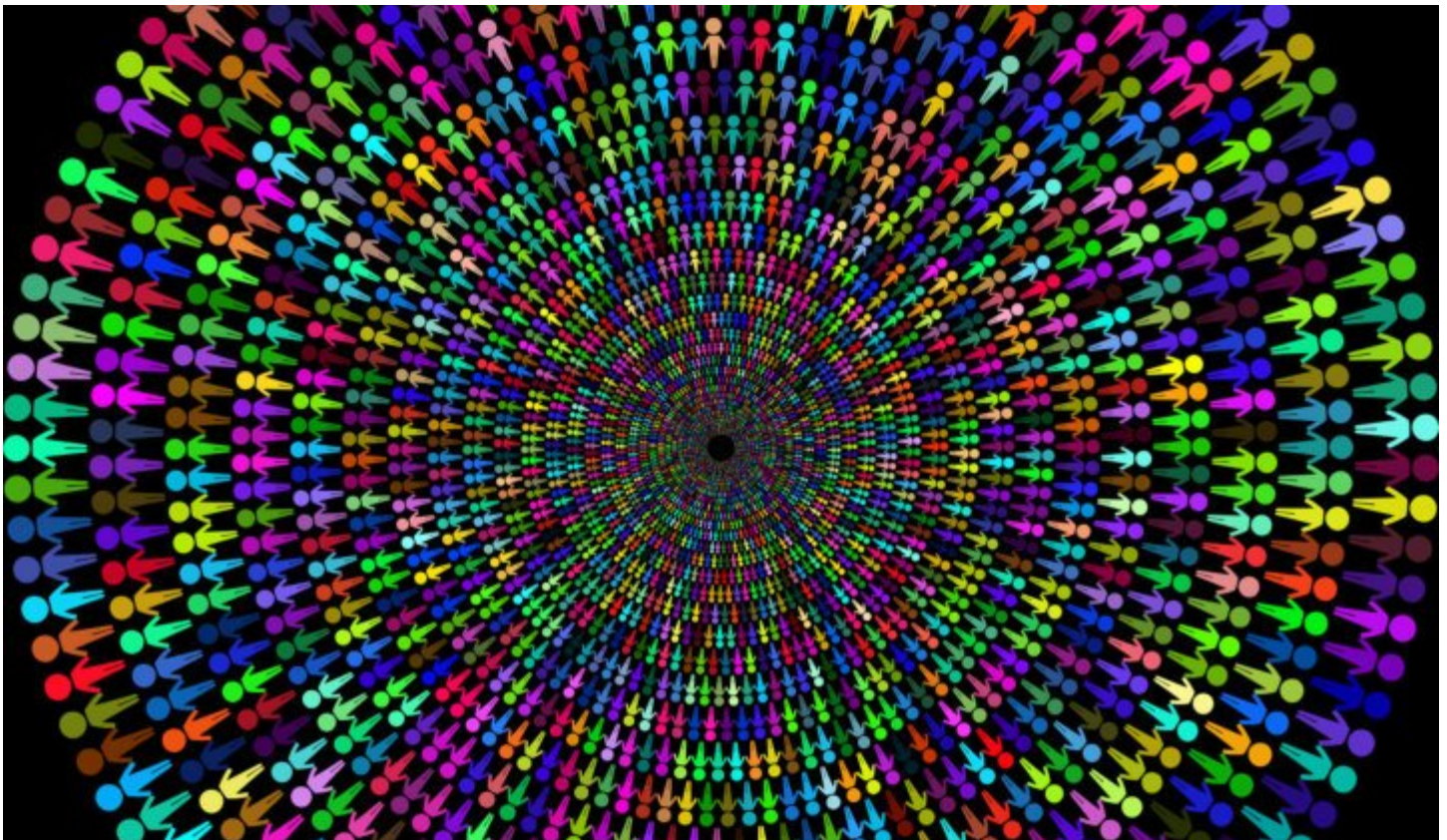
WHAT WE ARE

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)

Vigilance

January 1

"We keep what we have only with vigilance..."

Basic Text, p. 60

How do we remain vigilant about our recovery? First, by realizing that we have a disease we will always have. No matter how long we've been clean, no matter how much better our lives have become, no matter what the extent of our spiritual healing, we are still addicts. Our disease waits patiently, ready to spring the trap if we give it the opportunity.

Vigilance is daily accomplishment. We strive to be constantly alert and ready to deal with signs of trouble. Not that we should live in irrational fear that something horrible will possess us if we drop our guard for an instant; we just take normal precautions. Daily prayer, regular meeting attendance, and choosing not to compromise spiritual principles for the easier way are acts of vigilance. We take inventory as necessary, share with others whenever we are asked, and carefully nurture our recovery. Above all, we stay aware!

We have a daily reprieve from our addiction as long as we remain vigilant. Each day, we carry the principles of recovery into all we do, and each night, we thank our Higher Power for another day clean.

Just for today: I will be vigilant, doing everything necessary to guard my recovery.



My story....

My name is Zena and I am in recovery with drugs and alcohol. I am 27 year single mom female born and raised in Hamilton, Ontario. Growing up I was in two foster homes because my parents could not take care of me. My dad passed when I was 10 years old and was murdered in Hamilton Ontario. My mother is a schizophrenia drug addict who chased me around the kitchen with knives, locked me in my toy box and hung me by my hair. She also had many boyfriends who were my babysitters who molested me as a young child at 7 years old. My mother is around today but just not as a mother.

To say the least 11 months ago I went through a aggravated assault and I am victim of a crime it was a very scary life situation where I had to give up my home and my little boy. I lost absolutely everything over one night and my little boy went into a foster home because the poor decisions and choices I was making at the time leaving my apartment very drunk and very high and my boy sleeping by himself left alone.

I was living in a junior 1 bedroom with my son on the 2nd floor of a high-rise apartment building and at the time he was only 3 years old. I was paying \$1550 and bills by myself to keep a roof over our heads but at the end of the month it was more like \$2000 to keep things functioning and food in my fridge and other expenses. We also lived in bed bugs and cockroaches and I was really struggling with my financials and as a parent greatly with my son in daycare. At the time I risked my whole life to make cash under the table being a well know drug dealer in Hamilton Ontario and I was good at it.

January 6th I was drunk and very high leaving my apartment that night to go and make some money from a person I didn't even know. I stopped at a nearby convenience store and asked a random girl for drugs and also for some more drug connections to make money as my connections at the time were not around and when you are a dealer everyone depends on you and its a dangerous game to be in.

I was brought to a nearby apartment building to go meet another drug dealer and he was again another person I didn't know and I stepped foot into a trap house that I was caught up in for over 24 hours. When you are drunk and high and in a complete wrong state of mind time passes by easily more that you know and at the end of the day you never really know who people are or what they are capable of doing until it's happening to you and you can't just leave.



The individual I met there for business that I was invited to beat me up extremely bad and they had a gun to my head, machete to my throat and a bag over my head trying to suffocate me and put me away for dead. They did not succeed and I am here today alive and I am very lucky and blessed to be but I know if it wasn't for the street smarts I knew and if it wasn't for growing up in the hood I would of never survived it and I know if it was any other woman inside that apartment they would have been dead. I don't know how I stayed alive but I know God and Angela were there. The drug and street life ain't the life by any means. To be in a life and death situation like I survived changes your life forever and it has forever changed mine.

I also would like to add that from the aggravated assault I put myself in an ambulance in a nearby church 22 mins away from where I was assaulted. I walked to an outreach community drop in church that I'm well known to be at. There, I asked support staff to call me an ambulance and I hospitalized for 4 days. Since the assault I have went through two pin hand operations on my left finger on my dominant hand, and I have hypoplasia nerve damage and facial nerve paralysis condition from being assaulted both my hand recovery and nerve damage could be a 18 month recovery or longer or possibly the rest of my life. I am hopeful to make a full recovery. I had a right ear blood clot and 36 staples in my head and small brain haemorrhage bleeds and 4 severe hand fractures and I'm currently in hand therapy with the hope my hand recovers back to normal functioning. It's been a really long road physically, emotionally and mentally and I am still healing greatly from the assault. I am a strong willed and resilient individual and I am here and alive and I truly believe in myself to make a difference in the world and touch the hearts of others to not make the same mistakes I have done. I hope my story helps and moves mountains and changes lives the way it's changed mine.

Since the assault I have had a second chance at life and have a 2 bedroom town house through city housing that I've waited over 7 years. I see my boy often and have home visitations with him and my financial stress has been lifted off my shoulders as I got accepted into ODSP that has greatly helped me in my life and getting back on my feet to move forward with a tonne of support and a life I never thought I was gonna have with all that was lost and gone.

If I could tell any recovering addict or somebody that is in active addiction and still struggling is reach out for help when you need it. Don't let things get worse or to the point where you don't care any more what you do where I let myself go to extreme measures and it costed me my whole life and more. Don't let things get worse to the point where you are ever in a situation I went through or get to an extreme of somebody taking your life because you didn't know what you were doing or too drunk and high to care because life can change in a blink of an eye and you can lose absolutely everything just as fast that you get it and have it even though it wasn't the best life had and was living. Don't ever let it be too late where you can't turn around and change your mess ups because living without my boy day in and day out and the amount of work it's been proving my own self to rearranging my life through the hurdles is tough but anything is possible. Working to pick up my pieces through my own mistakes and life I was surviving to keep together in and out of shelters to keep safe is a heart ache of pain that I will never forgive myself enough about and that I will never be able to ever say enough to my boy when he grows up and understands more. Keep your heads up and keep strong and keep fighting the fight always.



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!



Anniversaries

January 4th: Zach N. is celebrating 1 year @
Recovery room

January 5th: Mike T. is celebrating 1 year @
Courage to Change

January 8th: Rob D is celebrating 1 year @ New
Beginnings

January 9th: Jerry K is celebrating 2 years @
Stronghold recovery

January 12th: Miles V is celebrating 4 years @
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 is about progression,
not perfection"



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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