

# **NARCOTICS ANONYMOUS NEWSLETTER IN HAMILTON AREA**

**February 2025 ISSUE**



[ht ps://nahamilton.org](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. **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.

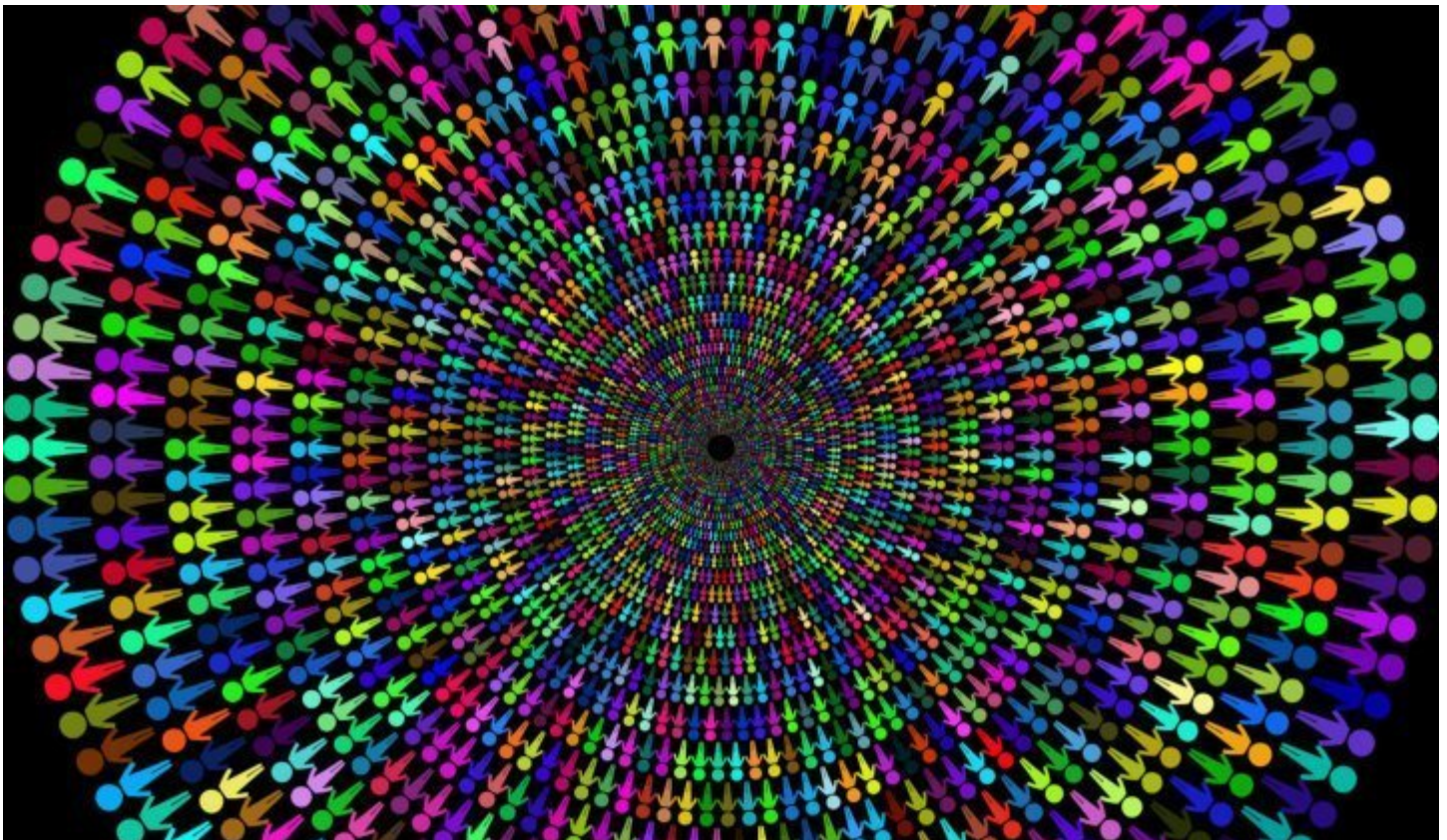
## WHAT WE ARE

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.







# Just for today Reading (Taken from JFT reading)

Hardships

February 1

*"We felt different... Only after surrender are we able to overcome the alienation of addiction"*

Basic Text, p. 22

"But you don't understand!" we spluttered, trying to cover up. "I'm different! I've *really* got it rough!" We used these lines over and over in our active addiction, either trying to escape consequences of our actions or avoid following the rules that applied to everyone else. We may have cried them at our first meeting. Perhaps we've even caught ourselves whining them recently.

So many of us feel different or unique. As addicts, we can use almost anything to alienate ourselves. But there's no excuse for missing out on recovery, nothing that can make us ineligible for the program -- not a life-threatening illness, not poverty, not anything. There are thousands of addicts who have found recovery despite the real hardships they've faced. Through working the program, their spiritual awareness has grown, in spite of -- or perhaps in response to -- those hardships.

Our individual circumstances and differences are irrelevant when it comes to recovery. By letting go of our uniqueness and surrendering to this simple way of life, we're bound to find that we feel a part of something. And feeling a part of something gives us the strength to walk through life, hardships and all.

**Just For Today:** I will let go of my uniqueness and embrace the principles of recovery I have in common with so many others. My hardships do not exclude me from recovery; rather, they draw me into it.



# Home In The Room

I walked in with nothing but a heart full of shame,  
A body worn, a mind lost in the game.  
But the circle was open, the chairs set in place,  
A quiet acceptance in each stranger's face.

The walls held no judgment, only shared pain,  
Voices cracked but steady, like falling rain.  
They spoke of the battles, the losses, the scars,  
Of reaching for hope when you're so far from the stars.

There were no pre-tenses, no masks to wear,  
Just raw, honest truths spoken in the air.  
A shared understanding of what it means to break,  
To fall to the ground and yet still choose to wake.

Here, I found home in the midst of the storm,  
A place where the broken can be reborn.  
The weight of the past no longer defines,  
In this circle of healing, I'm not left behind.

No pills, no cravings, no need to escape,  
Just a room full of souls finding a way to reshape.  
I don't need to prove anything, not here, not now,  
For in this space, I'm learning how to stand with others,  
hand in hand, And find a new life I can finally understand.

It's not perfect, but it's real,  
A safe place to fall, a place to heal.  
And in the sharing, the tears, the grace,  
I feel at home - finally, a place to embrace.

- Nathan Z



# 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!



# Anniversaries

February 6th: Adam R is Celebrating 1 Year @  
Stronghold Recovery

February 16th: Beth L is Celebrating 17 Years @  
Clean & Free

February 23rd: Dave P is Celebrating 10 Years @  
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](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: Chairperson, All sub-committee chairs, alt secretary 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

"Success is the sum of small efforts, repeated day in and day out"

- Robert Collier



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.

## Website:

<https://nahamilton.org/>

## Address:

PO Box 68002 Blakely  
Hamilton, ON, L8M 3M7  
Canada



## Announcement

Halton Peel Area is hosting a women's and those who identify as women's mini retreat.

Last year was the first retreat and this mini retreat is a fundraiser to have packages sponsored for newcomers to attend the 2<sup>nd</sup> Annual Women's Retreat in November entitled A Spiritual Path.

We are looking for donations for our newcomer fund, baked goods for our bake sale, and items for our silent auction - we accept new donated goods or services and second hand NA merchandise in good condition.

There is a Halton Peel activities sub-committee looking for volunteers who plan to attend the event to do service meeting online and/or to help in person on the day of the event.

Women and those who identify as women, plan to get your ticket because space is limited and everyone last year said they would be participating!

The Mini Retreat is March 8th

11:00 a.m. to 3:00 p.m.

317 main Street East in Milton (Grace Anglican Church )

Tickets are \$20 and fee can be e-transferred to [HaltonPeelRetreats@gmail.com](mailto:HaltonPeelRetreats@gmail.com).

This is also the email for questions and to get involved.





Halton Peel Area Presents:

## **2025 WOMEN'S MINI RETREAT**

**March 8th, 2025**

**11:00am - 3:00pm**

**Grace Anglican Church**

**317 Main St E Milton, ON L9T 2S1**

**Please join us for an afternoon of food, fun, and fundraising!**

Get a taste of what it's like to attend a Narcotics Anonymous Women's Retreat and help raise funds so more newcomer women can access this unique experience

**To purchase tickets e-transfer \$20  
to [haltonpeelretreats@gmail.com](mailto:haltonpeelretreats@gmail.com)  
and include your name and email.  
*(For multiples include all names)***

We are looking for volunteers, speakers, donations of baked goods and silent auction items. To get involved email us at [haltonpeelretreats@gmail.com](mailto:haltonpeelretreats@gmail.com)