

HAMILTON AREA NARCOTICS ANONYMOUS NEWSLETTER

APRIL 2025



<http://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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A Message of Hope & Recovery



In this part of the newsletter we offer you a message of experience, strength and hope from various members (keeping anonymity). We also offer a few inspirational quotes, and we include a brief explanation of a step a month. There are 12 steps. So, step numbers will relate to the month of the year. We believe you may find similarities and hope within our members' stories, build courage and confidence within the quotes, and learn about the importance of the 12 Steps through our brief explanation of them.



Members Talk about Step 4

How did you overcome the fear of looking at your past honestly?

“Alright, you know, when I was first writing my stuff I didn't recognize that I had fear. I had a lot of hesitancy and procrastination and I had bad work habits, so I just really put it off and then I tried busting it out really quick, and I think that that was a form of fear, because I didn't give myself the time to go deep into it. I kept it at surface level. I said ‘yadayada’ about a lot of details, and when I was going over the step with my sponsor I realized that I just didn't reach deep enough, and that I was more embarrassed than afraid at that point because here he was giving me some time and I'm fronting like I'm doing my best work here and I realized it wasn't. And, so that kind of recognition, and that hesitancy was a form of fear. I didn't realize that till later, but when I think that I don't want to do something, I'm asking myself, “what is it about it that's making me not want to do it?”, and recognizing that fear can not really feel like being scared but fear kind of feels like not wanting to do something. So, overcoming that fear is basically just asking myself, “well, what's the worst that can happen, what am I gonna lose here?”, and then realize that if I do it anyway that fear goes away, pretty quick.

- *Anonymous*

How did writing your inventory help you see yourself differently?

Writing my 4th step inventory helped me see myself more honestly. It revealed patterns of behavior, fears, and resentments I hadn't fully recognized before. By putting it all on paper, I was able to face the things I'd been avoiding, and that gave me clarity on how my actions and thoughts were impacting my life. It was uncomfortable, but it allowed me to grow by accepting responsibility and understanding myself better. Overall, it helped me take responsibility for my past while showing me that I'm not defined by it, and that I have the power to change. It's an eye-opener that allowed me to see myself with more clarity, self-compassion, and a renewed commitment to recovery.

- *Anonymous*

Members talk about Step 4 con't...

What was the hardest part of Step 4 for you, and how did you push through it?

Step 4 of Narcotics Anonymous was the first time I truly looked at myself and my past without manipulating the story, without trying to control the narrative, and without making excuses. In active addiction, I had spent so much time justifying my actions, minimizing the harm, or shifting blame. But when I sat down to do my moral inventory, I had to strip all of that away and look at the truth—just as it was.

For the first time, I wasn't trying to make myself look better, soften the impact, or avoid the pain of what I had done and what had been done to me. I had to face the reality of my addiction, the life I built around it, and the consequences that came with it. It wasn't about beating myself up or drowning in shame; it was about finally seeing clearly. That clarity was uncomfortable, but it was also necessary. Without it, I couldn't begin to change.

Sitting with these truths, really feeling them, and writing them out was the first real action I took toward honesty. Not just words, not just promises, but action. Up until that point, I had said I wanted to change, said I wanted to be honest, but this was the first time I proved it. Putting pen to paper was my commitment—no more running, no more hiding, just facing the truth and taking responsibility for what came next.

By not worrying about the next step, by staying present in the process, I was able to truly connect—to myself and to my Higher Power. I had to trust the process, to have faith that my Higher Power would accompany me into these dark places. I wasn't alone, even when it felt that way. The more I surrendered to that faith, the more I could move through the pain without being consumed by it. And in that surrender, I found something I had been searching for all along: freedom.

The freedom to stay with my feelings, to not abandon myself, to neither run nor fight—this was the greatest relief I had felt in decades. For so long, I had been at war with myself, either numbing or escaping. But in that moment, I finally allowed myself to just be. To feel without fear. To exist without needing to justify or explain. And in that space of raw honesty, I realized that I was stronger than I had ever believed.

- *Anonymous*

Inspirational NA Quotes

"I'll always be grateful to N.A. for taking me from the depths of my addiction and giving me life. A life that is full of love and true concern for others. These are feelings that I never thought could be possible for me. As long as I take it easy and make a commitment with my Higher Power to do the best I can. I know I will be taken care of today. I've come to believe in miracles for I am one."

- *Basic Text, Page 120, "An Indian Without A Tribe."*

"We must be done with the past, not cling to it. We want to look our past in the face, see it for what it really was and release it so we can live today. The past, for most of us, has been a ghost in the closet. We have been afraid to open that closet for fear of what that ghost may do to us. We do not have to look at the past alone. Our wills and our lives are now in the hands of our Higher Power."

- *Basic Text, Page 28, "How It Works"*

"When we admit our powerlessness and inability to manage our own lives, we open the door for a Power greater than ourselves to help us. It is not where we were that counts, but where we are going."

- *Basic Text, Page 22, "How It Works"*

STEP OF THE MONTH: STEP 4



“We made a searching and fearless moral inventory of ourselves.”

This step is about taking an honest look at yourself - your actions, thoughts, and patterns - both good and bad. It's like making a personal inventory, where you write down things from your past, including resentments, fears, and behaviours that may have hurt you or others. The goal isn't to judge yourself but to understand yourself better so you can grow and heal in recovery.



NA PROGRAM EDUCATION



If you're new to NA, you might hear a lot about **principles, traditions, steps, and service work**. Here's a simple breakdown of what they mean and how they help in recovery.

THE PRINCIPLES - "How we live"

NA is built on spiritual principles that guide us in recovery, such as **honesty, open-mindedness, willingness, humility, and service**. These principles help us stay clean and improve our lives one day at a time.

THE 12 STEPS - "How we recover"

The **Twelve Steps** are the foundation of personal recovery. They help us understand addiction, accept help, make amends, and grow spiritually. The steps guide us from being powerless over addiction to living a new way of life.

THE 12 TRADITIONS - "How we stay together"

While the Steps help individuals recover, the **Twelve Traditions** protect the NA fellowship as a whole. They focus on **unity, anonymity, and self-support**, enduring that NA remains a safe and welcoming place for everyone seeking recovery.

SERVICE WORK - "How we give back"

Service is an important part of recovery. It can be as simple as setting up chairs at a meeting, sponsoring a newcomer, helping with the Hamilton area and HIPR committee and with NA events. **Giving back keeps us connected and strengthens our recovery.**

NA is about **hope, connection, and change**. You don't have to do this alone. Keep coming back!

FREQUENTLY ASKED QUESTIONS ABOUT RECOVERY AND SPONSORSHIP

RECOVERY



1. **Do I have to believe in God to stay clean in NA?**

No. NA is a **spiritual, not religious** program. You are encouraged to find a **Higher Power of your own understanding** - which could be the fellowship, , or any concept that helps you stay clean.

2. **What if I relapse? Can I still come back?**

Yes! Relapse doesn't mean failure. NA welcomes you back with open arms. The important thing is to **keep coming back** and learn from the experience.

3. **How do I know if NA is right for me?**

If drugs have caused problems in your life and you find it hard to stop, NA might help. **The only requirement for membership is a desire to stop using.**

4. **How often should I nature go to meetings?**

There's no set rule, but it is suggested by some to go to 90 meetings in 90 days. This helps the newcomer to find a homegroup and a sponsor. The more you stay connected, the stronger your recovery can be.

SPONSORSHIP

1. **What is a sponsor?**

A sponsor is an **experienced NA member** who guides you through the **12 steps** and offers support in recovery. They've been where you are and can share what worked for them.

2. **How do I find a sponsor?**

Look for someone in NA who has **more clean time than you, works the Steps, and lives the NA principles.** Listen in meetings and ask someone you respect.

3. **Can I change sponsors?**

Yes. If you feel your sponsor isn't the right fit, it's okay to find someone else. Just be honest and respectful about it.

CLARIFICATION ON MISCONCEPTIONS ABOUT NA



1. “NA is only for hard drug users.”

NA is for **anyone with a drug problem**, no matter what substance they used - alcohol, pills or anything else. Addiction is about **powerlessness over drugs**, not the specific drug.

2. “You have to be clean before coming to NA.”

No! The **only requirement** for NA membership is **a desire to stop using**. Many people come while still struggling, and that’s okay.

3. “NA doesn’t work.”

NA has helped **millions** worldwide. It works if you work it - by going to meetings, using a sponsor, and applying the 12 steps.

4. “I can do this alone; I don’t need meetings.”

Addiction thrives on isolation. NA provides **support, experience, and a path to recovery** that many can’t find alone.



MEETING & EVENT UPDATES

FIND A MEETING!

<http://nahamilton.org/meeting/>

ANNOUNCEMENTS FOR SPEAKER MEETINGS, CONVENTIONS, OR
WORKSHOPS

ORCNA: Please make sure to register for ORCNA! This helps with the budget to plan the event. Also, look into your accommodations ASAP.

You can go on the website now <http://www.orcna.ca/> to register.

This is a survey for entertainment at ORCNA <http://www.orcna.ca/events>

Volunteers needed! For the regional virtual newcomer meeting. This is a monthly commitment for just 30 minutes! We are looking for speakers with 6 months clean and a facilitator with 1 year clean. Contact : newcomer@orscna.org for more information. Flyer attached to the end of the newsletter.

Mentorship program: New to your service position? We're here to help! Get in touch with us at mentorship@orscna.org. We'll set you up with a service mentor! If you have experience to share you can help US out! Become a service mentor! www.orscna.org/mentorship Flyer attached to the end of the newsletter

Hugs, Fun and Rock & Roll: speaker jam, dance and potluck. Tickets are \$10. Saturday May 3rd 2pm-11pm at Silver Spire United Church 366 St. Paul Street, St. Catherines. If you and your home group would like to donate literature, please email: activities@niagarana.com

SERVICE OPPORTUNITIES AND HOW TO GET INVOLVED

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.

Check out if your own home Group needs help!

- GSR & Alternate
- Secretary
- Treasurer
- Literature Representative (Some groups have a group Lit Rep)



MEMBER CONTRIBUTIONS

Hello, my name is DRUGS

By: Anonymous

I destroy homes, tear families apart, take your children, and that's just the start.
I'm more costly than diamonds, more costly than gold, the sorrow I bring is a sight to behold.
And if you need me, remember I'm easily found, I live all around you, in schools and in town.
I live with the rich, I live with the poor, I live down the street, and maybe next door.
My power is awesome; try me you'll see, but if you do, you may NEVER break free.
Just try me once and I might let you go, but try me twice, and I'll own your soul.
When I possess you, you'll steal and you'll lie. You do what you have to just to get high.
The crimes you'll commit, for my narcotic charms will be worth the pleasure you'll feel in your arms.
You'll lie to your mother; you'll steal from your dad. When you see their tears, you should feel sad.
But you'll forget your morals and how you were raised, I'll be your conscience, I'll teach you my ways.
I take kids from parents, and parents from kids, I turn people from god, and separate friends.
I'll take everything from you, your looks and your pride, I'll be with you always, right by your side.
You'll give up everything... your family, your home... your friends, your money, then you'll be alone.
I'll take and take, till you have nothing more to give. When I'm finished with you you'll be lucky to live.
If you try me be warned this is no game. If given the chance, I'll drive you insane.
I'll ravish your body; I'll control your mind. I'll own you completely; your soul will be mine.
The nightmares I'll give you while lying in bed, the voices you'll hear from inside your head.
The sweats, the shakes, the visions you'll see; I want you to know, these are all gifts from me,
But then it's too late, and you'll know in your heart, that you are mine, and we shall not part.
You'll regret that you tried me, they always do, but you came to me, not I to you.
You knew this would happen. Many times you were told, but you challenged my power, and chose to be bold.
You could have said no, and just walked away. If you could live that day over, now what would you say?
I'll be your master; you will be my slave, I'll even go with you, when you go to your grave.
Now that you have met me , what will you do? Will you try me or not?
It's all up to you.

If you are interested in giving the newsletter any poetry, artwork, or creative expression related to recovery please send it to

newletter@nahamilton.org

SERVICE & OUTREACH INFORMATION

The HIPR committee is looking for help! We meet on the first Monday of every month. Next meeting is on April 7th at 6:30 pm. Located at 24 Emerald Street South.

- If it is your first time attending, please bring ID to enter the facility.
- We need volunteers with 2 years clean 2 years record free to put on meetings at Hamilton Wentworth Detention Centre both the men's and women's units.
- We need volunteers with 6 months clean for the women's detox panel.

We also have positions available or soon to be: Chair, Alt-Chair, PI panel leader and PI alt-panel leader and alt-panel leader for women's detox

Hamilton Area Service Committee of NA (HASC) meets the 3rd Saturday of every month. Next meeting is on April 19th at 10am at 170 Dundurn Street South.

- Positions open for election are: Alt Chair, RCM 2 and Service system coordinator.

Please come out and be of service!

If you are interested in a service role, you MUST be present at HASCNA to be nominated.

CELEBRATING MILESTONES

(ALL CONSENTING MEMBERS)

Shawn M celebrating 2 years on April 5th at the Recovery Room

Carter K celebrating 1 year April 9th at New Beginnings

Abdul F celebrating 18 years April 10th at River's Edge

Michael B celebrating 7 years April 17th at Stronghold Recovery

Jordy M celebrating April 27th at Courage to Change



RESOURCES & CONTACT INFORMATION

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

If you EVER need help and need to speak to someone don't hesitate to
call: 888-811-3887

Just for Today

Love and Addiction

April 1

“Some of us first saw the effects of addiction on the people closest to us. We were very dependent on them to carry us through life. We felt angry, disappointed, and hurt when they found other interests, friends, and loved ones.”

Basic Text, p. 7

Addiction affected every area of our lives. Just as we sought the drug that would make everything alright, so we sought people to fix us. We made impossible demands, driving away those who had anything of worth to offer us. Often, the only people left were those who were themselves too needy to be capable of denying our unrealistic expectations. It's no wonder that we were unable to establish and maintain healthy intimate relationships in our addiction.

Today, in recovery, we've stopped expecting drugs to fix us. If we still expect people to fix us, perhaps it's time to extend our recovery program to our relationships. We begin by admitting we have a problem - That we don't know the first thing about how to have healthy intimate relationships. We seek out members who've had similar problems and have found relief. We talk with them and listen to what they share about this aspect of their recovery. We apply the program to all our affairs, seeking the same kind of freedom in our relationships that we find throughout our recovery.

Just for today: Loving relationships are within my reach. Today, I will examine the effects of addiction on my relationships so that I can begin seeking recovery

VOLUNTEERS NEEDED

**FOR THE REGIONAL VIRTUAL
NEWCOMER MEETING**
MONTHLY COMMITMENT
FOR JUST 30 MINUTES!

MONDAYS AT
7PM EST

**SPEAKER - 6 MONTHS CLEAN
FACILITATOR - 1 YEAR CLEAN**

Contact newcomer@orscna.org
for more information



MENTORSHIP PROGRAM



NEW TO YOUR SERVICE POSITION?

We're here to help! Get in touch with us at mentorship@orscna.org. We'll set you up with a service mentor!

DO YOU HAVE EXPERIENCE TO SHARE?

We need your help! Please visit the link below (or scan the QR code) and fill out our mentorship form to become a service mentor...



www.orscna.org/mentorship

Niagara Area Activities Committee Presents

HUGS. FUN & ROCK N' ROLL

**SPEAKER JAM, DANCE & POTLOCK
TICKETS \$10**

Saturday, May, 3rd, 2025 | 2:00pm-11:00pm

Silver Spire United Church

366 St. Paul Street, St. Catherines

SPEAKERS, DOOR PRIZE, RAFFLES AND MORE

SPEAKERS 2:30-6:30 | CLEAN TIME COUNTDOWN 5:15 | DANCE 7-11

If you or your home group would like to donate literature ,
convention merch or anything else please email
activities@niagarana.com

To sign up for the potluck
please scan the code below



To see what has already been added to
the potluck list, please scan the code below

