

HAMILTON AREA NARCOTICS ANONYMOUS NEWSLETTER

July 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!

TABLE OF CONTENTS

A message of Hope & Recovery.....	Page 4
- Members talk about Step 7	
- Inspirational quotes	
- A “step of the month” focus	
- Creative focus	
NA Program Education.....	Page 10
- Explanation of NA principles, steps, traditions, and service work)	
- Frequently asked questions about recovery and sponsorship	
- Clarification on misconceptions about NA	
Meeting & Event updates.....	Page 13
- Local meeting schedules	
- Announcements for conventions, or workshops	
- Service opportunities and how to get involved	
Service & Outreach Information.....	Page 15
- Updates from NA Hamilton Area committees (HIPR and HASC)	
- Ways members can help newcomers or give back to the fellowship	
Celebrating Milestones.....	Page 16
- Announcements of clean-time anniversaries (member consent)	
Resources & Contact Information.....	Page 17
- Helpline numbers and website links	
- Contact info for local service committees	
- Just for Today	

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 7

Can you share a character defect you've asked your Higher Power to remove

“For me, people-pleasing is one of my biggest character defects. It’s very subtle but deeply rooted in the fear of rejection, a longing for approval, and a belief that my worth is tied to how well I meet others’ needs and expectations. I often betray my own values, silence my truth by pretending to be someone I’m not, in order to feel accepted. In Step 7, “We Humbly asked Him to remove our shortcomings”...I began the process of letting go of this negative pattern, not by removing my kindness or compassion toward others, but by releasing the need to be liked at the cost of my own personal integrity. By practicing humility, I recognize that people-pleasing is not love—it is fear in disguise. I asked my Higher Power to remove the fear that drives me to wear a mask, feel small or hide. By doing this, I make space for authentic relationships rooted in honesty, self-respect, and spiritual alignment.”

- *Anonymous*

What Does Humility Mean to Me in Recovery?

By: Someone Who'd Rather Be Right Than Humble (But is Trying Anyway)

Okay, so real talk? I struggle with humility. Like, a lot. I'm arrogant, stubborn, hot-headed, and self-righteous anger is basically my emotional support animal. I don't just get mad, I get indignant. If there were an Olympic event for “being right and letting you know it,” I'd have a gold medal and a smug little podium speech ready to go.

But recovery? It keeps humbling me, whether I like it or not. Turns out, humility isn't about groveling or pretending I don't know anything—it's about knowing exactly where I stand in the universe: not above you, not beneath you, but right here beside you, trying to figure it out one messy day at a time.

Humility means:

- Not always needing to win the argument (ugh).
- Admitting when I'm wrong without a dramatic monologue.
- Letting go of being the smartest, loudest, or most “wounded” person in the room.
- Asking for help instead of suffering in noble silence like a martyr with a caffeine addiction.

It means I can still be strong and teachable. Still be passionate without steamrolling people. Still be funny and fierce, just without the flaming sword of self-righteousness swinging at every slight.

I'm not perfect at it (understatement of the year), but I'm learning. Every time I pause before popping off, every time I listen instead of preparing my comeback, every time I say, "Hey, I messed that up" that's humility...

Recovery is basically a daily lesson in shutting up, growing up, and showing up, with a little less ego and a little more grace.

Pray for me.

- Anonymous

Inspirational NA Quotes

“Each time we surrender, we find once more that the desperation that drives us to our knees fuels the passion that carries us forward. When hope manifests into reality, our lives change. Our experience affirms what we believe, and belief grows into faith. When our faith grows into knowledge, the program that we once struggled to practice has become part of who we are. We find here what we were looking for all along: connection to others, connection to a Higher Power, connection to the world around us—and, most surprising of all, connection to ourselves.”

— *Narcotics Anonymous, Living Clean: The Journey Continues*

“It’s not recovery that is painful; our resistance to it is what hurts.”

— *Narcotics Anonymous, Living Clean: The Journey Continues*



STEP OF THE MONTH: STEP 7



Step 7: We humbly asked Him to remove our shortcomings

Step 7 is about **humility and willingness**. After we've identified our character defects in Step 6, we now ask our Higher Power to help us let them go.

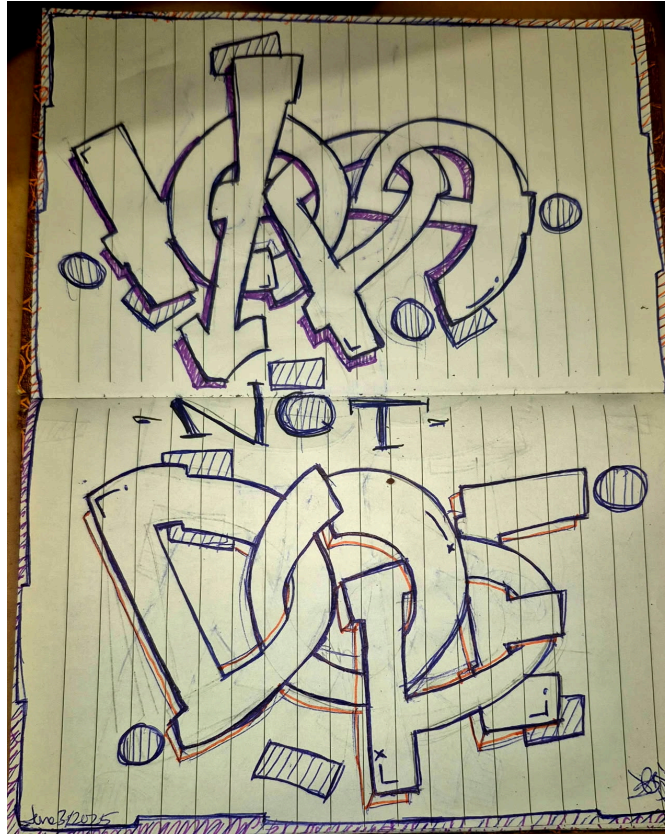
It doesn't mean we instantly become perfect. It means we *acknowledge we can't fix ourselves alone* — and we invite a Power greater than ourselves to help us grow.

Humility isn't about thinking we're less than — it's about being honest with where we're at, and being open to change.



CREATIVE FOCUS

Our members work hard on their recovery. This hard work also includes remembering how they once lived without the use of drugs and alcohol. Meaning, working on themselves and discovering their hobbies that they once had. This member shows us that it's never too late to still enjoy creating art and having a second chance at life.



- Jen H

This member wrote a beautiful poem about Step 3.

Step 3 Haiku

Letting go of will,
Love and truth begin to bloom,
Chaos turns to peace.

- Aaron B

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/>

Courage to Change now has a Women's breakout meeting the last Sunday of every month. Unless there is a celebration, then it will be moved.

Mountain Freedom Group is extending time to 8:30p, with a 10 minute break after the announcements.

Recovery softball league! Come join us EVERY SUNDAY from 10am - 1pm for softball practice. Activities committee has rented out a field for the summer. Show us your skills and join us during NA tournaments throughout the summer. All are welcome!

****Flyer attached at the end of the newsletter****

ANNOUNCEMENTS FOR SPEAKER MEETINGS, CONVENTIONS, OR WORKSHOPS

NA Valens Campout: is booked August 28th - 31st (Labour Day Weekend) See flyer for details or talk to Johnny I.

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)



SERVICE & OUTREACH INFORMATION

The HIPR committee is looking for help! We meet on the first Monday of every month. Next meeting is on July 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: Alt-Chair, PI alt-panel leader and alt-panel leader for women's and mens detox

Hamilton Area Service Committee of NA (HASC) meets the 3rd Saturday of every month. Next meeting is on July 19th @ 10am

- 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)

Lula celebrating 2 years on July 13th at the Courage to Change

Dave H. celebrating 2 years on July 22nd at Friday Night Group

Michelle R. celebrating 1 year on July 26th at The Recovery Room



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

A Simple Program

July 1

"The program is simply sharing, working the Twelve Steps, attending meetings, and practicing the principles of the program."

Our complicated lives can be made a lot less complicated if we concentrate on a few simple things-sharing our experience, strength, and hope with others, regular meeting attendance, and practicing the principles of the program in our daily lives.

By sharing our experience, strength, and hope with other addicts, we provide a powerful example for newcomers to follow. The effort we put into helping others also helps keep self centeredness, the core of our disease, at bay.

Many of us pick one group, a "home group" whose meetings we attend faithfully. This regularity gives some routine to our lives, and lets others know where they can find us if they need us.

Practicing the Twelve Steps in our daily lives makes the difference between a balanced recovery and simply not using. The steps give us some much-needed guidance in managing our everyday affairs.

Yes, we are complex people. But the NA program simplifies our lives, enabling us to live a life free from active addiction. Our lives can be filled with serenity and hope when we live by the guidance of the simple principles of our program.

Just for today: I will remember that, while I am a complex person, NA is the simplest way for me to make my life less complicated.

THE HAMILTON AREA OF

NARCOTICS ANONYMOUS



Recovery Softball League

- Recurring open event for friends & family to attend
- The park has a splashpad, an open field, and a playground
- Pop, water & freezies sold for \$1 during practice and games
- Practice begins at 10am, with a game to follow
- Team name to be decided by participants
- Goal: Represent as the HASCNA team at NA Ball Tourneys
- Support us! Show up, cheer, participate, and volunteer!
- Equipment is available but please bring your own if you can

SCAN FOR DIRECTIONS

TO INCH PARK

BEGINS SUNDAY, MAY 11, 2025

INCH PARK

400 QUEENSDALE AVE E, HAMILTON, ON - #22 BUS STOP 2167

WEATHER PERMITTING

MAY - SEPT 2025

SUNDAYS 10AM-1PM

FOR MORE INFORMATION PLEASE TEXT BETH L. - 905 807 0108



Join the Hamilton Area of
• Narcotics Anonymous for the annual

NA VALENS CAMPOUT

August 28 -31, 2025

LABOUR DAY WEEKEND

Group Camping Fees:

\$15/night/adult | \$8/night/under 16 (+ taxes)

\$10 NA registration fee to pay for the sites

Valens Lake Conservation Area

Group Camping: White Tail & Maple Nook sites
1691 Regional Road 97, Flamborough, ON, N1R 5S7

Questions? Contact Johnny I. - 289 808 2825