

HAMILTON AREA NARCOTICS ANONYMOUS NEWSLETTER

August 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 8

How did you deal with fear or resentment when becoming willing?

“Fear and resentment were not a factor for me while making my list of people I had harmed. It was after I made my list of people I had harmed that fear came into play for me. Knowing and willing that I had to make an amends to someone and accept their response whether it was good or bad was frightening.”

How has working Step 8 changed the way you treat people today?

Working step eight made me feel accountable in my recovery. Also, made me feel like I was going to have better relationships with others moving forward, for it allowed me the opportunity to repair certain relationships that I had messed up during active addiction. Making that list of people I had harmed and actually being willing to make that amend felt really good. It allowed me to experience the principles of honesty, humility and willingness.

- 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 8



Step 8: “We made a list of all persons we had harmed, and became willing to make amends to them all.”

Step Eight is about facing the truth. We look honestly at the harm we caused — not to shame ourselves, but to take responsibility. The goal isn't to fix everything overnight, but to become **willing** to make things right. This step is about **healing relationships**, restoring integrity, and preparing our hearts for change.



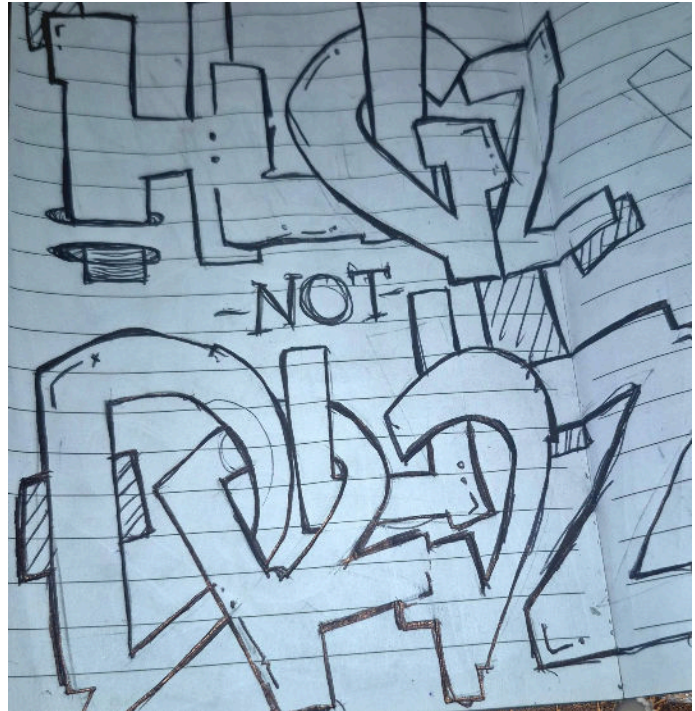
CREATIVE FOCUS

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 in the form of poems and having a second chance at life.

I hide in the eyes of women
I wouldn't touch with a trembling hand—
Chasing their praise like pills,
each hit more hollow than the last.
I swallow silence like medicine,
numb and dry beneath my tongue.
The words I need dance just out of reach,
chained to fear,
tethered to shame.
I feel safest with curtains drawn,
room dim,
mind dimmer.
I used to think that was peace.
Maybe it's just the quiet before the ache.
I'm painfully self-aware—
too sharp to be blind,
too scared to see.
I know what's killing me,
but knowing doesn't heal.
The world spins in small, strange ways.
Tiny things that change people's lives
feel like static to me.
Sometimes I catch the clouds drifting,
feel something like wonder.
Other days,
I'd rather disappear
than watch the sky try to be beautiful.
There is no middle in me.
I live at the edges—
burning or buried.
I'm either chasing the noise,
or laying beside the ghosts
who made quiet their home.

-Nathan

This member is a talented graffiti artist. She no longer expresses herself with narcotics, but rather with her pen and paper. You will sometimes notice her sketching at groups when a creative idea pops up in her mind. She blesses us almost every month with her talented art.



- Jen

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**, ensuring 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 August 11th 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 August 16th @ 10am

- Positions open for election are: Alt Chair, 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)

Nikole C celebrating 5 years on August 3rd at the Courage to Change

Karen W. celebrating 1 year on August 14th at Stronghold

Antonio celebrating 1 year on August 11th at Pride and Recovery

Matt A celebrating 1 year on August 13th at New beginnings

Taylor celebrating 7 years August 23rd at Learn to Live

Joanna celebrating 13 years August 23rd at Learn to Live

Karen L celebrating 5 years August 23rd at Learn to Live

Nathan Z celebrating 1 year August 24th at Courage to Change

Brenda V celebrating 27 years August 24th at Clean and Free



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

Freedom from guilt

August 1

"Our addiction enslaved us. We were prisoners of our own mind and were condemned by our own guilt."

Basic Text, p.7

Guilt is one of the most commonly encountered stumbling blocks in recovery. One of the more notorious forms of guilt is the self-loathing that results when we try to forgive ourselves but don't feel forgiven.

How can we forgive ourselves so we feel it?

First, we remember that guilt and failure are not links in an unbreakable chain. Honestly sharing with a sponsor and with other addicts show this to be true. Often the result of such sharing is a more sensible awareness of the part we ourselves have played in our affairs.

Sometimes we realize that our expectations have been too high. We increase our willingness to participate in the solutions rather than dwelling on the problems. Somewhere along the way, we discover who we really are. We usually find that we are neither the totally perfect nor the totally imperfect beings we have imagined ourselves to be. We need not live up to or down to our illusions; we need only live in reality.

Just for today: I am grateful for my assets and accept my liabilities. Through willingness and humility, I am freed to progress in my recovery and achieve freedom from guilt.

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 CAMP OUT



AUG 28 - SEPT 1, 2025

5 DAYS OF CAMPING - LABOUR DAY WEEKEND

Group Camping Fees *(pay at gate):*

18+ - \$12 /night | 6-17yrs - \$7 /night | 0-5yrs - FREE
(+ applicable taxes)

+ \$10 NA registration fee *(paid on site)*

Valens NA Group Sites: White Tail & Forest Edge

Questions? Contact Johnny I. - 289 808 2825

