

HAMILTON AREA NARCOTICS ANONYMOUS NEWSLETTER

October 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 10	
- 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 10

What does Step 10 mean to you in your daily recovery?

Step 10 keeps me honest with myself on a day-to-day basis. It's not just about spotting the big wreckage from the past. It's about catching those little slips in attitude, ego, or behaviour before they snowball into something bigger. For me, it's a way of staying spiritually balanced: if I mess up, I admit it, clean it up, and move forward. It takes the weight off my shoulders and keeps me living in the present instead of dragging yesterday's mistakes around.

Why do you think continuing inventory is important for long-term recovery?

Because recovery isn't a one-time clean-up job. It's a way of life. Without continuing inventory, old defects creep back in quietly: pride, dishonesty, selfishness. I can't afford to let them stack up, because that's what creates the buildup that leads back to old behaviors and eventually relapse. A continuing inventory keeps me free, keeps me teachable, and helps me grow instead of just "not using." Long-term recovery is about becoming a better human being one day at a time, and Step 10 is what makes that possible.





Inspirational NA Quotes

Just for Today, May 1, “Self-worth and Service”

When most of us arrived in Narcotics Anonymous, we had very little self-worth left to salvage. Many members say that they began to develop self-esteem through being of service early in their recovery. Something just short of a miracle occurs when we begin to have a positive impact on others' lives through our service efforts.

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

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

“We learn that our spirit is not apart from us; it is a part of us. We gain awareness of the exact nature of what is right about us. Our fractured personalities come back together into an integrated whole. Integrity is the state of being fully integrated: Our actions, our thinking, our feelings, our ideals, and our values all match up. It takes a long time for a lot of us to get here, and longer still for us to feel like it’s real. More and more, we are able to bring our behavior into alignment with our values and beliefs rather than our feelings and reactions.”

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

“The reward for staying with it is feeling at peace with who we are.”

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

STEP OF THE MONTH: STEP 10

"We continued to take personal inventory, and when we were wrong promptly admitted it."

The Tenth Step frees us from the wreckage of our present. If we do not stay aware of our defects, they can drive us into a corner that we can't get out of.

One of the first things we learn in Narcotics Anonymous is that if we use, we lose. By the same token, we won't experience as much pain if we can avoid the things that cause us pain. Continuing to take a personal inventory means that we form a habit of looking at ourselves, our actions, our attitudes and our relationships on a regular basis.



CREATIVE FOCUS

We're grateful for this month's submission. For courageously sharing their story in this month's newsletter. Their honesty and openness are a reminder of the strength that comes from Unity in the rooms that spill into our recovery.

Unity: from mayhem to magic.

I got clean in 1986. At the time my life was mayhem. I was using as much as I could every day. My life focused literally on getting and using drugs. I felt completely insane. I was powerless over my addiction, and over my ability to stop using.

Inside I felt worthless, useless, unimportant, even irrelevant. I hated me. I hated my life. I hated my addiction. I hated everyone else. I wanted to die but I didn't have the nerve to kill myself even though I couldn't stand living inside the shell of a body that was me.

I couldn't even come up with any plan for my life - at least no plan that made any sense besides killing myself. I told myself it was a good idea because then, I wouldn't have to feel the pain. That was my best thinking. Killing myself would stop the inner turmoil - the mayhem. I later could see that even though I felt suicidal, some part of me wanted to find another strategy.

Somebody gave me a telephone number for a member of NA. In sheer desperation I reached out. The woman on the other end of the phone listened, and was kind. So I kept phoning her and she kept trying to get me to go to a meeting. Finally she picked me up and took me to an NA meeting. I was prepared - had a few drinks and a few pills and I was ready to go.

What I remember from that meeting is that I identified with the speakers. They talked about the same feelings I had. That was enough to keep me coming back, and weirdly, I went to meetings every day. I stopped using after 5 days, and haven't used since!

Another thing that happened is the first group I joined made me the secretary - so I had to show up every week. Admittedly I had nothing better to do except think about killing myself, so that was a good distraction.

Doing service work, and reading the basic text, I was starting to learn about the steps and traditions. I remember reading tradition one and wondering what it meant - what is unity.

My head, my heart and my gut were always at war: use - don't use; kill yourself or don't; reach out or don't; and lots of self hate - plus, as I said earlier I didn't like people much - maybe because I didn't like me.

I was stuck on the word unity - what was it? Growing up in a violent home, and then getting into drugs as soon as I left home meant I had no opportunity to experience it - I thought.

But then one day I noticed something odd. I didn't want to kill myself. I wasn't mad at me or anybody else. My head wasn't screaming inside. My tummy was calm, My heart was calm. I felt this peace, and I felt unity in that moment. My very next thought was 'this is what unity is! Mayhem was gone. It was replaced by peace and calm.

I then really thought about what this meant for tradition 1: our common welfare should come first. Personal recovery depends on NA unity. I really focused on that thought, and I concluded that unity meant acting for the common good. If we focus on the common good we have the unity we need to contribute to group conscience effectively.

Unity meant setting aside the need to be right, or to be in charge, or to have the last word. It meant being willing to see past what was going on with the people around me - to listen, to observe, to be willing to truly hear the other. It also meant being openminded, and willing to learn.

NA service meetings in my town were very rowdy back in the 80s - people yelled, and even stomped out sometimes. I came to understand that people in NA were there to save their lives, so there was lots of passion, but we were also the blind leading the blind, trying to figure out how to apply the principles found in the traditions, while trying to learn how to live clean. Learning how to contribute in a meaningful constructive respectful way was a critical step in my growth. In doing that I could foster unity within my group or service committee. I could foster peace and calm as we worked through various issues, although that didn't mean the passion was gone!

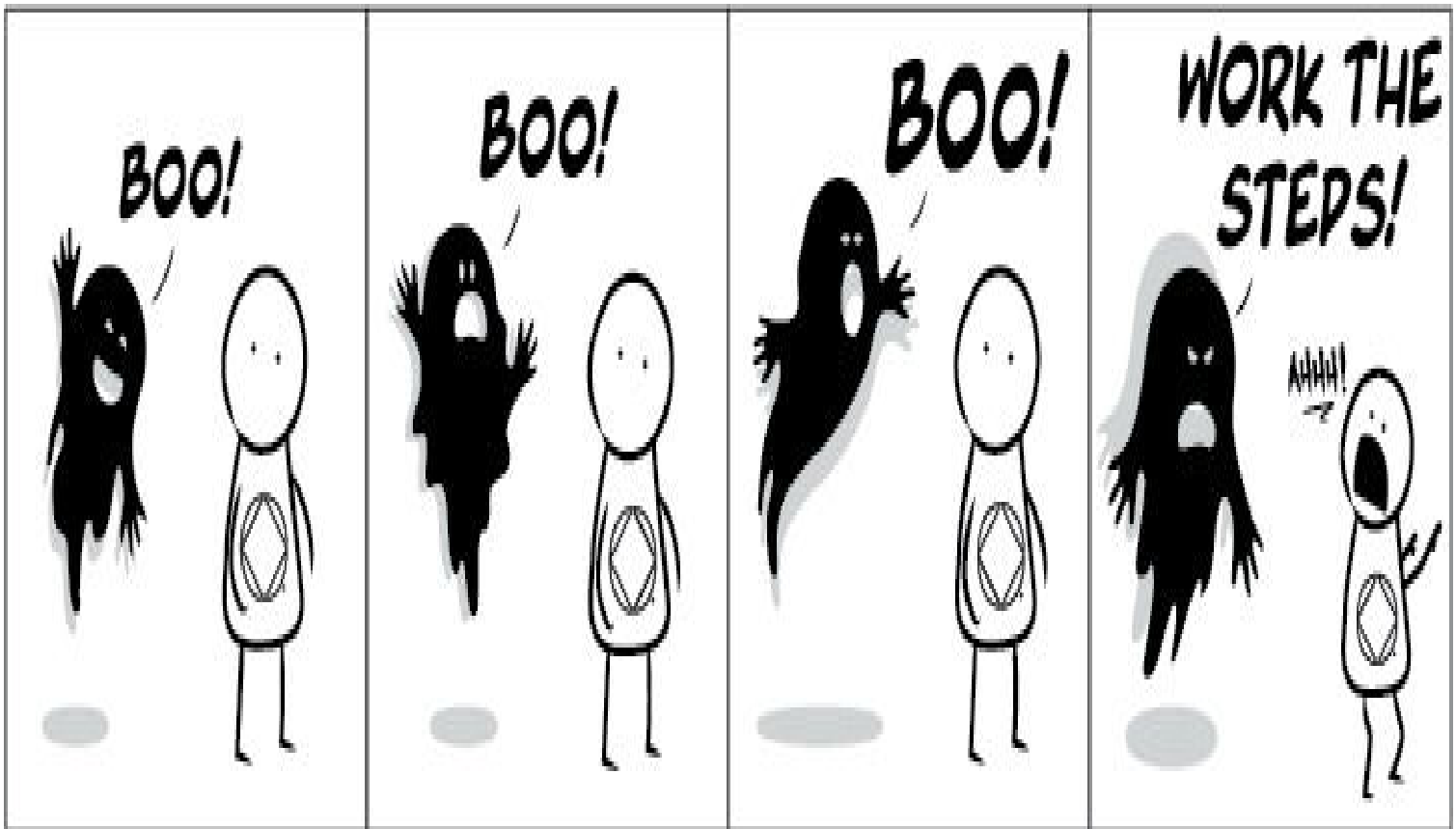
What was super important too, was realizing that there were moments in my life when I acted in unity with my highest self - like when I picked up the phone to call an NA member, and when I stopped using, and when I did service - on a committee or with a sponsee. I realize that unity is acting in accord with my beliefs, my values, and the principles weaved through every step, tradition and concept in NA. Unity is about being true to ourselves, instead of abandoning our wellbeing.

So instead of mayhem, I found just a little bit of the magic of NA in a word: unity!

Yours in service

Charm (previously known as Barbara H)

Thank you to Bethany.L For your comic strip, something all too familiar to many of us when we come into 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**, 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 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.

Dinner and Workshop! Gender Neutral and Inclusive Language in NA Literature. Happening Saturday October 4th, 255 Woolwich Street in Guelph. Doors open at 4PM. Come out for fellowship, potluck encouraged too so bring something with you if you can! For more information email: Activities@Gtascna.org

ANNOUNCEMENTS FOR SPEAKER MEETINGS, CONVENTIONS, OR WORKSHOPS

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 men's 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)

Johnny I. Celebrating 19 Years October 5, 2025 7:00PM at 170 Dundurn Street South

(Courage to Change)

Ronny S. Celebrating 10 years October 19, 2025 7:00PM at 170 Dundurn Street South

(Courage to Change)

Ian S. Celebrating 5 Years October 19, 2025 9:30AM 42 Lawrence Rd
(Recovery in the Park)

Pat K. celebrating 1 Year October 25, 2025 7:00PM 42 Tragina Ave N (The Recovery Room)

Kaitlyn H. Celebrating 4 years October 26th, 2025 7:00PM at 170 Dundurn Street South

(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/>

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

Just for Today

October 1st

Not just a motivation for growth

Page 287

"We learn that pain can be a motivating factor in recovery."

Basic Text, p. 30

"Pain--who needs it!" we think whenever we're in it. We see no good purpose for pain. It seems to be a pointless exercise in suffering. If someone happens to mention spiritual growth to us while we're in pain, we most likely snort in disgust and walk away, thinking we've never encountered a more insensitive person.

But what if human beings didn't feel pain--either physical or emotional? Sound like an ideal world? Not really. If we weren't capable of feeling physical pain, we wouldn't know when to blink foreign particles out of our eyes; we wouldn't know when to stop exercising; we wouldn't even know when to roll over in our sleep. We would simply abuse ourselves for lack of a natural warning system.

The same holds true for emotional pain. How would we have known that our lives had become unmanageable if we hadn't been in pain? Just like physical pain, emotional pain lets us know when to stop doing something that hurts. But pain is not only a motivating factor. Emotional pain provides a basis for comparison when we are joyful. We couldn't appreciate joy without knowing pain.

Just for Today: I will accept pain as a necessary part of life. I know that to whatever level I can feel pain, I can also feel joy.