

HAMILTON AREA NARCOTICS ANONYMOUS NEWSLETTER

November 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 11

What does Step 11 mean to you in your daily recovery?

Step 11 reminds me to slow down and stay connected to something bigger than myself. In my daily recovery it means taking time each morning to center myself, whether that's through prayer, meditation, or just sitting quietly and breathing before the day starts. It's about checking in with my Higher Power and trying to align my thoughts and actions with what feels right, not just what I want in the moment. Throughout the day I try to pause and listen for guidance instead of reacting out of fear or self will. When I do that I make better choices and feel more at peace. Step 11 isn't about being perfect spiritually, it's about practicing awareness, trust, and willingness a little more each day.

Why do you think prayer, meditation and improving our conscious contact with God as we understand him, is important for long-term recovery?

I think prayer, meditation, and improving conscious contact with God as we understand Him are important for long term recovery because they help us stay spiritually grounded and connected to something greater than ourselves. When we take time to quiet our minds and reach out through prayer or meditation, we step away from the chaos and self centeredness that used to run our lives. It gives us a chance to listen instead of control, to let go instead of hold on.

This connection helps build trust and faith that we're being guided even when things don't make sense. Over time it strengthens our ability to accept life on life's terms and handle challenges without turning back to old coping methods. Prayer and meditation remind us that we're never alone and that recovery isn't just about staying clean, it's about growing spiritually, finding peace, and continuing to build that relationship with our Higher Power day by day.



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 11

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



CREATIVE FOCUS

We're grateful for this month's submission. For courageously sharing their poems in this month's newsletter.

My maker rules the Underworld

I am the Satin White King of the Dead

I'll drive Mortals like you insane

Once I get inside your Head

I was made to become your Veiling

I am all dark, no light

I bring daunting nightmares alive

Because the Shadows are my Birth Rite

I know all of your Secrets

And all of your deepest Fears

I know what makes you laugh with Joy

And what brings on your Tears

I'll turn your Dreams into Nightmares

And this I Guarantee

If you dare to test my Fiery

I will set your Demons Free.

Foolish Child, you've come to me now

With strength in my Voice I Make this Vow

Through the Forge of Evil

I claim my Rite

To possess your Soul, Day and Night

Within the Circle of Darkness I Stand Tall

I'll Diminish your Light and your Strength will fall

With hell as my Witness

Sturdy and true

I'll summon the ties

That binds me to you.

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 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.

Unity - The True Spirit of NA soup cook-off and fundraiser for ORCNA 37 on November 29th from 1:00PM-6:00PM at 177 Church street in Bradford. \$10 in advance, \$15 at the door.. See flyer for more details.

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)

Jay R. 25 Years November 6, 2025 12:00PM 155 Ottawa Street North Spiritual Awakenings

Mike M 35 Years November 9, 2025 7:30PM 1831 King St E Clean & Free

Sean S. 1 Year November 23, 2025 7:00PM 170 Dundurn Street South Courage to Change

Brian G. 21 Years November 26, 2025 7:00PM Stoney Creek 1 King St W New Beginnings



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:

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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

November 1

Awakening

"God helps us as we help each other."

Basic Text p.51

Our addiction caused us to think almost exclusively of ourselves. Even our prayers-if we prayed at all-were self-centered. We asked God to fix things for us or get us out of trouble. Why? Because we didn't want to live with the problems we'd created for ourselves. We were insecure. We thought life was about getting, and we always wanted more.

And in recovery we get more-more than just not using. The spiritual awakening we experience in working the Twelve Steps reveals to us a life we never dreamed possible. We no longer need to worry about whether there will be "enough," for we come to rely on a loving Higher Power who meets all our daily needs. Relieved of our incessant insecurity, we no longer see the world as a place in which to compete with others for the fulfillment of our desires. Instead, we see the world as a place in which to live out the love our Higher Power has shown us. Our prayers are not for instant gratification; they are for help in helping each other.

Recovery awakens us from the nightmare of self-centeredness, strife, and insecurity that lies at the core of our disease. We wake up to a new reality. All that is worth having can be kept only by giving it away.

Just for today: My God helps me as I help others. Today, I will seek help in giving away the love my Higher Power has given me, knowing that is the way to keep it.