



Together We Can

N.A. GROUPS OF THE FREE STATE REGION NEWSLETTER

217 N. Warwick Avenue • Baltimore, Maryland 21223

Regional Hot-Line: 1-800-317-3222

TOGETHER WE CAN

OCT.-NOV. 2023

Thought for the Month

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

(Just for Today, July 1st)

Anniversaries

Celebrating at

TWO YEARS

AUDIE M. Sept. 28
KIESHA B.

Hope Without Dope on October 4
Promise Is Freedom Oct. 25

THREE YEARS

SARAH M. Oct. 15

Stronger Ties on Oct. 24

SIX YEARS

DAN S. Oct. 21

Hope Without Dope on Oct. 25

TEN YEARS

RENEE M.

Recovery At the Center on Oct. 27

FOURTEEN YEARS

MILTON W. Sept. 30

Promise Is Freedom on Nov. 13

SEVENTEEN YEARS

PAM S. Nov. 20

Serenity at Six on Nov. 26

EIGHTEEN YEARS

BRYANT G.
ALEXANDER J.

Promise Is Freedom on Nov. 15
Promise Is Freedom on Oct. 30

TWENTY YEARS

TANYA W.

Recovery at the Center on Nov. 3

TWENTY-ONE YEARS

EVAN B.

Promise Is Freedom on Oct. 23

TWENTY-FIVE YEARS

VERNON
JOAN G.

Promise Is Freedom on Nov. 1
Recovery at the Center on Oct. 27

*Editors for the Oct.-Nov. issue
of "Together We Can"*

Jonelle L. - Baltimore
Milton W. - Baltimore
Peggy S. - NEFA

Anniversaries

Celebrating at

TWENTY-SIX YEARS

SCOTT M. Oct. 26 Hope Without Dope on Nov. 1

THIRTY YEARS

FRANK S. Dec. 31 Step Into the Light on Dec. 31
CARLOS H. Recovery at the Center on Dec. 1

THIRTY-ONE YEARS

DARRYL B. Recovery at the Center on Oct. 20

THIRTY-TWO YEARS

DERRICK W. Recovery at the Center on Nov. 10

THIRTY-FIVE YEARS

HELENE Q. Nov. 17 Step Into the Light on Nov. 19

THIRTY-SIX YEARS

FRANCES C. Step Into the Light on Nov. 17

FORTY YEARS

SUNNY B. Promise Is Freedom on Nov. 8

FORTY-ONE YEARS

FRANK D. Recovery at the Center on Oct. 20

*Have you done any
SERVICE WORK lately?
There are lots of ways to serve
the fellowship ...
Choose a subcommittee and
get involved, you'll be
grateful you did!*

***GO TO:**
freestatena.org
**FOR ZOOM & LIVE
NA MEETINGS***

Acronym of the Month

P EOPLE
R ELYING
O N
G OD
R ELAYING
A A
M ESSAGE



“Recovery is a process of evolution. We want to become the best person we can, doing work we feel is important, feeling loved and valued. There cannot be only one way to do that, because we are all different. We want to be given a road map to success.”

From Living Clean, pg. 195

N.A. HISTORY

DID YOU KNOW ... 1978 - the first translated Little White Book is published in German.



N.A. Readers Write

The following articles are the opinions of the writers, and do not represent the opinion of this committee or the fellowship as a whole. We have given permission to all other Service Boards and Committees of the Fellowship of Narcotics Anonymous to reprint any material appearing in this publication.

Don't Quit

*When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must—but don't you quit.*

*Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won, had he stuck it out;
Don't give up, though the pace seems slow—
You might succeed with another blow.*

*Often the goal is nearer than it seems
To a faint and faltering man,
Often the struggler has given up,
When he might have captured the Victor's Cup
And he learned too late,
When he might slip down,
How close he was to the golden crown.*

*Success is failure turned inside out—
The silver tint of the clouds of doubt—
And you never can tell how close you are,
It may be near, when it seems afar;
So stick to the fight when you're hardest hit—
It's when things seem worst that you
mustn't quit.*

Lloyd Welch

(Reprinted from "Together We Can")

But is God's will supposed to be some ultra-mysterious non-understandable power that no one can ever hope to comprehend? If so, how can we ever hope to gain knowledge of it just to the degree of being able to carry it out? We have to be able to get some kind of grip on it to live it in even the smallest way. Well, it may just so happen especially for our purposes, as recovering addicts in the Fellowship of Narcotics Anonymous, God's will may not be all that complicated after all. The suggestion to "keep it simple" is such a fundamental and effective concept in its application of all of life and reality that we can even use it to help us understand God's will.

God's will is what God wants. What does God want? He wants you plain and simple. He wants you back, He wants you to return to Him. Also, it helps us to see clearer what God's will is by determining what we know He does not want. Anything that prevents, interferes or keeps you from returning to God is not His will. If one consumes chemicals, intoxicants or other altering substances, these things keep us from returning to God. Therefore, we can easily conclude that to consume these things is not God's will. Another way of saying this is to keep clean of these things so that we may be more able to contact Him. So, for recovering addicts as we ponder and try to live the 11th Step in considering to trying to do God's will, this is where it all begins for us: staying FREE and CLEAN of that which interferes with us giving God that which He wants or wills the most—our lives and our wills.

Lindsey

(Reprinted from "Together We Can")

11th Step

I don't know about you, but as a recovering addict I spend a lot of time thinking about the will of God. Especially back in the days of my early recovery, hearing somebody talk about the will of God in the 11th Step used to scare me witless. Why? Because a) the phrase "Will of God" sounded so awesome and powerful, b) I had an inkling that my life depended upon how well I was able to relate to "the will of God" and c) I knew I did not know the first thing about it.

\$\$\$\$\$\$

A one dollar bill met a 20 dollar bill and said "Hey, where've you been? I haven't seen you around here much." The twenty answered, "I've been hanging out at the casinos, went on a cruise and did the rounds of the ship, back to the United States for a while, went to a couple of baseball games, to the mail, that kind of stuff. How about you?" The one dollar bill said, "You know, same old stuff, meetings, meetings, meetings."

Anonymous

N.A. Readers Write

Have We Become So Impersonal

Somehow over the last decade, it has become a policy in N.A. (at least in northern N.J.) to pass a meeting list around to get phone numbers for the newcomers. I don't know where this came from, certainly not from world service. In the old days, it was customary to get up off your butt, greet the newcomer personally, and to offer him your phone number. This welcome is much more effective because it connects a face and a personality to the number. Many sponsorship relationships were formed this way. To tell a newcomer that he should carry this list around like an insurance policy and use it if he feels like getting high is a joke. Just how many people do you think are going to sit there (with keys in one hand and their money in the other) and look at this list and try to remember who these people are? He or she should be instructed to start making phone calls right away, in order to start building a support group and find at least a temporary sponsor.

Signed old-timer

(Reprinted from the New Attitudes Bergen Area newsletter, Sept. 2004)

The Robin

*In winter months my heart grew cold
My pride had died, my soul was sold.*

*I can't change my past. This much I know.
My past had long past and so I let go.*

*Now is where I am and now's where I belong
Like a bird in the sunrise, I'll sing a new song.*

*So throw me a curve. See if I care.
I'll conquer your challenge and laugh at your dare.*

*For I have learned much from the selling of my soul.
I only wish that knowledge had no need for such a toll.*

Dorothea Sutton

(Reprinted from "Together We Can")

RECOVERY WORD FIND FIND RECOVERY

S	M	E	E	T	I	N	G	S	I	A	F	A	V
H	I	G	H	E	R	P	O	W	E	R	N	G	O
E	P	U	Y	H	E	A	R	E	W	G	O	R	L
L	E	H	T	R	U	S	T	R	E	I	T	O	O
P	A	U	S	H	A	P	E	R	R	V	V	U	K
S	R	S	E	Y	L	I	M	A	F	E	S	P	R
T	O	A	N	H	C	A	M	E	I	H	O	P	O
E	S	M	O	D	E	E	R	F	A	I	T	H	W
P	N	V	H	O	P	A	C	R	E	Y	A	R	P
W	O	O	U	A	C	C	E	P	T	A	N	C	E
O	P	L	C	E	G	A	R	U	O	C	A	R	T
E	S	A	N	I	T	Y	T	I	N	E	R	E	S

ACCEPTANCE
ANGER
CAME
CARE
COURAGE
FAITH
FAMILY
FEAR
FREEDOM

GIVE
GROUP
HEAR
HELP
HIGHER POWER
HONESTY
HOPE
HUG
LOVE

MEETINGS
PRAYER
SANITY
SERENITY
SHARE
SPONSOR
STEPWORK
TRUST
TRUTH

"Sound Off"

QUESTION FOR THIS MONTH

How has working with a sponsor helped your recovery?

It helps me to stay focused on my recovery and work on my program to stay clean.

Milton W.

Well, my sponsor is always available when I need her. She is not hard on me but without her knowing, she can push my buttons. All in all, she is helpful in a lot of ways.

Jonelle

Working the 12 steps with her, several times, has taught me how to apply the spiritual principles of this program in my life. Our sponsorship family also worked the 12 traditions and 12 concepts of NA which exposed me to even more spiritual principles to apply in service and with others. She is a powerful example of this program and always encourages me to give back through NA service, as she does.

Anonymous

"Sound Off"

QUESTION FOR NEXT MONTH

What should an addict do if they feel like using?

Are you tired of being told like it is?
Are you still looking for an easier, softer way?
Are you fed up with that same old time-tested, proven direction?

THEN YOU ARE READY FOR:

☆ RENT-A-SPONSOR ☆

NO READING! NO WRITING! NO DEADLINES!

AT RENT-A-SPONSOR WE HAVE A VARIETY OF MODELS TO CHOOSE FROM!

STANDARD FEATURES INCLUDE:

- Listening to your whining without constant reference to the steps
 - Co-signing your excuses, justifications and rationalizations
- Working only the steps you want, and in the order you choose

YES, AT RENT-A-SPONSOR, HALF MEASURES ARE OUR SPECIALTY!
REMEMBER, IT'S BETTER TO LOOK GOOD THAN TO FEEL GOOD! WHY WALK THE WALK WHEN YOU CAN JUST TALK THE TALK? WHY SAVE YOUR ASS AT THE COST OF SAVING YOUR FACE? WE KNOW HOW UNIQUE YOU ARE AND WE UNDERSTAND!
LEARN THE SECRET OF GIVING IT AWAY BEFORE YOU HAVE IT!

CALL: 1-900-GET-A-HIT

CALL NOW AND RECEIVE A FREE COPY OF "STAYING CLEAN ON SHARING ALONE" OR
"HOW TO SUCCESSFULLY BLAME OTHERS FOR ALL OUR PROBLEMS"

[Reprinted from "Inside the Rooms" March 2002]

Step Eleven

[Excerpt from, "It Works How and Why"]

"We 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."

We are on a spiritual path which will lead us to a greater understanding of our Higher Power. Many of us have remarked on the great joy we find along the way. We are sure to get help from our fellow members or, perhaps, even from others who are also walking a spiritual path.

Tradition Eleven

[Excerpt from, "Basic Text"]

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

This tradition deals with our relationship to those outside the Fellowship. It tells us how to conduct our efforts at the public level. Our public image consists of what we have to offer, a successful proven way of maintaining a drug-free lifestyle. While it is important to reach as many people as possible, it is imperative for our protection that we are careful about advertisements, circulars and any literature that may reach the public's hands.



Have You Called An N.A. Member Today?



EDITOR TO READERS: RELEASE FORM

I hereby give the Narcotics Anonymous Fellowship, *Together We Can*, their successors, assigns and those acting on their authority permission to publish the attached original article(s), poem(s), or other written material pertaining to my personal experiences with or opinions about the N.A. Fellowship or program, I understand that my material may be edited. I further understand that every effort will be made to assure my anonymity. I possess full legal capacity to exercise this authorization and hereby release *Together We Can* and the Narcotics Anonymous Fellowship and its service boards and committees from any claim by myself, my successors and/or my assigns.

Signature (first and last name)

Date

Witness Signature (first and last name)

The following information is optional, and if supplied will be kept in complete confidence. It will help us to contact you if we have any questions about the material you submit.

Address

City, State and Zip Code

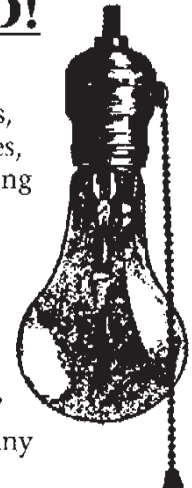
Telephone

WANTED!

DESCRIPTION: Art, poems, cartoons, short stories, articles, ideas, comments, anniversaries, gratitude lists, etc. by recovering addicts.

SALARY: If what you have to say touches even one addict, your reward will be immeasurable!

PS We at "Together We Can" must have a release form for any original Reader's Writes.



SEND YOUR INPUT TO:

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