



# 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

DECEMBER 2023

## Thought for the Month

*"You cry some more and call your sponsor. You drive to a friend's house and don't even notice the beautiful scenery because your inner landscape is so bleak. You may not feel any better after visiting your friend—but at least you didn't visit the connection instead."*

*(Just for Today, November 17th)*

## Anniversaries

### TWO YEARS

JOHN G.  
RODNEY  
DONNA b.

#### Celebrating at

Come Get Some on November 24  
Promise Is Freedom on January 24  
Living Clean on November 30

### THREE YEARS

FRANK T.

Serenity at Six on December 3

### FIVE YEARS

RHONDA

I Need Help on November 26

### SIX YEARS

KRISTEN

Sisters of Serenity on November 27

### NINE YEARS

LAURA W-H.

Come Get Some on December 15

### TEN YEARS

JESS B.

Sisters of Serenity on November 6

### ELEVEN YEARS

DE AN

Come Get Some on November 17

### THIRTEEN YEARS

DAWN K.  
VIKKI E.

Come Get Some on December 22  
Come Get Some on December 29

### FOURTEEN YEARS

MILTON W. September 30

Promise Is Freedom on November 13

### FIFTEEN YEARS

TAZZ A.

Promise Is Freedom on January 22

*Editors for the Dec. issue  
of "Together We Can"*

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

# Anniversaries

## SEVENTEEN YEARS

*Celebrating at*

PAM S. Nov. 20 Serenity At Six on Nov. 26  
 ARNOLD Serenity on Nov. 21

## EIGHTEEN YEARS

BRYANT G. Promise Is Freedom on Nov. 15  
 HERB R. Against All Odds on Dec. 10

## TWENTY YEARS

ARKEMIA Are You Willing on Jan. 9  
 JESSE Eastside Group on Nov. 26  
 JACK S. Gratitude Group on Dec. 3

## TWENTY-ONE YEARS

DEAN Us Helping Us on Nov. 16

## TWENTY-FIVE YEARS

VERNON Promise Is Freedom on Nov. 1  
 ADRIAN No Longer Bound on Dec. 2

## TWENTY-SIX YEARS

SCOTT M. Oct. 26 Hope Without Dope on Nov. 1  
 NICK F. Serenity at Six on Dec. 10

## TWENTY-EIGHT YEARS

*Celebrating at*

ELIZABETH SC. You Get What You Need on Dec. 12

## TWENTY-NINE YEARS

RONALD B. Promise Is Freedom on Jan. 29

## THIRTY-FIVE YEARS

HELENE Q. Nov. 17 Step Into the Light on Nov. 19  
 KATHY M. Are You Willing on Dec. 22  
 GREG D. Are You Willing on Jan. 15  
 GERNUS Power of Example on Nov. 26

## FORTY YEARS

SUNNY B. Promise Is Freedom on Nov. 8

## FORTY-ONE YEARS

MARK D. December 1

Acronym of the Month

GRIND

GET

READY

IT'S A

NEW

DAY



## N.A. HISTORY

DID YOU KNOW ... 1961 - the Little White Book is published this year.

1961

The Little White Booklet is published this year.

Friday Nite 8:30 P. M.  
 Christ Memorial Church  
 Rhodes & Moorpark  
 Studio City, California

Thursday Nite 8:30 P. M.  
 St. Stephens Church  
 Gower & Yucca  
 Hollywood, California

Sunday Afternoon 2:30 P. M.  
 260 South Westlake  
 Los Angeles, California

Tuesday Nite 8:30 P. M.  
 2316 Magnolia - Bear Apt.  
 Burbank, California

N.A. HISTORY

NARCOTICS  
ANONYMUS

P. O. Box 622  
 San Ysidro  
 California

Still in publication today, the Little White Booklet provides an introduction to N.A.

# 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.*

## Healthy Fear

Fear is normally thought of as a negative emotion when a person is so consumed about what might happen (FUTURE); about what has happened (PAST); and unable to walk through no matter what, and put one foot in front of the other (PRESENT). This is what I call a healthy fear. This is a message about healthy fear, more commonly known as a "fear of success".

In my life the living process started in August of 1998, when I finally admitted defeat to a power greater than myself (surrender and acceptance). After that date I have experienced a series of trials and errors in living (honesty and willingness). I choose to get married and start a family--an endeavor which requires that I be diligent to hold on to these things by applying a concept called humility. I have to revise everything I know about reality, relationships and what I know about a partner's role in a relationship.

I believe in God. Not as a religion, but as a loving, caring and forgiving Being who has my best interests at heart; and a concept called hope, which has turned into faith over time, because I now know God works better than I do.

I decided to sign up for school because I believe that with an education, anybody can get a job. I want a career. One that would help me, by helping others (criminal defense--preferably public defender) because I have taken so much in my past, that I want to finally give back. School has been a constant struggle, but I am willing. I didn't know that the process of getting a Law degree was so lengthy. I had to attend a City College, and I am now attending a University for a B.A. Once finished, I then will be going to law school. I have been in school since August 2002.

This is an example of me experiencing and walking through the concept of healthy fear because I really don't know what my life will be like. I just put myself in a position to accept God's blessings. My head always tells me that nobody wants to hear what I have to share anyway (but lawyers give opinions on legal issues), and I really hate the attentiveness that I have to practice with regard to going to a University to get a B.A., then to go to law school. My approach to the healthy fear that I am talking about is that I make plans; I just don't plan the outcome. Yeah, God willing, I'm going to complete school, but who really knows if I will be a public defender; or if I will even practice law.

Success or what is commonly referred to as "the American dream" is depicted as: having a beautiful wife; a nice new car; being a home owner with kids that have a chance to reap the benefits of my role model. At the same time, it is said that "money, property, and prestige and will divert

us (me) from my primary purpose"- a concept that isn't often connected when talking about the options of living without spiritual principles, the ends of which are jails, institutions, dereliction, and death.

For me, dereliction meaning abandonment or neglect of duty, of which mine are many. As a husband, father, student (in school and in life), employee and a member of society, I have to practice at not only sustaining, but nurturing (which has spiritual concepts of: unity, desire, patience, tolerance, acceptance) all of these; but most of all, a belief in Higher Power which I choose to call GOD. Its hard to know if I am being a good father, because kids are selfish by nature and don't volunteer information freely; a good husband, because communication and humility don't come naturally no matter how much I practice; a responsible member of society/my household, because I am selfish, self-centered and self-seeking with no practice needed; and most of all, having hope and faith in knowing that God is everything or nothing at all.

This paper is about fear of success and healthy fear, and can be summed up in my belief (which by the way has turned to faith) that no matter how many tests in life that I take, I recognize who gives me my final grade and whom I do really serve. I choose today to serve my God.

My God loves me when I receive a scholastic grade in school of C- (not passing, making me feel like a failure and forgetting that their will be another class offered, but am I willing?). And when my wife tells me that love isn't paying the rent, and that she expects more of me because for everything that I take on, something has to be removed. Go to school, less time to work; getting two jobs, less time for family. My God accepts me just the way I am. Even when the job requires more work- same pay, and no appreciation, just like them kids.

Man doesn't give me money. My God, and my willingness puts me in a position to receive some things, and he also takes some things away if I am not willing to know they are on loan from God. My God loves and accepts me, even while my head is telling me that I don't deserve anything; that I should be dead, or in jail and most definitely miserable because I practiced nothing beneficial to anybody but myself.

Thank God for being God, because if I got what I deserved, it wouldn't be like it is today. God gives unmerited favor and grace, and it's not limited. It's free. All I have to do is do the right thing, for the right reason when nobody knows, or is looking ( empathy given is returned abundantly), being of service to someone other than myself; and not beat myself up for not being perfect. ... just willing to progress.

Alvin J.

*(Reprinted from "The Heartbeat" Nov/Dec 2007)*

## N.A. Readers Write

{From the "Recoverer" No. Idaho Region}

### HAND IN HAND

*If you share with me your sorrow  
And I turn my back on you  
It doesn't matter what my reason is  
For I have turned away God, too.*

*And if you need someone to listen  
And I will not take the time  
I am closing the doors that lead to God  
Avoiding steps that I should climb.*

*But when I take that extra minute  
Or I walk that extra mile  
I am walking hand in hand with God  
With innocence of a child.*

*Because God works through the people  
All the people of the world  
And when we learn to help each other  
All life's secrets are unfurled.*

*So if you feel you have a problem  
And you need someone to care  
Don't be afraid to reach out  
For God is always there.*

*And as God gets closer to us  
And we take him in our hearts  
We're becoming less self-centered  
That's when growth and progress start.*

*So remember, Easy Does It  
Life can't be changed in just one day  
But in one day you can make changes  
To live a better life today.*

Leona

*(Reprinted from "Together We Can" April '89)*

### Supporting the Newcomer

A seventeen year-old girl walks through the doors of an N.A. meeting. Her name is Anonymous and she's very frightened because she doesn't know anybody.

Although many people have advised her to seek help in these meetings, she is terrified and decides to leave. As she bows her head and turns to go, a lady walks up to her and smiles. This woman gives Anonymous a concerned hug and tells her that she is in the right place.

The next two hours are filled with a roller coaster of emotions and realizations. Susan finds that she can relate to almost everyone in the room. She wonders if, like the rest of these people, she has been damned by the disease of addiction. She finds comfort in the fact that she is not alone. After the meeting, a couple of her new found friends offer her a ride to a meeting being held on the beach the next day. She accepts the offer, and after gathering the telephone numbers of many friendly people, heads out the door. Anonymous sits at home terrified about what to do next. In a moment of anxiety, she reaches in her jacket pocket in search of any left over remains of drugs or paraphernalia. To her dismay, all she can find is a bottle of pills, almost completely empty, and a piece of paper with nine phone numbers scribbled on it.

Thanks to the steps and the basic principals of the program, a few members of Narcotics Anonymous were able to instill enough hope into Anonymous to keep her coming back. She spent the next two hours on the phone with a member of the program, and is now celebrating her one year birthday "clean and serene."

Sonja F.

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

### The Symbol of Life

*The circle starts with  
A diamond inside  
And from the diamond's  
Corners it starts to rise  
Surrounded by the things  
We can't live without.*

*Society, Service, God and Self  
Now if you look close  
Twelve Steps do appear  
Reaching up to the peak  
Where freedom becomes clear.*

*So when you think too much  
Or the going seems tough  
Take a walk through the steps  
With a friend at your side  
For at the end of this walk  
Peace and serenity abide.*

George III  
Seattle, WA

*(Reprinted from "Bronx NA Connection" Sept. 1999)*

# WORD SEARCH



Everyone seems to like these so ...

articles  
contributions  
help  
publish  
shame  
guilt

service  
committment  
submit  
perseverance  
procrastinate  
poems

strength  
hope  
newcomer  
oldtimer  
program  
faith

neglect  
sharing  
growth  
Learning Day  
experience  
In Step

## "Sound Off"

QUESTION FOR THIS MONTH

***What should an addict do if they feel like using?***

Pray. Call your sponsor. Go to a meeting and don't pick up. Then it can't get in you.

Sarah F.

Pray, talk about it with your sponsor/network and play your personal "tape" as a reminder of the desperation and despair in your addiction.

Deb N.

Pray, go to meetings and don't pick up.

Anonymous

QUESTION FOR NEXT MONTH

***How do you use the tools of recovery to resolve conflict in your life?***



## Step Twelve

[Excerpt from, "Basic Text"]

*"Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs."*

The selfless service of this work is the very principle of Step Twelve. We received our recovery from the God of our understanding. We now make ourselves available as His tool to share recovery with those who seek it. Most of us learn that we can only carry our message to someone who is asking for help. Sometimes, the only message necessary to make the suffering addict reach out is the power of example. An addict may be suffering but unwilling to ask for help. We can make ourselves available to these people, so when they ask, someone will be there.

## Tradition Twelve

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

*"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."*

Anonymity is one of the guiding principles behind the way our groups practice the Seventh Tradition. We believe in the value of selfless generosity for its own sake. For this reason, we choose to receive support from our members anonymously. We also encourage each group as a whole to become fully self-supporting, not dependent on only one or two individual members. The principle of selfless giving, without expectation of personal distinction or reward, goes hand-in-hand with the principle of collective responsibility. Together, they assure both the spiritual solidarity and the financial stability of our groups.



EDITOR TO READERS:

### RELEASE FORM

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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.

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City, State and Zip Code

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Telephone

## Have You Called An N.A. Member Today?



### 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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