



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

MARCH 2024

Thought for the Month

*"When we find ourselves disturbed by the turmoil of our world,
we can find comfort in prayer and meditation."*

(Just for Today, May 7th)

Anniversaries

3 MONTHS

6 MONTHS

9 MONTHS

NICK S.

The following members will be celebrating **ONE YEAR ANNIVERSARIES**. We feel that you are all miracles and powers of example that this program **WORKS!!!**

Celebrating at

ONE YEARS

JUSTIN M.	January 29	Hope Without Dope on February 21
SPENCE I.	February 10	Give Yourself A Break
DANIEL M.		New Beginnings on February 8
DILLION R.		Freedom Group on February 15
JOHN		Stronger Ties on April 23
JESSIE		Stronger Ties on May 7
DONNIE		Recovery at the Center on April 19
REGGIE		Recovery at the Center on May 3
CAMERON M.	March 1	Hope In Hampstead on March 19

THREE YEARS

FRED		Stronger Ties on March 19
RICK		Stronger Ties on April 16
CHRIS S.	February 5	Never Alone on February 9
NICK		Stronger Ties on April 9
ROBIN M.	February 23	Give Yourself A Break on February 27
SYDNEY K.		Get 2 Steppin' on March 11

FOUR YEARS

BROOKE T.		Stronger Ties on March 26
LAUREN B.		Good Vibe Tribe on February 12
DAVID S.	January 31	Sheer Desperation on February 4
RACHEL S.		New Beginnings on March 7

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

James A. Baltimore
Jonelle L. - Baltimore
Kim H. - Baltimore
Mario - Baltimore
Milton W. - Baltimore
Peggy S. - NEFA

Anniversaries

SIX YEARS

JOE C. Feb. 14 Give Yourself A Break
 TRISH C. Hope In Hampstead on Feb. 6
 JEN W. March 20 Get 2 Steppin' on March 25

SEVEN YEARS

BRIAN H. Never Alone on Feb. 16

NINE YEARS

RICKY L. Cook Ln/Edmondson on March 20
 JESSE Eastside Group on Nov. 26
 JACK S. Gratitude Group on Dec. 3

TEN YEARS

LAURA MAE Feb. 8 Step Into the Light on Feb. 11
 ROZ P. Recovery at the Center on March 29

TWELVE YEARS

TEE Z. Come Get Some on Feb. 23
 BRUCE H. Westminster Men's Rap on Feb. 12

THIRTEEN YEARS

BRETT F. Stronger Ties on April 30

FOURTEEN YEARS

TORY M. Hampden Group on Feb. 8
 LAMONT Recovery at the Center on April 26

SEVENTEEN YEARS

EMMA C. Recovery at the Center on March 1

TWENTY YEARS

ARKEMIA Are You Willing on Jan.9

TWENTY-THREE YEARS

FELICIA C. Feb. 22 Saturday Noon on March 30

TWENTY-FOUR YEARS

BRO. LEWIS Celebrating at McVets on March 1

THIRTY YEARS

KEVIN G. Recovery at the Center on Feb. 16
 VANESSA A. March 24 Give Yourself A Break
 ROCHELLE Blast of Recovery on March 29

THIRTY-ONE YEARS

ERIC F. Promise Is Freedom on March 13
 ROGER J. Manic Sunday on March 3

THIRTY-TWO YEARS

CORDELIA F. Promise Is Freedom on Feb. 7
 TOPPER Recovery at the Center on March 8
 MARK B. Recovery at the Center on Feb. 2

THIRTY-THREE YEARS

ELMER Recovery at the Center on April 26

THIRTY-FIVE YEARS

GREG D. Are You Willing on Jan. 15

THIRTY-SIX YEARS

ROXANNE C. March 29 Stronger Ties on April 2

THIRTY-SEVEN YEARS

HOWARD S. New Beginnings on Feb. 29

THIRTY-EIGHT YEARS

WENDELL Power of Example on March 10

Acronym of the Month

R
E
F
L
E
C
T

REALISTIC
EVALUATION
FINDS
LOST
EMOTIONS
CARRYING
TRUTH

N.A. HISTORY

DID YOU KNOW ... The first translation of the Basic Text was in French. In 1987, the World Service Office, in cooperation with the Canadian French-Speaking Translation Committee, developed an initial translation of Book One (everything but the stories) of the Basic Text.

The Voice of Recovery (July-Aug-Sept 2003)

THIS IS A PROGRAM OF LOVE
 THIS IS A PROGRAM OF RECOVERY
 THIS IS A PROGRAM OF LIFE

N.A. Readers Write

When you are forced to look deep within ...
It's full of emotion and no where to hide ...
You start to break down walls that you built ...
In order to get thru it, go full tilt ...
Break it down all the way to the floor ...
You will come out better that's for sure ...
Never give up on faith and hope ...
I will always be there to throw you a rope ...

Mandy B. (2/12)

Live Your Dreams

Hope instead of desperation
Faith instead of despair
Courage instead of fear
Peace of mind instead of confusion
Self-confidence instead of helplessness
The respect of others instead of their pity and contempt
A clean conscience instead of a sense of guilt
Real friendships instead of loneliness
A clean pattern of life instead of purposeless existence
The love and understanding of our families
instead of their doubts and fears
The freedom to live life instead of the bondage
of an addict's obsession.

Anonymous

(Reprinted from "The Voice of Recovery", Oct-Nov-Dec, 2004)

THIS IS MY LIFE

This is my life and I'm taking it back
You had your chance it wasn't time you locked
I gave you years and what did you do?
Made a lot of promises but kept very few
I want to stand alone I need to be free
The time has come for you to let me be
I've had enough I can't take anymore
We were always running or looking to score
Life is so short to be living this way
Going from hotel to hotel just scraping by each day
Now you say that you love me and I believe that to be true
I know about the pain my leaving will put you through
This can't be helped I know this to be fact
because ... This is my life and I'm taking it back.

S.S.

(Reprinted from "The Heartbeat", Jan/Feb 2010)

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.

N.A. Unity, Without It We're Dead

As it says in the First Tradition of Narcotics Anonymous, "Our common welfare should come first; personal recovery depends on N.A. unity." Unity to me means hanging tough together, putting our personalities on the back burner and allowing ourselves to be open and willing in all areas of living.

I remember what gave me what I have today. It was a group of addicts doing for each other what I couldn't do alone. The groups are controlled by the addicts attending. When you walk out of a meeting think of yourself-have you tried to preserve N.A. Unity? Not gossiping, maintaining anonymity, helping a newcomer, getting involved in groups, help to carry the message to the still suffering addict.

We have to remember that as long as the ties that bind us together are stronger than those that would tear us apart, ALL WILL BE WELL.

An N.A. Member

(Reprinted from "Together We Can", May 1983)

NEW BEGINNINGS

It started with a man
Who showed me that I can
It's now moved on from there
Because now I know I care
To learn to love myself
Take my estemi from off the shelf
To be happy with who I am
Happiness no longer a sham
It's been inside of me
Never something given for free
Thought the road's been long and hard
As I've always been on my guard
Sheltering myself from any feeling
Never allowing any true healing
Of all the hurts I have inside
Any more hurt I couldn't abide
But what I didn't seem to know
Was I was my own worst foe
Now I know that I am winning
Because I now I have this ...

New Beginning

(Reprinted from "The Voice of Recovery", July 1998)

N.A. Readers Write

HP and Me

Joy is in my heart
 And your love has touched my soul.
 I'm glad you're still there
 It's with you that I'm made whole.
 Today, in my life —
 It's one moment at a time.
 Every time I pray
 You get me out of my "mind."
 Thank you for all your love—
 I finally see the light.
 NA's in my life
 And now I'm doing it right!

Mary M.

(Reprinted from the Voice of Recovery, July 1998)



“Get lots of phone numbers from clean folk and pay your phone bill. What really helps me along the way is that no matter what happens today, I will not get loaded.”

“TOGETHER WE CAN”

In order to truly become a Regional Newsletter, our Editor's Meeting is now available on Zoom. We invite everyone interested to join us every 3rd Saturday at noon.

Meeting I.D.: 82543270736
 Password: freestate

“Sound Off”

QUESTION FOR THIS MONTH

What do you do to keep your NA program working?

1. Pray
2. Go to meetings
3. Stay connected
4. Be of service
5. Talk to your sponsor
6. Work the steps and live them

Anonymous

Stay and don't leave before the miracle happens.

James A.

Stay and don't go nowhere!

Kim H.

To go a meeting, stay connected, pray and do the work necessary to stay clean. That works for me.

Milton W

Keep coming back and don't pick up, no matter what.

Shelly M.

I pray and do step work.

Jennifer S.

Well, for me I pray every morning. I ask God how he wants me to serve. Then I read a daily meditation. Then I start my day, thinking of another recovering addict. It could be a friend or sponsor or even a newcomer. I do a lot of step work. Whether I am writing or going over step work with someone else. I go to 3 or 4 meetings a week. Usually my home group, zoom on Thursdays with my sponsees, and a random meeting. Then I have service commitments on Wednesdays, whether it's area service or the spiritual retreat committee. Got to give it away to keep it. Then I say my prayers before I sleep.

Roxanne C.

By getting involved in NA service work on any platform (home group, conventions) or something as simple as giving a newcomer a ride to a meeting.

Deborah N.

QUESTION FOR NEXT MONTH

How do you practice selflessness in group conscious, service, and in the NA community?

Step Two

[Excerpt from, "Basic Text"]

"We came to believe that a Power greater than ourselves could restore us to sanity."

We talked and listened to others. We saw other people recovering, and they told us what was working for them. We began to see evidence of some Power that could not be fully explained. Confronted with this evidence, we began to accept the existence of a Power greater than ourselves. We can use this Power long before we understand it.

Tradition Three

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

"For our group purpose there is but one ultimate authority—a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Tradition Three spells freedom for the members of NA. It sets the sole requirement for membership in the heart of each individual member. We don't have to decide for anyone else. We don't have to expend time and energy on deciding who should stay or who we should help. Instead, we are free to extend loving assistance to anyone who walks into a meeting desiring freedom from addiction.



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

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.

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