



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

APRIL 2024

Thought for the Month

"Each action we take in this vein bring us closer to becoming the people we were meant to be."

(Just for Today, April 16th)

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

TREENA
CAMERON M. March 1
JOHN F.
JESSIE
DONNIE B.
REGGIE J.
KAITLYN R. April 26
KATHY

Come Get Some on May 10
Hope In Hampstead on March 19
Stronger Ties on April 23
Stronger Ties on May 7
Recovery at the Center on April 19
Recovery at the Center on May 3
Attitude of Gratitude on April 27
Stronger Ties on May 14

TWO YEARS

ALWX D.

Steps To Freedom on April 10

THREE YEARS

FRED
RICK O.
NICK D.
SYDNEY K.

Stronger Ties on March 19
Stronger Ties on April 16
Stronger Ties on April 9
Get 2 Steppin' on March 11

FOUR YEARS

BROOKE T.
RACHEL S.

Stronger Ties on March 26
New Beginnings on March 7

FIVE YEARS

PATRICK R. March 26

Get 2 Steppin' on April 1

*Editors for the April issue
of "Together We Can"*

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

Anniversaries

SIX YEARS

JEN W. March 20 Celebrating at Get 2 Steppin' on March 25

SEVEN YEARS

BEN Z. April 8 Serenity on Sunday on April 14

EIGHT YEARS

MEL B. Parkville Group on April 3

NINE YEARS

RICKY L. Cook Ln/Edmondson on March 20

TEN YEARS

ROZ P. Recovery at the Center on March 29

TWELVE YEARS

DAN C. Steps to Freedom on April 3
 DESIREE M. April 21 Get 2 Steppin' on April 22
 MICHELLE H. In Quiet Moments on April 4
 PAUL S. Serenity on March 12

THIRTEEN YEARS

BRETT F. Stronger Ties on April 30

FOURTEEN YEARS

LAMONT C. Recovery at the Center on April 26
 TOSHA S. Recovery at the Center on May 17

FIFTEEN YEARS

ALI J. Stronger Ties on May 28
 SHANNON B. April 18 Friday Reach Out on April 19

SIXTEEN YEARS

PEGGY C. April 16 Give Yourself A Break on April 23

SEVENTEEN YEARS

MIKE W. JR. Steps to Freedom on April 24

EIGHTEEN YEARS

RACHEL M. Will to Survive on April 23

NINETEEN YEARS

JACK U. Nov. 25 Topics of Recovery on March 7
 MIKE W. Serenity at Six on March 24

TWENTY YEARS

SHELLY M. April 1 Celebrating at Hope Without Dope on April 3
 ARKEMIA Are You Willing on January 9

TWENTY-THREE YEARS

BRO. LEWIS McVets on March 1

TWENTY-SIX YEARS

SHARRON H. Friday Reach Out on March 29

TWENTY-EIGHT YEARS

ERIC R. Recovery at the Center on March 22

TWENTY-NINE YEARS

DOUG L. April 10 Never Alone on April 12

THIRTY YEARS

VANESSA A. March 24 Give Yourself A Break
 ROCHELLE Blast of Recovery on March 29
 SHARON S. North Point Group on April 26

THIRTY-ONE YEARS

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

THIRTY-THREE YEARS

MARK Mc Recovery at the Center on April 26
 ELMER C. Recovery at the Center on April 26

THIRTY-FIVE YEARS

MARY CLAIRE Merritt Point Group on March 22
 JIMMY Saturday Morning on March 30

THIRTY-SIX YEARS

ROXANNE C. March 29 Stronger Ties on April 2
 BILL D. April 30 Friday Reach Out on May 3

FORTY YEARS

RHONDA C. Courage to Change on March 22

FORTY-ONE YEARS

RUTH R. Come Get Some on May 31
 DENNIS D. Serenity at Six on March 17

Acronym of the Month

P R I D E

P RIDE
R EMEMBER
I T
D ESTROYS
E VERYTHING

N.A. HISTORY

DID YOU KNOW ... The trust agreement signed on May 20, 1969 by the original trustees, Jimmy K., Chuck S., Bill B. and Bob B.

Miracles Happen, p. 70

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.

Yesterday, Today & Tomorrow

Today I've learned that the yesterdays of my past can't hurt me anymore.

It's today I've only been promised, a Gift from my Higher Power. Oh, how bright his light is shining—with hope and faith through him, my tomorrows can shine even brighter. Just a few 24 hours away—clean for today. So grateful for him and NA—the message is hope and the promise is freedom, “one day at a time.” “Do or Die.”

Pauly C.
June 27, 2006

THIRTY YEARS & STILL GROWING

I cannot comprehend that a year before I was born, dope fiends began to recover in N.A. I am just grateful that 26 years later they were still there to help me begin my recovery. It is unreal to think some of today's grandfathers were yesterday's dope fiends. When I first came into N .A. people told me I needed other fellowships with more time, I said, “Bullshit.” I don't know why but I knew one day at a time, I could make it in N.A. There are people with 20, 25, 30 years clean in N.A. N.A. works. Today it has worked in my life.

(Reprinted from the Together We Can, July 1983)

Healing By Sharing

We all come together to find a healing place
Sharing from our hearts, knowing we are safe
No need to act as if, we don't have a care

We let down all our walls, and really begin to share
Pain shared is pain lessened, a wonderful thought that
helps We share our wounds and our fears, revealing our
inner selves.

I see the fear each person has of letting others in
So much abuse, damage and pain so hard to trust again
We open up to each other, developing a safe place
I feel the love in their hearts, see joy upon each face
In their eyes I see myself I realized they are me
We all just want to be loved and able to be free
Freedom comes from opening up and sharing from
your heart

You begin to bond and feel the joy a wonderful place
to start

We're not so different after all, our problems all the same
We believe we're underserving in turn we feel the pain
We've never felt worthy of receiving love, we're barely
able to give

We gave it all the little we had, that's not how we
should live

We learn to value who we are, “diamonds in the rough”
We ARE worthy to receive love, although at first it's tough
Be who you are ... shine as bright as you can,
to thine own self be true

This is real ... not a dress rehearsal, start now by
giving to you!

Roxanne P.

Newcomer

Nowhere to run, nowhere to hide
Feeling so lost and empty inside
Can barely walk, talk or smile
But I know that small steps will take me a mile.

Don't talk or trust or feel I learned
And went down that road of no return.
You tell me I can learn to live clean
I'm guaranteed, no road in between.

Learning from others is hard for me,
But everyone says willingness is the key.
I look healthy and strong but need to be free
Of addiction and pain, I can now clearly see.

Wondering if my mind will return,
But now I'm ready and want to learn.
Follow the leaders, I have no choice,
Learn to live clean, change the words of that voice.

“You're bad, Use your head, You're no good anyway”.
Time to change that lie and live a different way.
I'm an addict, I'm sick, and I have a good heart.
Thank God I am safe and can make a new start.

D.S.
Mission, B.C.

N.A. Readers Write

<i>Just For Today ...</i>	<i>Just For Today ...</i>	<i>Just For Today ...</i>
<i>Do the things You like the best. Ignore the routine. Put your troubles to rest.</i>	<i>Make a wish, Make a plan. Close your eyes. Dream a Dream. Believe that you can.</i>	<i>Laugh out loud. Sing a song. Be assertive. Be silly. Be happy. Be strong.</i>

<i>Just For Today ...</i>	<i>Just For Today ...</i>
<i>Do it all once, And then If you like it ...</i>	<i>Do it all Once again! Sometimes it's easiest Just to think about only One Day at a Time!</i>

Without the Steps

*Could you be bold and brave
When you feel your veins crave
Tell addiction you're not for me
By burying it first
Let it ride alone in the hearse
It will help you dig your shallow grave.*

*It will make you feel tall
It will make you feel small
Addiction will run you around
Leave you hanging by a thread
With its one wish—that you were dead
It will help you
Down the steps to fall.*

Lori E.



My Spirit-Stirs

I admit my powerlessness and unmanageability and my spirit stirs.

I come to believe and find some sanity from active addiction and my spirit stirs.

I turn my will and my life over daily and my spirit stirs.

I write my inventory and finish something for the first time and my spirit stirs.

I share with God and my sponsor my exact nature and my spirit stirs.

I become entirely ready to let go of pain and defects and my spirit stirs.

I humbly ask to be rid of shortcomings in God's time and my spirit stirs.

I complete my list of wrongs committed and my spirit stirs.

I make amends and my spirit stirs.

I look at myself daily and my spirit stirs.

I pray and meditate searching for God's will and my spirit stirs.

Having had a spiritual awakening I live.

Beth M.

(Reprinted from the Inside the Rooms, Sept. 2020)



“Understanding and embracing the steps and traditions is important for all of us. But we must use what we learn, or it is of no value. When we engage in selfless service, we find that all of the principles we have come to love and learn are called upon.”

(Reprinted from Living Clean, p. 67)

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

"Sound Off"

QUESTION FOR THIS MONTH

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

By working on my behavior and my ideas. That helps me to be open-minded.

Anonymous

Try to stay humble, try to listen more. Principles before personalities.

James A.

I do by embracing humility, acceptance and using the power of prayer.

Mario A.

I practice selflessness by participating at my group conscience, giving it back to keep it while doing service within the NA community and not ever "expecting anything in return".

Deborah N.

In group conscience, I share my opinion and accept the outcome, even if it is not how I voted. In service, I try to remember our primary purpose. Taking a service position is an act of selflessness because it takes time and energy. In the NA community, I practice selflessness by sharing my experience, strength and hope in meetings and with other recovering addicts. I sponsor women and barring an extreme circumstance, I don't say "no" when I am asked to serve.

Denise

I always put the other person first with anything I do.

Bev

By always keeping my recovery first, it usually keeps others happy.

Jennifer

QUESTION FOR NEXT MONTH

What is your primary purpose in recovery?

W Narcotics Anonymous®

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

GOODWILL
 INVENTORY
 MIRACLES
 AUTONOMY
 COMPASSION
 DEFECTS
 FAITH
 HOMEGROUP
 MEETINGS
 SPIRITUAL
 CONVENTION
 WORKSHOPS
 HOPE
 FREEDOM
 ASSETS
 LOVE
 SANITY
 WELCOME

(Reproduced from the NA Way magazine, April 2008)

Step Four

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

"We made a searching and fearless moral inventory of ourselves."

The Fourth Step provides us with the initial insight we need to grow. Whether we are writing our first inventory or our twentieth, we are starting a process that takes us from confusion to clarity, from resentment to forgiveness, from spiritual confinement to spiritual freedom. We can turn to this process again and again. When we are confused, when we are angry, when we have problems that don't seem to disappear, an inventory is a good way to take stock of just where we stand on the path to recovery. After we have written a number of inventories, we may discover that our first Fourth Step merely scratched the surface. As different attitudes and behaviors become apparent to us in later recovery, we'll want to renew the process of change by working the Fourth Step again.

Tradition Four

[Excerpt from, "Basic Text"]

"Each group should be autonomous, except in matters affecting other groups or NA as a whole."

A Narcotics Anonymous group is any group that meets regularly, at a specified place and time, for the purpose of recovery, provided that it follows the Twelve Steps and Twelve Traditions of Narcotics Anonymous. There are two basic types of meetings: those open to the general public and those closed to the public (for addicts only). Meeting formats vary widely from group to group; some are participation meetings, some speakers, some are question and answer, and some focus on special problems discussion.



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.

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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