



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

MAY 2024

Thought for the Month

"With our newfound friends in NA, we no longer have to live lives of isolation."

(Just for Today, March 15th)

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
JOHN F.
JESSIE
DONNIE B.
REGGIE J.
KAITLYN R. April 26
CATHY

Come Get Some on May 10
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

ALEX D. Steps To Freedom on April 10

THREE YEARS

STEPHEN K. Recovery First on May 27
RICK O. Stronger Ties on April 16
NICK D. Stronger Ties on April 9

FIVE YEARS

PATRICK R. March 26 Get 2 Steppin' on April 1

SIX YEARS

KAREN I. Recovery at the Center on June 7

SEVEN YEARS

BEN Z. April 8 Serenity on Sunday on April 14

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

Curtis C. - Baltimore
Kim H. - Baltimore
Milton W. - Baltimore
Nicole R. - Baltimore
Peggy S. - NEFA
Shamar C. - NEFA

Anniversaries

EIGHT YEARS

MEL B.
KELLY L.

Celebrating at

Parkville Group on April 3
Ties That Bind on May 11

ELEVEN YEARS

CASI H.

FTW on May 13

TWELVE YEARS

DAN C.
DESIREE M. April 21
MICHELLE H.
TEE Z.

Steps to Freedom on April 3
Get 2 Steppin' on April 22
In Quiet Moments on April 4
Come Get Some on May 24

THIRTEEN YEARS

BRETT F.

Stronger Ties on April 30

FOURTEEN YEARS

LAMONT C.
TOSHA S.

Recovery at the Center on April 26
Recovery at the Center on May 17

FIFTEEN YEARS

ALI J.
SHANNON B. April 18
DIANA A.

Stronger Ties on May 28
Friday Reach Out on April 19
Saturday Morning Hope on May 11

SIXTEEN YEARS

PEGGY C. April 16

Give Yourself A Break on April 23

SEVENTEEN YEARS

MIKE W. JR.
AMY A.

Steps to Freedom on April 24
Steps to Freedom on May 1

EIGHTEEN YEARS

RACHEL M.

Celebrating at

Will to Survive on April 23

TWENTY YEARS

SHELLY M. April 1
DIANNA S.

Hope Without Dope on April 3
Freedom from the Edge on April 11

TWENTY-NINE YEARS

DOUG L. April 10
GARY H.

Never Alone on April 12
FTW on April 8

THIRTY-ONE YEARS

DAVID C.

Recovery at the Center on June 7

THIRTY-THREE YEARS

MARK Mc
ELMER C.

Recovery at the Center on April 26
Recovery at the Center on April 26

THIRTY-FIVE YEARS

ELLEN S.

Serenity at 7 on May 2

THIRTY-SIX YEARS

ROXANNE C. March 29
BILL D. April 30

Stronger Ties on April 2
Friday Reach Out on May 3

FORTY-ONE YEARS

RUTH R.

Come Get Some on May 31

Acronym of the Month

G R O W T H

GOD
REVEALS
OUR
WILLINGNESS
TO
HELP

N.A. HISTORY

DID YOU KNOW ... The First World Convention
The trustees met regularly in addition to their meetings with GSRs. At one such meeting in July 1971, they approved the inclusion of additional stories in the Little White Booklet and discussed the idea of holding a conference, rally, or-what they finally called it-a convention for the entire fellowship.

Miracles Happen, p. 78

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

N.A. Readers Write

The Addict

There was a man who was hooked on drug
He was in denial that we had a problem
All he needed was a hug
So he can stop throwing up on the rug.

So what happened to this man who has a problem
Everywhere he went, he hit a bottom.
He was running through life without a clue
All he knew was to sniff some glue.

He got caught one day, doing some drugs
All he really wanted was some hugs.
So he went to court in front of a judge
That's all he needed was a nudge.

He sat down and admitted he was wrong
And he called out to God to sing him a song.
All he needed was some hugs
Please God, help me stop doing drugs.

John F.

Living Process

With every pause a revelation,
With every action integration.

With every prayer a golden thread
And every meditation sustenance

Very close to Recovery
The process of Spirituality.

With everyone a teacher
And every teacher a friend,

With every lesson growth
And every time the river bends

Very grateful for these Blessings,
The process of feeling.

With every hour open-mindedness
And every breath of willingness,

With every moment of rebirth
And every word of honesty

Very certain I am learning
The process of coming Home.

Julie A. S.

(Reprinted from the Voice of Recovery, April-May 2002)

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.

Being Clean Is Not Enough

I recall this question being on my 1st Step and I was fairly new when I started doing step work. But even back then I understood that recovery was about more than just not using drugs.

I didn't learn that the easy way though. Over the many years of trying to do things my way, I had numerous brief periods when I was able to abstain from drug use. I even went 8 1/2 years without using my drug of choice. Yet, I had no clue what recovery was about and I surely didn't want to hear anything about me being an addict. I was arrogant, verbally abusive and a downright miserable and insecure person.

I was employed, established and "socially accepted", so why should I ever consider the problem was me? Blaming others was much easier than looking at myself. I had accomplished many academic, financial and materialistic goals, but I never really learned how to live life on it's own terms. Our program says we have to change "completely" or risk going back to active addiction. Too bad I didn't know that back then, because when things didn't go my way I medicated my feelings or tried to escape reality with drugs, sex and anything else. I ended up losing almost everything except my life.

Sure I could get clean but I could never deal with the feelings without going back to using. The program has taught me that recovery is about changing who I am as a person. Changing the way I think, my attitudes and my behavior. I've also learned that recovery is about becoming free. Free to be the best I can be. Freedom from shame and guilt, and freedom to live true to the morals and values I abandoned during active addiction.

I know that getting clean must come first, and **continuous abstinence** is the foundation on which my recovery is built, but just for today living the program involves much more than being clean. Acquiring clean time is just one of many parts of the recovery process, not recovery itself.

Anonymous

(Reprinted from Inside the Rooms, March 2002)

N.A. Readers Write

Soldier Up

Time to get off that old merry-go-round
Stand on your own with your feet on the ground
Face all of your my feelings, and stay with what's here

Stop chasing the fix, which you surely don't need,
By running to sex, food or smoking some weed.
While being obsessed during a dusky clime,
You're constantly busy trying to fill all your time.

If life pulls you back to being lonely and scared
When you were young possibly nobody cared.
But now stay awake with your mind crystal clear,
It's important to keep only honest folks near.

At times you'll feel sad, at times you'll feel mad,
At times you'll be bored, or anxiously ignored.
Temptations and trouble have forever seduced,
Attempting to make your image transduced.

Soldier-up my friend, read a book, take a walk,
Or find a good bud with whom to talk.
Write down your thoughts clear out your head
Like writing your fourth step in cherry red.

There's no future in the past, stop dragging it in,
Instead of being proud, you'll be haggard and thin.
In the past an escape may have been your soul's friend,
But you're all grown up now, let the old cycle – end.

Stuart M. -Santa

(Reprinted from the Voice of Recovery, Jan-Feb-March, 2005)

"God's Will – Not Mine"

I guess I picked a fine time
To think about my life
To think about the mess I made,
The heartache and the strife.
I guess I picked a fine time
To think about my kids
And just how much they needed me
And other things I did.
I guess I picked a fine time
To think about my past,
When I was out there "druggin,"
I was moving much too fast.
I guess I picked a fine time,
While sitting here in jail
To think about the people I harmed,
I was "sick" — I wasn't well.
Actually, God choose this time for me
Getting locked up was not my will.
If it was left entirely up to me,
I would have been out there "druggin" still.

Beth M.

12 Steps of Relapse

1. I admitted I was powerless once in a while, that my life had become fairly manageable.
2. I came to believe that I was working one heck of a program and was restoring myself to sanity.
3. A made a decision to turn my will and my life over to the care of God, if and when things got bad.
4. I made a searching and fearless moral inventory of other people's recovery, because they sure weren't.
5. I admitted at every meeting the exact wrongs of N .A., the world, my job, and other so-called recovering addicts.
6. I was entirely ready to remove myself from a meeting whenever I saw defects of character in the chair-person, the secretary, or anyone attending the meeting.
7. I tried to help others remove their shortcomings
8. I made a mental list of people's wrongs and became willing to address them all.
9. Wherever possible, I directly addressed such people, informing them that they were injuring everyone, *especially me!*
10. I continued to take people's inventory and when they were wrong, promptly pulled them up on it.
11. I stopped praying and meditating because I knew what to do. I knew how to live the program. It was these crazy people in the rooms who couldn't get it right!
12. Having had an awakening that this program just didn't cut it, I carried myself straight to the dope man and practiced what I knew best!

Karen G.
Westside, Baltimore
Beth M.

(Reprinted from Together We Can, Aug. 2019)



"Responsibility is one of the most important principles we practice in NA, and service is one of the best ways we learn to practice it. Service keeps us involved with and surrounded by recovery, and it gives us opportunities to practice acceptance as well."

(Reprinted from Living Clean, p. 247)

"Sound Off"

QUESTION FOR THIS MONTH

What is your primary purpose in recovery

The primary purpose of my recovery is to overcome and manage my disease of addiction and hopefully spread the message to the newcomer that any addict seeking recovery can get this.

Deborah N.

I see my primary purpose in recovery to give back to NA, which saved my life. I do that by supporting my home group by always holding a service position, helping to set up the meeting and greeting newcomers. Sponsoring women and serving at the area and regional level are other examples of this support. I always say yes when asked to chair meetings. I love NA which has given me a life I could never have imagined when I first came into recovery.

Anonymous

To stay clean, work steps and help another human being.

Shamar C.

To learn a new way of life, to live life on life's terms and gain a spiritual awakening in order to live a peaceful life.

Anonymous

My primary purpose in recovery is to stay free of all mind- or mood-altering substances.

Anonymous

QUESTION FOR NEXT MONTH

What new service commitment would you like to do and why

WORD SEARCH

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

HELPLESS - OPEN - PAIN - ACCEPT - HUMBLE - SAFE - ROB - FREE - HOME
 POWERLESS - RESPONSIBLE - HOPELESSNESS - SPONSOR - BELIEVE
 FAITH - PLACES - ENABLERS - NEED - FEAR - RESERVATION - LOVE - BELONG
 PEOPLE - HONESTY - UNITY - THINGS - HELP - ADMIT

Step Five

[Excerpt from, "Basic Text"]

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Some of us tried to hide part of our past in an attempt to find an easier way of dealing with our inner feelings. We may think that we have done enough by writing about our past. We cannot afford this mistake. This step will expose our motives and our actions. We cannot expect these things to reveal themselves. Our embarrassment is eventually overcome, and we can avoid future guilt.

We do not procrastinate. We must be exact. We want to tell the simple truth, cut and dried, as quickly as possible. There is always a danger that we will exaggerate our wrongs. It is equally dangerous to minimize or rationalize our part in past situations. After all, we still want to sound good.

Tradition Five

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

"Each group has but one primary purpose—to carry the message to the addict who still suffers."

Tradition Five helps our groups fulfill the fundamehtal reason for their existence: to carry the message to the addict who still suffers. As we learned in the Fourth Tradition. NA groups are free to find new and different ways of presenting meetings. This freedom is important; it protects and encourages diversity. letting us reach addicts by many means. In this autonomy. each group develops a character of its own. The character of the group is not its purpose. however. The message we carry is not our group personality but the message of Narcotics Anonymous-the principles of recovery.



EDITOR TO READERS:

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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

"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

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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