



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

JAN/FEB 2026

Thought for the Month

"To maintain intimacy in a relationship, it is essential that we acknowledge our defects and accept them. When we do, the fortress of denial, erected to keep these things hidden, will come crashing down, enabling us to build up our relationships with others."

(Just for Today, July 28th)

Anniversaries

3 MONTHS

6 MONTHS

9 MONTHS

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 YEAR

GIAH V.	Come Get Some on February 6
CHRISTA C.	Stronger Ties on February 3
RYAN E.	Serenity at Seven on January 22
MICHELLE G.	You Get What You Need on December 23
NICK G.	Hugs Not Drugs on March 26
MICK S.	Come Get Some on March 27
BROOKE L.	Stronger Ties on March 10

TWO YEARS

JULIA P.	FTW on March 2
MARTY L.	North Point Group on March 30

FOUR YEARS

KIESHA B.	Promise is Freedom on December 12
JAY B.	Free at Last on February 4
CHUCK B.	Serenity on April 22
JARED R.	North Point Group on March 20

SIX YEARS

BROOKE E.	Stronger Ties on March 31
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SEVEN YEARS

JASON R.	Free at Last on February 11
JAMIE O.	Gratitude Group on January 18

*Editors for the Jan/Feb issue
of "Together We Can"*

Peggy S. - NEFA
Leigh F. - Westside

Anniversaries

EIGHT YEARS

JOEY C.

Celebrating at

Give Yourself a Break on March 24

TEN YEARS

BRIAN P.

Why Be High on September 10

ELEVEN YEARS

SHAUN L.
ERIC M.
JASON G.

Why Be High on September 8
Staying Clean on January 18
Steps to Freedom on October 10

TWELVE YEARS

RENE' M.
ROZ A.
JACKIE C.

Recovery at the Center on Oct.17
Recovery at the Center on April 10
Freedom From the Edge on March 5

THIRTEEN YEARS

PATTI B.

FTW on February 23

FIFTEEN YEARS

DAWN K.
VIKKI

Come Get Some on December 19
Come Get Some on December 26

SIXTEEN YEARS

MILTON W.
LAMONT C.
MIKE T.

Promise is Freedom on Sept. 30
Recovery at the Center on March 27
North Point Group on March 13

NINETEEN YEARS

ARNOLD D.

Serenity on November 25

TWENTY YEARS

DON W.

Changing on Faith on January 31

TWENTY-ONE YEARS

MELISSA B.
MIKE W.

Serenity on January 27
Serenity at Six on September 22

TWENTY-TWO YEARS

MELISSA F.

More Will be Revealed on Jan. 28

TWENTY-THREE YEARS

MIKE S.

Live the Literature on Nov. 24

TWENTY-FOUR YEARS

MIKE B.

Promise is Freedom on Oct.15

TWENTY-FIVE YEARS

ABBY J.
SHANNON H.
CURTICE C. Sept. 21

Live the Literature on Dec.11
Just a Desire on September 9
Living Life a New Way on Sept. 29

TWENTY-SEVEN YEARS

VERNON W.
JONELLE L.

Promise is Freedom on Oct. 29
Promise is Freedom on Oct. 1

TWENTY-EIGHT YEARS

NICK F.

Celebrating at

Serenity at Six on November 14

THIRTY YEARS

ERIC R.

Recovery at the Center on March 13

THIRTY-ONE YEARS

SUSAN F.
JIMMY V.

Spiritual Solution (OC) on Nov. 16
Serenity on February 24

THIRTY-TWO YEARS

SHARON S.

North Point Group on April 24

THIRTY-THREE YEARS

DARRYL B.
ALPHONSO S.

Recovery at the Center on Oct. 3
Recovery at the Center on Nov. 14

THIRTY-FOUR YEARS

DERICK W.
BRYANT T.
MARK B.

Recovery at the Center on Nov. 7
Recovery at the Center on Feb. 20
Recovery at the Center on Feb. 6

THIRTY-FIVE YEARS

MATTY I.
FRANK T.

Serenity at Six on February 1
Serenity at Six on November 30

THIRTY-SIX YEARS

DEBBY Y. "SUGAR"
GREG R.

S.T.A.R. on September 8
Hugs Not Drugs on December 4

THIRTY-SEVEN YEARS

HELENE

Power of Women on December 4

THIRTY-EIGHT YEARS

ROXANNE C. March 29
FRANCES C.
KEVIN

Stronger Ties on April 6
Recovery at the Center on Nov. 21
Recovery at the Center on Dec. 19

THIRTY-NINE YEARS

JIM S.
DWAYNE S.

Let Go Let God on October 11
Recovery at the Center on Dec. 26

FORTY YEARS

LYDIA S.

No More Excuses on February 27

Acronym of the Month
P U S H

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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.

A Little Less Stubborn, A Lot More Willing

It has taken me forever to write this letter. But being the addict I am, I procrastinate.

It's been only this year in recovery that my understanding of NA principles has really kicked in. I have four years clean, and often times think I should do it my way instead of totally surrendering to my Higher Power and the Twelve Steps.

So much has happened since I got clean, some bad things and some good. Somehow I managed not to use drugs over the bad stuff. I know for me I need to have this kind of balance in my recovery. In order for me to have good days, I need to first walk through the bad.

This past year has been a real eye-opener for me. I saw friends die from the disease of addiction. Some of them tried NA, some did not. I saw friends relapse. Many of them are giving NA another chance. It has been a very humbling experience to see friends die from this disease. It has made me realize that I am not unique and that it could just as well be me dead or on the streets using drugs.

I have also been blessed with many good things in recovery. I got married, went back to college, and recently had my first baby. I also got to see my father get clean, which was, and still is, a complete miracle.

When I first came to NA, I heard that we cannot keep what we have unless we give it away. How true! Because of what I have gotten from practicing the principles in my life, I am more able to spread the message of recovery to newcomers. Sometimes I think my Higher Power just takes over and guides me down the spiritual path.

I know a little more than I did four years ago. I am a little less stubborn and a lot more willing. I try to work the steps to the best of my ability, especially Steps Three and Twelve. For me, totally surrendering to NA's principles has given me the tools to live a more productive life and deal with the ups and downs of my recovery.

J.J., California

[Reprinted from "NA Way Magazine" Jan. 1996]

Dear Higher Power,

*Please take my defects to give me peace,
from my shortcomings I need release.
Until they are gone, I'll have no freedom,
I seek your guidance and your wisdom.
Please guide me safely to your light,
Give me strength to do what's right.
My faith in you will serve as protection,
Until my life changes under positive direction.
Please grant me forgiveness when my defects appear,
I'll seek your will through daily prayer.
In NA under my sponsor's loving care,
I am able to face each day without fear.
Please show me how to just let go,
Because a new way of life is what I need to know.
Mostly I'll need courage and love,
with your blessings sent from above.*

*Love,
Cheryl Ann M.
December 1997*

[Reprinted from "Together We Can" April 2020]

LET GO

To "Let Go" does not mean to stop caring, it means I can't do it for someone else.
To "Let Go" is not to cut myself off, it's the realization I can't control another.
To "Let Go" is not enable, but to allow learning from natural consequence.
To "Let Go" is to admit powerlessness, which means the outcome is not in my hands.
To "Let Go" is not to try to change or blame another, its to make the most of myself.
To "Let Go" is not to care for, but to care about.
To "Let Go" is not to fix, but to be supportive.
To "Let Go" is not to judge, but to allow another to be a human being.
To "Let Go" is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.
To "Let Go" is not to be protective, it's to permit a other to face reality.
To "Let Go" is not to deny, but to accept.

continued on next page

N.A. Readers Write

To "Let Go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them.

To "Let Go" is not to adjust everything to my desires, but to take each day as it comes, and to cherish myself in it.

To "Let Go" is not to criticize and regulate anybody, but try to become what I dream I can be.

To "Let Go" is not to regret the past, but to grow and to live for the future.

To "Let Go" is to fear less and to be more.

Anonymous

[Reprinted from "Recovery Review" Sept. 1989]

"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 have slipped 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 musn't quit.*

Lloyd Welch
Jessup House of Corrections

[Reprinted from "Together We Can" March 1983]

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

BECAUSE/JUST BECAUSE

Scared, battered, beaten and misconscrowed- for real though. I was stained with pure pain for life as an addict in hell. Only to discover a power greater than myself. Oh yes "the God of our understanding". My "HP" answered my hopefully last calling of daily ' continuing surrender of defeat, yes after many, many triumphs of defeat of addiction, my pain finally became greater than my fears of using. I truly lost the will to live and deal with life on life's terms any longer. So like many other recovering addicts in NA after that bad decision (poor choice) of using and remarkably wasn't dead. Called my sponsor after the fact unfortunately. Please say a prayer for me, pray for my return to the rooms once again. He replies, what made you think we have sopped praying for you.

Today a few 24 hours in recovery, now that I've truly surrendered to my HP and are now working the NA program, 12 & 12, with spiritual principles, 24/7 - 365 daily in my life, doing God's will not mine—chasing my recovery like I did drugs—JFT—listen to my predecessors, such as as my sponsor. He says, 1) For me to keep my side of the street clean. 2) Get and stay involved in "Loving Service" with newcomers in all areas. **Stay Committed.** 3) **Never** but **never** look down on another addict unless you're him or her up. 4) Remember you can start your day over at anytime you choose to before that decision by choice you make today and please stay vigilant and pray to make the right one. Even if it means 1 hour, 1 minute, 1 second at a time and don't use no matter what. The lie is now dead forever and we are addicts for life in recovery clean "just for today". It's beyond your wildest dreams my friend and I'm here to tell you our new found way. "The message is hope and the promise is freedom". That no addict seeking recovery need ever die. We must continue practicing the NA way daily, doing God's will not our own, "just for today" no matter what.

In Loving Service,
Do or Die Paul C.

[Reprinted from "Together We Can"]

N.A. HISTORY

DID YOU KNOW ... In 1986, I.P. #20 and #21, *H&I and the NA Member and The Loner: Staying Clean in Isolation* are published.

"Sound Off"

QUESTION FOR THIS MONTH

How has working with a sponsor helped your recovery and changed your life?

For me, getting a sponsor was the difference between relapse and successfully working the program to the best of my ability. The first time I made a conscious choice to start a program of recovery, I was committed in thought, but not necessarily in all of my behavior and action. I unfortunately ended up relapsing when life got too stressful (as it has a way of doing). So the second time I made a conscious effort to commit to a program, I did what others in NA recommended: I asked for help and shared after a meeting that I was looking for a sponsor. A kind woman offered to be my sponsor and I took her up on it. We began stepwork that same day. That was almost 2 years ago and to this day, with her help, I am still clean and working a program daily. My sponsor keeps me accountable and talks me through difficult times. But our relationship goes both ways. I am also there for her when she needs someone to talk to. We help each other work the program and in turn,

this helps us. I've heard people say, "Connection is the opposite of addiction," and this has proven true for me. Without my sponsor, I don't know where I'd be today.

Leigh F.

Working the 12 steps, 12 traditions and the 12 concepts with my sponsor gives me the benefits of her extensive experience, strength and hope which also includes that of her sponsor and my sponsee sisters. Applying their spiritual principles, instead of reacting to the many challenges I face each day, has vastly improved my life.

Anonymous

QUESTION FOR NEXT MONTH

What is your favorite NA slogan and why?

Step One

[Excerpt from, "Basic Text"]

"We admitted that we were powerless over our addiction, that our lives had become unmanageable."

We are not responsible for our disease, but we are responsible for our recovery. Most of us tried to stop using on our own, but we were unable to live with or without drugs. Eventually we realized that we were powerless over our addiction.



The lessons we learn in NA about sharing and caring, asking for help, and offering what we have to give are powerful tools we can use outside the fellowship as well.

We may feel a new bond with other people who struggle with physical challenges and find that our shared experience brings us closer.

*Taken from Living Clean
Please submit items from your "Recovery Tool Box"*

Tradition One

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

"Our common welfare should come first; personal recovery depends on NA unity."

The relationship described in the First Tradition is reciprocal. Groups work together in a spirit of cooperation to ensure the survival of Narcotics Anonymous; in turn, those groups receive strength and support from every other group and all our services. The strength of our mutual commitment to NA creates the unity that binds us together in spite of all that might divide us. The common welfare of NA depends on the continued growth and well-being of the fellowship in every corner of the world.. But Tradition Eleven tells us in no uncertain terms that, in NA's public relations efforts, we must never do this-not with celebrity members. not with any member.

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



Step Two

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

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

As we search for understanding of a Higher Power, we can talk with our sponsor and other recovering addicts. We may ask them what their idea of a Higher Power is and how they have arrived at it. This may open our minds to possibilities we hadn't considered before.

*My Higher Power put me
on earth to accomplish a
certain number of things.
Right now I am so far behind
I will never die.*

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

Tradition Two

[Excerpt from, "Basic Text"]

"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."

Those of us who have been involved in service or in getting a group started sometimes have a hard time letting go. Egos, unfounded pride, and self-will destroy a group if given authority. We must remember that offices have been placed in trust, that we are trusted servants, and that at no time do any of us govern. Narcotics Anonymous is a God-given program, and we can maintain our group in dignity only with group conscience and God's love.

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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"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

*on the odd months