



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

JUNE 2018

Thought for the Month

"Higher Power, help me bend with life's wind and glory in its passing. Free me from rigidity."

(Just for Today, September 11)

Anniversaries

3 MONTHS

HEIDI D.

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

| | | |
|------------|---------|-----------------------------------|
| LARRY H. | June 17 | Just Do It on July 7 |
| ROXANNA | | Best Thing Going on May 25 |
| KIM S. | June 9 | Hope & Humility |
| WILLIS P. | | Living Life A New Way on June 23 |
| MIRANDA B. | June 14 | The 3rd Tradition on June 14 |
| THERESA | June 17 | Ride with the Tide on June 17 |
| RACHEL S. | June 14 | We Do Recover on June 17 |
| KAREN A. | | Recovery at the Center on June 15 |

TWO YEARS

| | | |
|-----------|-----------|----------------------------------|
| MEGAN T. | August 10 | Hope & Humility |
| KOSTY S. | June 14 | A High You Cannot Buy on June 14 |
| LAUREN L. | June 8 | Never Alone on June 8 |

THREE YEARS

| | | |
|---------|---------|------------------------------|
| GUY J. | | Visions of Hope on June 8 |
| RAY D. | June 27 | Ride With the Tide on July 3 |
| LEMME | | No More Excuses on June 1 |
| DAVE S. | | New Beginnings on June 28 |
| LINCOLN | May 31 | Manic Sunday on June 24 |

FOUR YEARS

| | | |
|------------|---------|---------------------------------|
| KRISTIN E. | June 15 | Free Spirits on June 21 |
| YOSF | July 10 | Ride With the Tide on July 10 |
| FRANK M. | May 28 | Attitude of Gratitude on June 2 |

FIVE YEARS

| | | |
|----------|--------|------------------------------|
| MARLO A. | | Blast of Recovery on June 5 |
| KIM B. | June 5 | Nature of Recovery on June 5 |
| ERICA R. | June 6 | A High You Cannot Buy |

We at "Together We Can" newsletter need to inform all potential members submitting literature for our newsletter, that a release form is required.

(Release form on back page)

Editors for the June issue of "Together We Can"

Curtis C. - Baltimore
James A. - Baltimore
Kim H. - Baltimore
Milton W. - Baltimore
Randy S. - Baltimore
Peggy S. - NEFA

Anniversaries

SIX YEARS

RASSUIA K. June 14

Celebrating at
S.T.A.R. Group on June 18

SEVEN YEARS

JOSEFA

Born to be Free on June 3

EIGHT YEARS

MIKE C. June 21

Attitude of Gratitude on June 23

NINE YEARS

ALI J. May 23

Stronger Ties on May 29

TEN YEARS

TRACI F. June 5
DAVE W. June 5

The 3rd Tradition on June 7
Hope In Hampstead on June 5

TWELVE YEARS

JULIE G. May 19
KELLY C.
CHRIS K.
DON E. May 26

Edgewater Beginners on May 23
Little Italy on May 30
No More Excuses June 29
Hamilton Noon on June 2

THIRTEEN YEARS

RACHEL P. June 4

Strength in Sisters on June 10

FOURTEEN YEARS

RUSSELL W. June 21
OZ May 28
BRENDA
CASEY S. June 9

Free Spirits on June 21
S.T.A.R. Group on June 4
Living Life A New Way on June 11
Hope In Hampstead on June 12

SIXTEEN YEARS

ANDRE B.
CHRIS F. July 14
WILLY B.

Visions of Hope on June 15
The Ties That Bind on July 18
Little Italy on May 30

SEVENTEEN YEARS

SUSAN B. June 18

Hope & Humility on June 22

TWENTY YEARS

PEGGY S. June 26
LEONARD W.
RUSSIA

Hope Without Dope on July 7
Blast of Recovery on June 8
Manic Sunday on June 3

TWENTY-ONE YEARS

LINDA C. July 27

Hope & Humility on July 27

TWENTY-TWO YEARS

GLENN
JEFF July 4

No More Excuses on May 25
Serenity Group on July 6



ATTENTION: READERS **We need your anniversaries** **ON TIME!**

Here are some options:

- Call your Area Lit. Chair
- Fax your anniversary to 410-362-8505
- Email to barsc@verizon.net
- Drop off at the Service Center

All these must be done one month prior to your anniversary.

Anniversaries

TWENTY-SEVEN YEARS

GLORIA May 31 Celebrating at Manic Sunday on June 24

TWENTY-EIGHT YEARS

STEPHANIE G. Keep Steppin' Group on June 7

TWENTY-NINE YEARS

JENN T. July 22 Sisters of Serenity on July 23

THIRTY YEARS

DENISE C. June 17 Friday Reach Out Group on June 22

GROUP ANNIVERSARIES

HOPE WITHOUT DOPE 26 YEARS June 16th
Food, Fun & Fellowship - Picnic at 5:00 p.m.
Outside Meeting at 7:30 p.m.

VISIONS OF HOPE 23 YEARS June 23rd, 11 am - 8 pm
Dance follows St. Peter Claver Hall, 1546 N. Fremont Ave.

THE BEST THING GOING 28 YEARS June 29th
5:00 - 9:00 p.m.

RECOVERY AT THE CENTER 7 YEARS June 29th



If our relationship to a power greater than ourselves is to be of any use to us, it must be honest. Learning to share our fear, disappointment, and anger takes courage.

Taken from Living Clean

Please submit items from your "Recovery Tool Box"

Acronym of the Month

L I F E

LIFE

IN

FULL

EFFECTIVENESS

N.A. HISTORY

Another version of the NA symbol designed by Jimmy. In this symbol, it is clear the lines were meant to serve as directional markings, such as those found on maps, to indicate that NA was to be a worldwide fellowship. However, they would later be misconstrued as Christian symbolism and removed from our literature by conference action.

Miracles Happen



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.

Walking it out

I no longer pick up.
I pray.
I go to meetings; sit still and listen
For what'll keep me clean today.
Having stopped and surrendered
From this insidious infection;
I now get and use
My Higher Power's direction.
The path is made plainer.
He knows beginnings and ends.
He peppers my path with proper people
That I'm coming to call my friends.

Not trusting self;
A sponsor has been given.
It wasn't just our stories' likeness;
I watched what she was livin'.

Just one day at a time;
Prayer, people and a program
Are the tools that I now use
To help me be more than I now am.

Denise S.

56 Days

*It's amazing how life seems to change by the day
As long as you listen and follow their way
There are reasons why people are placed in your life
To show that you don't have to live with the fight
A new way to live is one of the gifts God will bear
Just open your heart, be willing and share
The weight soon will lift and your soul starts to mend
The moment you realize Dope is no longer your friend.
Life becomes simple, unlike the days we once knew
They'll teach you the tools with a new point of view
The only solution to this cunning disease
Is to throw up your hands and drop to your knees
Finding strength in a God and ask him each day
"Please guide me dear Lord, and show me the way."*

Carrie H.

[Reprinted from "The Inside Connection"]

9th Step Prayer

*Higher Power, I pray for the
right attitude to make my amends.
Being ever mindful not to
harm others in the process.
I ask for Your guidance
in making indirect amends
by staying abstinent, helping others
and growing in my
spiritual progress*

Anonymous

[Reprinted from "NA Clean Times"]

Being in recovery

There is one thing nice about being in recovery.
We have a large family to wish us well also to
help us see, some we know and love.
And many we will never know yet that is OK
because as part of the whole we grow,
here I am in the hospital with many praying for me
and wishing me well. Some sent cards.
Others took time to call I am so blessed
to be a part of it all
Just knowing that I will never again be alone
Brings peace serenity and happiness into my home
I look at all of the get well cards
Also notes of the phone calls
I feel so blessed to be a part of it all
I thank you brothers and sisters
For your thoughts and prayers
For you have made this old man aware
I am loved and many do care
You sent light into my day
I thank God above
You passed my way

Daniel M.

[Reprinted from "Inside Connection", July 2003]

N.A. Readers Write

(ONE ADDICT'S VIEW) WHO IS A RECOVERING ADDICT?

Most of us do not have to think twice about this question; we know! Our life and thinking is centered in the Twelve Steps of N.A. in one form or another. The getting to meetings and using our network and finding ways and means to get more recovery. We live to use the Twelve Steps; we love to use them. Very simply, a recovering addict is a man or woman who places their will and their life in the care of a loving God whose end is always the same: FREEDOM FROM ACTIVE ADDICTION.

Art S. edit/reprt Bronx Connection 10/93

NA

SERENITY - A PART OF RECOVERY

In N.A. we open and close meetings with the "Serenity Prayer". We have key tags that read "clean and serene"; we hear slogans which imply serenity such as Easy Does It" - but - what is serenity? "As the process of recovery takes place in our lives, we notice changes in our attitude, behavior and our thinking. We learn to be humble, let our pride take a back-seat and put the GOD of our understanding and other people before us. We develop patience and tolerance, avoiding violence and rage whenever we can. We learn to accept and to disagree without being disagreeable. Powerlessness and surrender become part of our vocabulary. We realize that helpless doesn't mean hopeless.

When I share my pain and frustration, I let go of my anger, resentments and reservations, making room for serenity. The Basic Text states "when we remove our selfish motives and pray for guidance, we find feelings of peace and serenity." Stepping aside and letting my Higher Power take control of my life, I sit still and quietly pray and meditate. I pray for guidance, serenity, patience, tolerance and the ability to carry out His will for me, which isn't easy.

Serenity comes from within. It comes as a spiritual awakening from working this program and keeping in contact with the GOD of our understanding. Learning to live serenely is a process and today I know I have a choice. I choose not to live in madness. I live clean and serene thanks to this loving, God-given program and fellowship of Narcotics Anonymous.

edit/reprt Richard C. Bronx Connection

[Reprinted from "The Clean Times" Feb. 1998]

TO Be Use - Free

*I have been addicted to self-abuse; Turning myself inside out
Not needing an excuse.*

*A life from the past To try to find a substance,
One that never lasts.*

*The endless search for something To help numb the pain
Has led me into feeling like I'm insane
For not understanding*

Why or how it even started.

Looking back into my life, it feels like a knife.

*Realization of some things where I'd turned my life astray
Have made my life turn out The way it is today.*

*To dig deep down inside And let the hurt feelings go
Will release the emotions And, in return, I will grow.*

The healing will begin

*As the sins of others are thrown away,
If I can stay clean and sober*

Just for today; To feel the emotions

That are beginning to surface And let them be.

Any day soon I will be free!

L.S., Tri-Cities Area

[Reprinted from "Basic News" March 2002]

7th Step Prayer

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 N.A. 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 blessings sent from above.*

Love, Cheryl Ann M.

"Sound Off"

Every month we will ask a question for you to answer in the next issue.

The question for June is:
Since recovery is an active change in ideas and attitudes, what have you done to change in these areas?

First of all, I do not drink or drug, or use any mind altering chemicals. I try to live on a daily basis, the principles of the program to the best of my ability!!!

James A.

The first thing I did was to change my thinking, then it was possible for me to work on attitude so my ideas can be more positive.

Kim H.

I used to respond to situations without thinking about the situation. Today I think before I respond.

Anonymous

Thanks to the growth I have experienced as I've worked the 12 steps, traditions and concepts and applied these spiritual principles in my life, so much has changed for me. I've become much more open-minded to others' points-of-view, whether I agree with them or not, as long as their choices do not negatively impact me. We are many and varied in our fellowship, and sometimes I can learn better ways of dealing with life's challenges when I'm willing to try our other people's ideas to see how they might fit in my life situation. Either way, I've become more tolerant of different choices that others make, as long as they are safe.

Anonymous

The question for July is:
If you are prescribed medication by your doctor is it ok to look for a feeling?

PLEASE FEEL FREE TO EMAIL OR FAX IN YOUR RESPONSES TO THE QUESTION OF THE MONTH
 Email: barsc@verizon.net Fax: 410-362-8505

**Baltimore Area Convention
 of Narcotics Anonymous**

BACNA XIII

June 22-24, 2018

Workshop Secretaries!

Clean time requirement: 1 Year
 If interested, contact Programming Committee:
 Roger J. (Chair) 609-638-1514
 Cherie K. (Vice Chair) 202-365-7298
 Kia B. (Secretary) 410-921-5058



Gratitude In Action: An Engine for Change

JUNE 22-24, 2018

Delta Hotels by Marriott Hunt Valley

245 Shawan Road • Hunt Valley, MD 21031

www.bacnaconvention.org

For online registration visit:
<http://www.bacnaconvention.org>

or mail form with payment to:

BACNA XIII

P.O. Box 2082

Baltimore, MD 21203

Please print

Name: _____

Address: _____

City, State, Zip _____

Phone (1): _____

Phone (2): _____

Email: _____

Additional needs: _____

[Please circle]

Registration \$30.00

Friday Night Dance FREE \$5.00*

*(Prior to onsite registration)

Saturday Play & Meal "Luther" (A musical about the life of Luther Vandross) \$27.00

Saturday Night Dance \$ 5.00

Donation \$ _____

Total Enclosed \$ _____

***Mail-in Registrations must be received by June 15, 2018.**

Step Six

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

"We were entirely ready to have God remove all these defects of character."

We gain more tolerance for the defects of those around us as we work this step. When we see someone acting out on a defect that we have acted on ourselves, we feel compassionate rather than judgmental, for we know just exactly how much pain such behavioral causes. Rather than condemning the behavior of another, we look at ourselves. Having experience in accepting ourselves. Having experience in accepting ourselves, we can extend compassion and tolerance to others.

Tradition Six

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

"An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems or money, property or prestige divert us from our primary purpose."

Our Sixth Tradition tells us some of the things that we must do to preserve and protect our primary purpose. This tradition is the basis for our policy of non-affiliation and is extremely important to the continuation and growth of Narcotics Anonymous.

Let's take a look at what this tradition says. The first thing a group ought never do is endorse. To endorse is to sanction, approve or recommend. Endorsements can be either direct or implied. We see direct endorsements every day in television commercials. An implied endorsement is one that is not specifically stated.

FREE STATE REGION

JUNE 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|--|
| | | | | | 1 Delmarva Phoneline 6:30 pm - Conley's UMC | 2 Baltimore ASC Exec. Board - 9:30 am New GSRs & Alternates- 10:30 am Area Mtg. - 11:00 am Service Center 217 N. Warwick Ave. |
| 3 | 4 Westside Literature 7 pm - Highland & Euclid Westside ASC - 7:15 pm Highland & Euclid Ave. | 5 | 6 East of the Bay Lit. 6:00 pm Wye Mills Church Bay Area ASC - 7:30 pm Marley UMC 30 Marley Neck Road Northwest ASC 7:30 pm - Mt. Zion East of the Bay ASC 7 pm - Wye Mills Church NEFA H&I 7 pm - Belair & Moravia | 7 | 8 | 9 Free State Regional Service Committee Mtg. 10 am - 4 pm Free State Regional Service Center 217 N. Warwick Ave. Balto., MD 21223 |
| 10 Balto. Special Events 5:00 pm 100 S. Hilton Street | 11 Bay Area Special Events 7:00 pm Linthicum Heights UMC 200 School Lane Linthicum Heights 21090 | 12 Westside Special Events 7 pm - 1805 Wicks Ave. Northwest Special Events 6pm Mt. Zion UMC | 13 East of the Bay H&I 6:30 pm St. Mark's - Easton | 14 NEFA P.I. 6 pm 4201 North Point Blvd. Delmarva Activities 6 pm - Milford Rec. Ctr. Delmarva Public Info 6 pm - Milford Rec. Ctr. | 15 | 16 BACNA Subcommittees 10 am Service Center 217 N. Warwick Ave. |
| 17 Northwest H&I - 6pm Mt. Zion UMC | 18 Westside H&I - 7 pm 1905 Edmondson Ave. | 19 Baltimore Literature 4:30 217 N. Warwick Ave. Together We Can 5:30 pm 217 N. Warwick Ave. Westside Outreach 7:30 pm - 4603 Poplar East of the Bay Special Evnts. -7:30 pm St. Mark's - Easton NEFA Outreach 6 pm | 20 | 21 Balto. Executive Body 5:30 pm 217 N. Warwick Ave. Susq. All Subcommittees 6 - 7 pm Susq. Area Service 7 - 9 pm St. Mark's Church Perryville, MD Delmarva H&I 6 pm 927 Dupont Hwy. | 22 BACNA XIII June 22-24 Delta Hotels by Marriott Hunt Valley 245 Shawan Road Hunt Valley, MD | 23 Baltimore Policy 10:00 am at Service Center 217 N. Warwick Ave. Baltimore P.R. 10:00 am at Service Center Baltimore Special Events 11:00 am at Service Center Baltimore H&I 12:30 pm at Service Center |
| 24 Ocean Gateway ASC 12:30 pm SSAC, Salisbury, Md. Bay Area H&I - 7 pm South Shore Recovery 1199 Generals Hwy. Bay Area Phoneline 7pm South Shore Recovery 1199 Generals Hwy. | 25 Bay Area Special Events -7:00 pm Linthicum Heights UMC 200 School Lane Linthicum Heights 21090 | 26 9121 Old Harford | 27 Northwest Literature 7:30 pm - Bibleway Fellowship Church NEFA Literature - 6 pm 5315 Harford Rd. NEFA ASC - 7 pm 5315 Harford Rd.(Hamilton) Bay Area Literature 7:00 pm Marley UMC - 30 Marley Neck Bay Area P.R. 7:00 pm St. Anne's Parish - Rm. 102 199 Duke of Gloucester | 28 Milford, DE Free State Regional Service Center B.O.D. 7 pm - Service Center | 29 | 30 |

FREE STATE REGION SERVICE COMMITTEE MEETING

SATURDAY, JUNE 9, 2018

10:00 a.m. – 4:00 p.m.

Free State Regional Service Center

217 N. Warwick Avenue
Baltimore, MD 21223

~ AGENDA ~

10:00 am Sub-Committee Meetings

11:00 am "FREE LUNCH"

1 - 4 pm Regional Service Meeting

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

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

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:

TOGETHER WE CAN
217 N. Warwick Avenue
Baltimore, MD 21223
Fax: 410-362-8505
E-mail: barsc@verizon.net



Low Subscription Rate

The "Together We Can" newsletter is open to subscription to the world. To cover the cost of postage, our subscription fee is \$7.50 a year (Overseas \$12.50). Our newsletter is published monthly, so you can have a meeting in print in your mailbox once a month. Fill out the form below and a check or money order & send to:

TOGETHER WE CAN
c/o Free State Regional Service Center
217 N. Warwick Avenue
Baltimore, MD 21223

Name

Address

City, State and Zip Code

P.S.—Send any stories of recovery you would like to see published. Thanks!