



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-JUNE 2022

Thought for the Month

“If we are sincerely willing to accept the responsibilities involved in friendship and make the amends we owe, those friendships can become stronger and richer than ever.”

(Just for Today, May 18th)

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!!!**

TUSHANDA
MACK
RASHEEN L. April 12

Celebrating at
Hope for Serenity on May 22
The Lie Is Dead on May 2
F.E.A.R. on April 24

TWO YEARS

SHAWN G. April 15
CARL H. April 26

Grateful Heads on April 15
Saturday Night Serenity on April 30

THREE YEARS

JOHN J.

Hope For Serenity on May 1

FOUR YEARS

SHELBY C.

Hope For Serenity on May 8

FIVE YEARS

KAREN A.

Recovery at the Center on June 10

TWELVE YEARS

TOSHA S.

Recovery at the Center on May 20

THIRTY-ONE YEARS

ELMER C.
MARK M.

Recovery at the Center on May 27
Recovery at the Center on June 3

THIRTY-THREE YEARS

JOE P. May 24

One Promise on May 24

Editors for the May-June issue of "Together We Can"

Curtis C. - Baltimore
Erika N. - Baltimore
James A. - Baltimore
Jonelle L. - Baltimore
Kim H. - Baltimore
Milton W. - Baltimore
Nichole R. - Baltimore
Peggy S. - NEFA



“Join a Home Group, show up and become a part of the recovery process.”

Please submit items from your “Recovery Tool Box”



FREE STATE REGIONAL SPECIAL EVENTS HOTLINE!

Have nothing to do? Are you bored? Do you want to support your area or any area Special Event in a drug free atmosphere! Call:

410-640-7337

N.A. HISTORY

DID YOU KNOW ... In 1992, The NA daily meditation book, “Just for Today” was published. Hundreds of members contributed input over almost ten years.

Have you done any SERVICE WORK lately?

There are lots of ways to serve the fellowship ...

Choose a subcommittee and get involved, you’ll be grateful you did!

“Sound Off”

QUESTION OF THE MONTH
What’s my favorite recovery tool?

My favorite recovery tool is the second (2nd) step, a power greater than. It took me a while, but I finally accepted the fact that I didn’t know everything. This allowed me to be open to suggestions. Now, I reach out to my network and others. And when I’m in trouble, I can ask for help. The second step is a life saver.

– Anonymous

The Serenity Prayer is the tool that I turn to the most frequently in my toolbox and is most definitely my favorite recovery tool. This prayer saves me so much time and so many headaches, by not having to worry and try to control things that are not mine to control. Regarding other people, I can just pray for them and be a power of example that the NA program works. I’m reminded who is in charge and that I need to keep my focus on working my own recovery program to the best of my ability by continuing to change the things I can change -me- with lots of help from my Higher Power and my support group!

– Anonymous

My favorite recovery tool is the information pamphlets because they cover so much about me and my recovery.

– Milton W.

**The Question of the month for September is:
In what ways do you give back to the fellowship?**

GO TO:
freestatena.org
FOR ZOOM & LIVE NA MEETINGS

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.



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.

Higher Power

I looked out my window,
And met his stare,
He came unexpected,
An experience so rare.
I am grateful to know,
My Higher Power is there,
To give me the courage,
To face things in life that don't seem fair,
I wasn't chosen,
By mistake,
Maybe it was time for a
Decision in life to make.
Make the decision,
To live or die,
Only a fool would,
Choose to get high.
After tasting the sweetness,
Of this thing called lite,
Where you can choose not to,
Live with the strife.
He brought me a message,
To battle to the end,
No longer an enemy,
But a strange kind of friend.

M.G. - Vancouver

[Reprinted from "Basic News", Nov. 1998]

Gratitude

I came to N.A. all alone,
I didn't even want to use the phone.
I kept coming back like you all said,
Now, I no longer want to be dead.
I got a sponsor, got involved,
Some of my issues have been resolved.
I enjoy the way I have been feeling,
That's the blessing of part of the healing.
I would like to thank N.A. for being there,
Another blessing, you people do care.
With my deepest gratitude,

Donna M.

CHANGE

Change is sometimes difficult
yet is stimulating
Change is sometimes fearful
yet is accepted
Change is sometimes spontaneous
yet is inevitable
Change is sometimes temporary
yet is permanent
Change is sometimes unknown
yet is received
Change is beautiful and refreshing
just watch and see
The sum of all these "yets" is me.

Kimberly W.

([Reprinted from "The Heartbeat" Sept./Oct. 2021])

Coming Out of the Trenches

I am coming out of the trenches in this war, my addiction.
I feel all worn out and rattled because today
I won this battle.
I do not know what tomorrow brings, happiness or sorrow.
I pray everyday for this day borrowed not to pick-up
until tomorrow.
You see for me this has been a losing battle but I wanted
to unravel.
I heard how other people had been fighting and winning
their daily battle.
I asked them how can this be done and they told me
"get real dumb. "
For it was a process that involved twelve steps, traditions
and no conditions.
I found this hard to believe, for I had no hope,
and I didn't want to Cope.
They suggested that I get a God who would help lift up
the fog.
The problems began to disappear, and my mind began to clear
Pretty soon I had faith and not fear for I had my battle Gear
I know that in the trenches of this affliction my addiction
There can be no contradiction any regrets as long as
I work my steps.

Pedro, Bay Area

N.A. Readers Write

Expect Miracles

We need not apologize
 Or make excuses for taking up
 Time, energy, or space
 In this-
 Most amazing universe that we all call home-
 Simply remember
 That just because
 You haven't walked a mile in your neighbors' shoes
 Doesn't mean you can't walk the next mile
 Hand-in-hand
 Both of you barefoot!!!
 Tolerance, respect, patience, and forgiveness Are gifts of
 the spirit.
 Today is a gift as well
 (that's why it's called "the present- Open it with a smile
 and ask yourself.
 Now, where and how can I put this to good use...?
 Then take your time, trudge peacefully, and above all else.
 Expect miracles, because they happen,
 Sometimes quickly-sometimes slowly.

THEY DO HAPPEN!!!

Whatever your reason for being here tonight
 My daughter Nikki is living proof
 That you can get it right.
 I can only imagine how many times she was
 knocking on death's door,
 With that sick addiction saying more more more.
 I know you'll be tempted tested and tried,
 But we know of a higher power
 That's gonna be right by your side.
 To see where she has been
 And who she has become today,
 Thank you, God, and thank you NA.
 Only look back to be reminded of a place
 You never again want to be,
 Stay strong stay focused
 I want to be standing here
 When you celebrate year 3.
 I am so thankful and so proud of you
 And the decision you made 2 years ago
 I will always be here for you Nikki
 And love you much more than you will ever know.

—Faye S

[Reprinted from "A Voice of Recovery", Oct., Nov., Dec. 2004]

A man calls to God from a quiet place
 he calls out to God in such pain
 my God, you have forsaken me
 though I try to live life by your name
 I try to live right, the best that I can
 I go to one meeting a day
 I try to look out for my fellow man
 for an addict I go out of my way
 still I have hurdles and trials in my life
 that cause me such pain in my heart
 my good intentions and best efforts can't
 keep things from falling apart
 "My child, my child that I dearly love so
 why is this so hard to see?
 It is only those times when you fall on your face
 your heart truly calls out to Me.

—Michael G. 10/26/05

I'LL DO IT MYSELF

It's strange how we forget when the tape stops playing
 It's strange when we delete facts
 When we leave instead of staying
 It's sad how it works when we stop standing tall
 It's scary how it works when
 We let go and we fall
 It's hurtful when we go back and do it all alone
 It's isolating when we hide
 And never try to use the phone
 It's risky when we take our will into our own hands
 It's even worse when it leads to the end of all life's plans
 We Can't Do It Alone

—Anonymous

(Reprinted from "Basic News, Feb 2003)



Step Five

[Excerpt from, "Basic Text"]

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

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.



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 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."

The group's focus on carrying the message is so important to the survival of NA that it is called our primary purpose. That means it is the most important thing we do. Nothing ought to take precedence over it. This is the most basic guideline by which groups may examine their motives and their actions.

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.

SEND YOUR INPUT TO:

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