



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

AUG-SEPT 2021

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!!!**

Celebrating at

NICK C.		Dealers Without Drugs on July 28
NICK N.	August 16	Street Survivors on August 22
DANIEL Q.		Hope for Serenity on July 11
KEISA	August 5	Openminded on August 9

TWO YEARS

ZACH F.	July 24	Saturday Night Special on July 24
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THREE YEARS

NICK L.	August 15	Recovery Is Reality on August 16
JESS B.	August 2	The Lie is Dead on August 2

FOUR YEARS

DARIA M.	July 17	Staying Clean
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FIVE YEARS

ROB B.	July 25	Hope for Serenity on July 25
JUSTIN M.	August 1	Recovery Is Reality on August 2
ROB K.	August 7	Recovery Is Reality on August 9

EIGHT YEARS

RENEE M.		Recovery at the Service Center on October 15
JOAN		Recovery at the Service Center on October 15

NINE YEARS

ASHLEY M.		The Lie Is Dead on July 16
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Editors for the Aug-Sept 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

Anniversaries

THIRTEEN YEARS

ANDY M. July 22

Celebrating at

Keep It Simple on the Shore on July 28

FIFTEEN YEARS

JOYE C.

Recovery at the Service Center on October 1

TWENTY-ONE YEARS

TERESA R.

Recovery at the Service Center on Sept. 10

TWENTY-FOUR YEARS

YVONNE W.

Recovery at the Service Center on August 10

TWENTY-EIGHT YEARS

CARLOS H.

Recovery at the Service Center on October 8

TWENTY-NINE YEARS

DARRYL B.

Celebrating at

Recovery at the Service Center on October 8

THIRTY YEARS

DERICK W.

Recovery at the Service Center on October 22

THIRTY-FOUR YEARS

SHELLY P. August 5

THIRTY-FIVE YEARS

RHONDA R. August 28 Little Italy on Sept. 1

THIRTY-NINE YEARS

FRANK D.

Recovery at the Service Center on October 8



“Regular practice, beginning with the basics and gradually progressing from there, is exactly how we get good at anything...,”

Living Clean: The Journey Continues

Please submit items from your “Recovery Tool Box”

N.A. HISTORY

DID YOU KNOW ... 2002. WORLD SERVICES takes its first development trip to China and comes bearing welcome key tags and drafts of I.P. #1

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!

Acronym of the Month

P R I D E

PERSONAL
RESPONSIBILITY
IN
DELIVERING
EXCELLENCE

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



"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.

Do you just belong?

*Are you an active member, the kind that would be missed?
Or are you just contented with your name is on the list?
So, you attend meetings, and mingle with the flock.
Or do you meet in private, and criticize the knock? Do you take an active part to help the work along?
Or are you satisfied to be the kind that just belongs? Do you work on committees, to this there is there no trick,
or leave the work to a few, and talk about the clique?
Please come to the meetings often and help with hand and heart.
Don't be just a member but take an active part.
Think this over members; you know what's right from wrong.
Are you an active member? Or do you just belong?*

—Anonymous

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 Nine

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

"We made direct amends to such people whenever possible, except when to do so would injure them or others."

This desire to make amends should be the primary motive for working the Ninth Step. Making amends isn't something we do simply because our program of recovery suggests it. To be certain our motives are based in spiritual principles, we find it helpful to reaffirm our decision to turn our will over to the care of the God of our understanding before making each of our amends. A Power greater than ourselves will provide us with the guidance we need.



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 Nine

[Excerpt from, "Basic Text"]

"NA, as such, ought never to organized, but we may create service board or committees directly responsible to those they serve."

The Ninth Tradition goes on to define the nature of the things that we can do to help NA. It says that we may create service boards or committees to serve the needs of the Fellowship. They exist solely to serve the Fellowship. This is the nature of our service structure as it has evolved and been defined in the NA service manual

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:

TOGETHER WE CAN
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