Thought for the Month

“We make direct amends by repairing the damage we do. We make indirect amends by repairing the attitudes that cause us to do damage in the first place, helping insure we won’t cause further damage in the future.”

(Just for Today, June 3)

Anniversaries

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

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<thead>
<tr>
<th>Name</th>
<th>Month</th>
<th>Event</th>
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<tr>
<td>ELLEN W.</td>
<td>March 24</td>
<td>Hope &amp; Humility on April 3</td>
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<td>JASON M.</td>
<td>April 1</td>
<td>Friday Reach Out</td>
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<td>KRIS D.</td>
<td>April 11</td>
<td>Ride With the Tide on April 14</td>
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<tr>
<td>JOHN K.</td>
<td>April 11</td>
<td>The 3rd Tradition on April 16</td>
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<td>ANGELEIA</td>
<td>March 28</td>
<td>The 3rd Tradition on April 2</td>
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<td>HEATHER S.</td>
<td>May 15</td>
<td>Hope &amp; Humility on May 22</td>
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<td>ROBIN</td>
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<td>The Best Thing Going on May 1</td>
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<td>ELIZABETH C.</td>
<td>May 17</td>
<td>Hope &amp; Humility on May 29</td>
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<tr>
<td>ALEX B.</td>
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<td>Ride with the Tide on April 28</td>
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<td>JOSH H.</td>
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<td>Ride with the Tide on April 28</td>
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<tr>
<td>JESSIE S-G.</td>
<td>May 9</td>
<td>Hope &amp; Humility on May 15</td>
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<tr>
<td>JULS V.</td>
<td>May 15</td>
<td>We Do Recover on May 17</td>
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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 April issue of “Together We Can”

Ericka N. - Baltimore
James A. - Baltimore
Kim H. - Baltimore
Milton W. - Baltimore
Peggy S. - NEFA
Anniversaries

TEN YEARS
DEBBIE C.  April 19  Celebrating at Hope Without Dope on April 25

SIXTEEN YEARS
SHELLY M.  April 1  Hope Without Dope on April 4

NINETEEN YEARS
KEVIN  Recovery at the Center on April 24

TWENTY-ONE YEARS
MYRA  Life Support Women’s Rap on April 18

TWENTY-TWO YEARS
SHARRON H.  March 28  Friday Reachout on April 10

TWENTY-THREE YEARS
KENNY  It’s About Change on April 21

TWENTY-FOUR YEARS
GLENN  No More Excuses on April 17

TWENTY-SIX YEARS
GERALD  April 5  The Best Thing Going on April 24

TWENTY-EIGHT YEARS
RONALD  No More Excuses on April 18
MARK  Recovery at the Center on May 8

TWENTY-NINE YEARS
ELMER  Recovery at the Center on May 8

THIRTY-TWO YEARS
BRIAN B.  Ride with the Tide on April 21
DANNY M.  April 17  Survivors Group on April 17
MIKE M.  April 17  Survivors Group on April 17
RAY J.  April 17  Survivors Group on April 17

THIRTY-FOUR YEARS
LYNN  No More Excuses on April 17

GROUP ANNIVERSARIES
BEST THING GOING  30 YEARS
April 25th – 12 noon - 7 pm
1433 Edmondson Avenue, Baltimore, MD 21223

Due to the COVID-19 pandemic, most NA meetings have been cancelled.
Recovery continues!
Numbers to telephone meetings & on-line meetings can be gotten from:
fsrna.org

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.
Our own willingness to meet the truth and deal with it takes a lot of air out of the drama in our own minds—and on the gossip circuit. Living Clean: The Journey Continues

Please submit items from your “Recovery Tool Box”

Acronym of the Month

LOVE

Lots Of Volunteer Effort

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!

2003 marks 20 years since the first publishing of the Basic Text, and this edition celebrates that anniversary.

DID YOU KNOW … 2003: This is the year of the CD-ROM, with English editions of It Works, Just For Today, and The Narcotics Anonymous Step Working Guides all released in this format. The Dutch Basic Text and the Portuguese Just For Today are published.

Problem writing a 4th Step? Sponsor give you a deadline? Just can’t seem to put pen to paper?

NO PROBLEM – CALL

★ INVENTORIES-R-US ★

We’re searching—We’re fearless—We’re … Well, 2 out of 3 ain’t bad

Others take your inventory simply out of their own insecurity

NOW LET THE PROS DO IT

TRUST US

Our motives are pure—we’re in it for the money

You don’t have to do it alone, so remember

TOGETHER WE CAN

Call 1-800-4th Step—ACT NOW & GET OUR 8TH STEP FREE!

A SUBSIDIARY OF OUTSIDE ENTERPRISES, INC.
More About Nothing

What’s wrong? Nothing you say.
But you’re hurting inside
And not even a superhero could save the day.
Between your broken home and so-called friends,
No one knows that your tolerance is coming to an end.
Because inside there is always something to hide,
Just like the mark that covers your guilt and shame,
That mess has taken over as much it deserves a name.
“Nothing” gives everyone a false impression
that you are ok,
An impression that lies and lets anything ruin your day.
“Nothing” has caused you so much pain
that you’re falling apart,
Now you have nothing but a broken heart.
So in truth you can say “Nothing” is wrong,
But trust me I’ve been there I know that song.
I keep it real with my demise, believe me I’m no poet
Just another addict one day at a time
Fighting the disease to happy, joyous and free.

Warren H.

“Unity or Lack of It”

It has reached the point where this subject needs to be
discussed honestly. Just what is N.A. Unity. To me it’s
when we all as members of a recovery program share
a common problem, “Keeping N.A. Together and
Strong.”

I have noticed lately that to a lot of members, opening
new meetings is the way for N.A. to grow. This is not
a fact. What good is it to have 56 meetings when no
one attends them. Our primary purpose as defined in
our traditions is to carry the message to still suffering
addicts.

[Reprinted from “Together We Can” July 1983]

These Rooms

A wonderful place these rooms are. So much Love and
Caring goes on. You can always count on feeling just a
little better then you did. In our rooms there are people
you can turn to, people who really care, people who
understand. Yes we, the recovering ones can relate, we
can get better because of these rooms.

Laura M.

[Reprinted from “Recovery Review” Nov. 1987]
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

4th Step & Fear

“The purpose of a searching and fearless moral inventory is to sort through the confusion and the contradiction of our lives, so that we can find out who we really are.”

(Basic Text, pg. 27)

Many times, in early recovery, I was told that the 4th Step was hard and if I didn’t do it I’d go back to using. I was told that without doing a 4th Step I’d be signing my own death warrant, that I ‘had reservations and that my desire to stay clean was suspect. These messages, and others, often promote and inspire fear surrounding this step. No wonder so many addicts avoid or ignore this step altogether.

Now that I’ve been around for a while and have a “working knowledge” of the steps and traditions, I’ve found that the myth related to the 4th Step is just that .... a myth. There are numerous addicts with extensive clean time who have not done a 4th Step. In many NA circles, these addicts are referred to as doing what is called the “Three Step Shuffle.” So maybe there is some truth to the sayings:

[1] You can stay clean on meetings alone, or [2] You can stay clean on the 1st three steps alone. If it’s true, that’s fine for them - staying clean isn’t enough for me, I want to recover.

Although the fear of relapse and going back to active addiction motivated me to continue my step work past the 3rd Step, I am aware that the scare tactics and “impending doom” stuff doesn’t work for’ everyone. Instead of spreading fear and misinformation about the 4th Step, we could focus on sharing the benefits and rewards of writing and applying the 4th Step in our lives.

The 4th Step isn’t hard, it’s simple. Just do it. The 4th Step isn’t about how bad I’ve been, it’s about learning who I am good, bad or indifferent. This step is about becoming aware of my true nature. This means recognizing why I do the things I do, not just staying stuck or focusing on what it is I’ve done or had done to me. The 4th Step helps me to see me coming so that I can make educated decisions regarding my behavior today. This step is about freeing myself of living old, useless patterns of thinking and acting. This step is also about accentuating the positive aspects of who I am. We use the 4th Step to grow spiritually and to gain insight and strength.

For me the primary principle of the 4th Step is honesty (truth). Long before I used a chemical I lied to myself and others about me. Some of those lies I told for so long that I began to believe them myself. This step allows me the opportunity to shed the mask once and for all and tell the naked truth. It’s about getting honest with myself so I can finally know myself.

By being thorough and fearless I found that I was neither as bad or as good as imagined I was. And just for today I have a clue as to who I really am as a result of writing a 4th Step. The 4th Step has freed me from the past so that I can live today.

An addict named Garry W.

[Reprinted from “Inside the Rooms” Dec. 2002]

On any given day you might ask yourself, “What do I have to grateful for”? A man did just that on a cool crisp November day, and this is what he found, He woke up. He didn’t die in his sleep. He woke up in his bed. Not a hospital trauma room or an intensive care unit. He awoke in a warm house. Not on a park bench or a city sidewalk. He woke up a free man. Not in a jail cell or in a prison, Free. He woke up employed. Not on a park bench or a city sidewalk. He woke up knowing that his family loves him very dearly and would do anything for him. Their love for him has no limits, no boundaries he is simply loved. He woke up knowing that his friends love and worry about him. He woke up knowing that his co-workers respect him and look to him for experience, guidance, and wisdom to keep them safe.

[continued on next page]
N.A. Readers Write

He woke up and was able to get out of bed on his own power and not be in pain.
He woke up knowing that he would not go hungry today, for he had money in his pocket to nourish his body.
He woke up with a healthy mind, not damaged by illness.
He woke up without being addicted to drugs pulling him in negative directions.
He woke up with many sweet memories of being in love.
He woke up and was able to feel the pain of a broken heart, good you say?
A life void of feelings good and bad, is an empty life, yes good.
He woke up with the hope that his heart would heal and he would feel love again.
He woke up with hopes that the woman he longs for might find love and happiness even if it is without him.
So what did he have to grateful for?

He woke up...

Mango

Answers

Sound Off

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

The question for April is:
Why is it important to have a home group?

It’s important to have a home group because it’s a commitment that you make to be there every week. Most people get a commitment and this helps to be more visible and stay involved. It’s a place that a recovering person can have their voice heard and be involved in their group’s conscience. Everyone can talk and vote and decide what their group’s decisions are on ideas that affect higher areas such as regional and world.

Tina R.

I’m blessed to have had the same home group since I’ve been recovering in NA and see no reason to change. While some members may come and go, others have been there for me through all of the ups and downs I’ve faced over the years. I could count on them to help me grieving the death of my husband and my mother and several health challenges. I’ve been able to share the joys of our recovery anniversaries, graduations and lots of group picnic celebrations, to name but a few.

Anonymous

It was important for me as a newcomer to get a home group because it was suggested. The longer I stay here, the importance of a home group changes. My home group was the first place I learned to believe in myself. It become another home. My home group members know when I’m wearing a mask meaning they know when something is wrong and they won’t let me die. So if you don’t have a home group, you are homeless.

Kim H.

My point of view is that a home group is very important to me. I was in a transitional recovery house that had a home group that was a mandatory meeting all must attend. I was already divorced and homeless with a lot of issues! They were a big help in my early recovery.

James A.

It is important to me because it gives me a place to go and call home and feel like I belong.

Milton W.

Have You Called An N.A. Member Today?

The question for May is:
What are some of the rewards you have received from being in service?

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

*Excerpt from, “It Works How and Why”*

“We made a searching and fearless moral inventory of ourselves.”

In the Fourth Step, it is important to take a good hard look at how fear has worked in our lives. Our experience tells us that self-centered fear is at the root of our disease. Many of us have pretended to be fearless when, in fact, we were terrified. Fear has driven us to act rashly in trying to protect ourselves. We have often been paralyzed into inaction because of our fears. We may have resorted to scheming and manipulating because we feared the future. We went to extremes to protect ourselves from what we saw as potential loss, disaster, and a constant lack of what we needed. In the past, we had no faith that a Higher Power would care for us; therefore, we attempted to take control of our lives and everything around us. We used people, we manipulated, we lied, we plotted, we planned, we stole, we cheated, and then we lied some more to cover up our schemes.

### Tradition Four

*Excerpt from, “Basic Text”*

“Each group should be autonomous except in matters affecting other groups or NA as a whole.”

A Narcotics Anonymous group is any group that meets regularly, at a specified place and time, for the purpose of recovery, provided that it follows the Twelve Steps and Twelve Traditions of Narcotics Anonymous. There are two basic types of meetings: those open to the general public and those closed to the public (for addicts only). Meeting formats vary widely from group to group; some are participation meetings, some speakers, some are question and answer, and some focus on special problems discussion.

Whatever the type or format a group uses for its meetings, the function of a group is always the same; to provide a suitable and reliable environment for personal recovery and to promote such recovery. These Traditions are part of a set of spiritual principles of Narcotics Anonymous, and without them NA does not exist.

Autonomy gives our group the freedom to act on their own to establish an atmosphere of recovery, serve their members and fulfill their primary purpose. It is for these reasons that we guard our autonomy so carefully.

### FREE STATE REGION

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<th>MONDAY</th>
<th>TUESDAY</th>
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### APRIL 2020

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*Note: All meetings in the Free State Region have been cancelled.*
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

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COMPASSION
INTEGRITY
EMOOSIWTRUTHPRT
USOPEHOES
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TELEPHONE
THERAPEUTIC VALUE
TRUST
TRUTH
UNCONDITIONAL
WISDOM
WORKING THE STEPS
WRITING

Word Puzzle

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

Low Subscription Rate

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TOGETHER WE CAN
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!

[Reprinted from “Philadelphia Regional Cleansheet”]