



Straight Hope

Montgomery Area Narcotics Anonymous Newsletter

June 2017

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Do You Know?

Looking for someone who knows when the meeting SYA switched organizations from an AA meeting to NA in 1986. If you have any information please email Jeff B at jab1964jab@gmail.com or Charlie B at cmbucklin@gmail.com

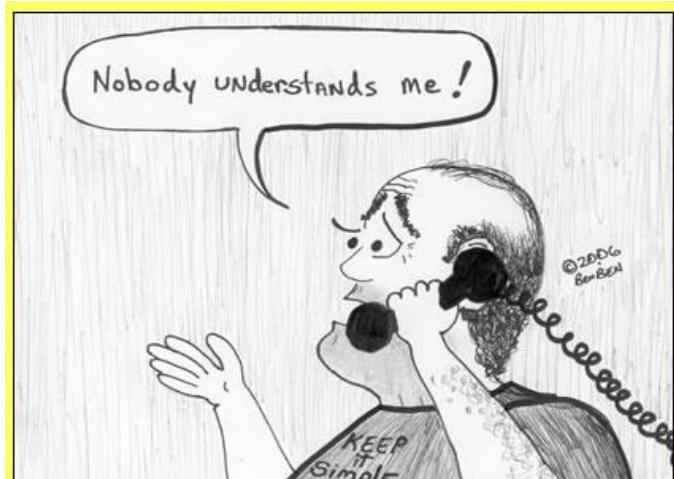
What's Happening

Coming in July...

Stay Tuned for more information on the Frederick Area **31st Annual Dope Fiend Olympics!** You won't want to miss this. It is extremely entertaining and runs from 10:00am to dusk.

Coming in August...

August 4th Up County NA will be celebrating 29 years!



Nobody understands

A Little Recovery Humor By Ben C

www.recoverycartoons.com/favs/favtoons.shtml

June Anniversaries/Celebrations

Suzanne W	3	Crossroads	6/1
Todd S	30	Making a Difference	6/8
Ralph	26	Older Toddlers	6/2
Glenn	8	Serenity in the Park	6/8
Lois M	23	Progress in NA	6/11
Janet	9	Serenity in the Park	6/29

Send us an email when & where you will celebrate:

moco.news@cprna.org

Area Service Meeting Notes:

- Due to the July 4th Holiday Area Service will not meet on their regularly scheduled first Tuesday of the month.

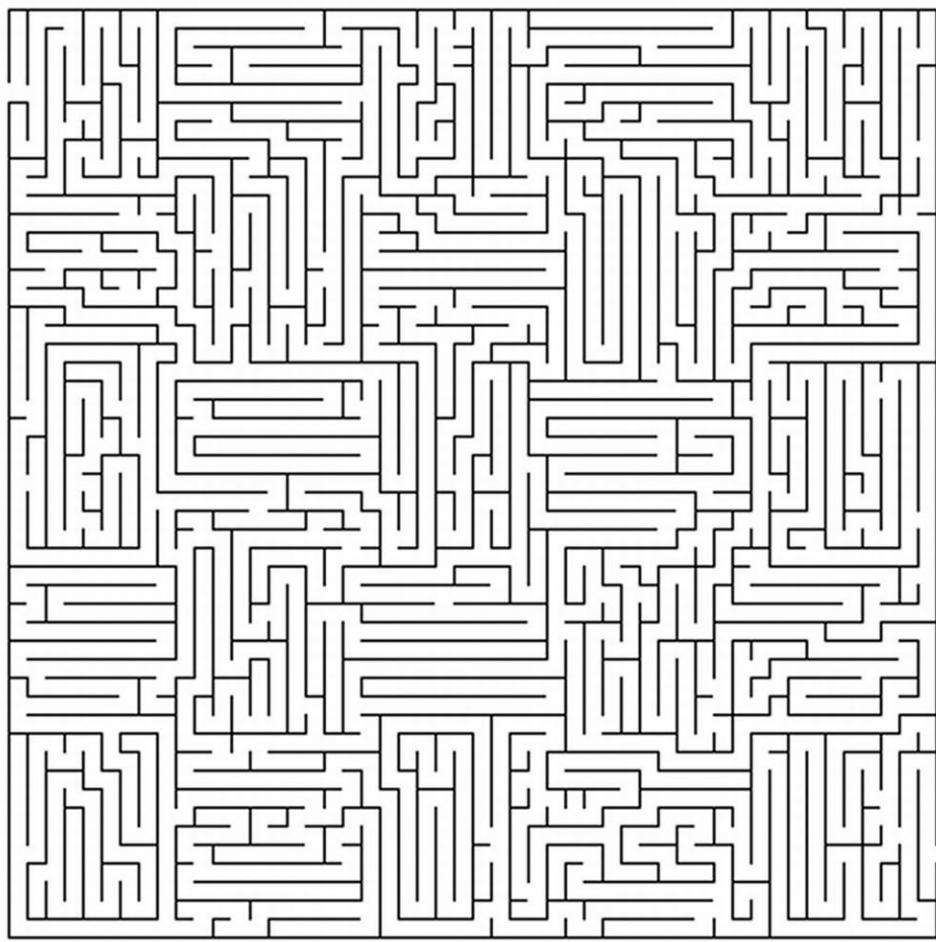
A vote was held and it was decided to bump it out to the following Tuesday on July 11th

- Crossroads – Meeting room change to conference room A or B on the ground floor starting 4/20/17
- Never Alone – Meeting time has extended 15 minutes meeting time now 7:30 pm – 8:45pm
- New Way of NA Group needs support Monday's at Rockville Metro Club
- Share On Saturday – in need of support
- Hugs Not Drugs – New meeting time beginning on 4/29/17 new time is 12:30 – 1:30 pm Saturdays



The Fun Page

N A-Mazing Recovery Path





Create a recovery toolbox

The goal of having a recovery toolbox is to have various options of coping skills so that when you are in intense distress, you have something to choose from to keep you grounded and on the right track. Too often, when we are in distress, we run out of ideas resorting to unhealthy habits compromising our recovery.

Recovery & Relationships

The “Recovery and Relapse” chapter of our Basic Text quotes an addict saying “Relationships can be a terribly painful area. When I had eight months clean, my wife packed up, took our two sons, and left the state. I used her leaving me as an excuse to use. My Higher Power told me to ask for help. In desperation I asked my brother who had nine years clean to come and get me. I went from New York to Virginia and made that long walk for a white key tag at a meeting, and I’ve stayed clean 18 years now.

Once at an NA convention during the “How It Works” reading of the passage “There is one thing more than anything else that will defeat us in our recovery,” someone yelled, “RELATIONSHIPS!” Many others and I chuckled; we laughed together through identification. But an old-timer told me, “This is a God-given program. We don’t add words. It’s not a laughing matter; many have used or died from the pain of broken relationships.” In early recovery I shared about the pain of my breakup. NA told me, “Don’t use, don’t harm yourself or others, keep coming back, it’s going to get better.” NA showed me how to become a there-with-them father. I had thoughts of giving up. It did get better through working the program—even if getting better just meant another day clean.

Years later, my brother, at 22 years clean, got divorced and left the state to be with a woman he had met on the internet and they got married. A few years later they had problems and things went south. He relapsed and struggled to stay clean. My thoughts at that time were that I had 17 years clean, so it was my turn to drive 14 hours to get him like he did for me. It wasn’t meant to be. He sent me a message saying he was tired. He overdosed on pills and alcohol and died.

They say “Recovery and Relapse” is a relapse-prevention chapter. My deceased brother told me when I was new, “When you hear a Basic Text quote in a meeting, read the paragraph before and after that line that says relationships can be a terribly painful area. That’s the hit.” He was right. When you’re not going through the pain, it’s easy to say, “Don’t give up five minutes before the miracle,” or “Hold on, don’t use, it gets better.” No matter what, staying clean is always first.

Over the years, through the ups and downs, what has never failed me is prayer and the chapter, “Recovery and Relapse.” Roger R, Virginia, USA

Recovery & Reading

NA publishes some great articles filled with messages of hope in recovery. Get in touch with the (Web) World! If you’ve never visited the NA World Services site, be sure to check it out.

The website address is <http://www.na.org>. On the front page go to the right and find the Subscribe link. Here you can subscribe to the World Newsletter, magazine. This is a great quarterly magazine called The NA Way. Click on the Periodicals tab to see all Publications.

While you’re surfing the web, don’t forget our regional site, <http://cprna.org>. Here you can find more information about our region and area. Past issues of Straight Hope can also be downloaded and/or read there. Just select Montgomery under the Our Area dropdown menu, then click on the News tab.

MONTHLY FOCUS STEP 5

ADDICTS SHARE THEIR EXPERIENCE, STRENGTH & HOPE

My name is Terry, and I am an addict. Never again does the recovering addict have to continue trying to fill the empty void inside of him. The tools and knowledge that we receive in the course of working the 12 Steps completely fills that emptiness. All the qualities of true delight and contentment are available to us. Step 5 of NA is a major Step in our recovery process. Keep it trouble-free, take it one day at a time, seize the opportunity, and candidly tread forth in faith, relying on your Higher Power to supply you with the audacity and power necessary to engage in this Step. Let Go and allow God to demonstrate the way.

Personally, I was very timid and frightened of painstakingly completing this crucial Step. It took a while to gain the nerve to initiate this Step, but when I finally admitted my wrongs, a sense of relief and pleasure filled me like never before. It was a very awe-inspiring occurrence for me, but the act itself wasn't as bad as I pictured. For me to sincerely, and entirely follow through with this Step, I had to eliminate all unenthusiastic thoughts from my mind. I told myself that completing this Step would only generate additional expansion and improvement in my life, and in my upturn. I set aside the false pride that was trying to surface. I quieted my mind, while asking my Higher Power for the audacity and vigor to put together a thorough confession.

I then started admitting my wrongs to my Higher Power to begin with. I read my personal inventory, while recollecting all corrupt situations that I could commit to memory. I started with my childhood, and then admitted my wrongs all the way to the present, while asking for God's forgiveness and mercy. I wasn't able to complete that whole procedure in one session, but I in due course told God each and every one of my wrongs that I could possibly remember, particularly those wrongs that brought me annoyance, bitterness, guilt, humiliation, and sorrow. After I admitted my wrongs to God, I chose my sponsor to admit my wrongs to. I trusted my sponsor with this information, and I was meticulously open and straightforward; what a relief I felt after the course of action was concluded. It would take pages for me to portray the feelings and events that took place. I will, on the other hand, stress the magnitude of completing this Step.

To admit the exact nature of our wrongs, we should include all the aspects of sin that we've committed, such as our wrongs against people, community wrongdoings, private offences that recurrently overpower us, detrimental mannerisms of makeup, devastating tendencies, persistent faults, infrequent blunders, weak points, and all other faults or weaknesses of character that we can summon up. Simply, sins against God or against people, huge sins or minor sins, or intentional sins or minute sins. Through this process, God removes our guilt, throwing it away. God covers our embarrassment, and disposes our liability, leaving us with no more to pay. We should address everyone implicated; stray from ifs, buts, and maybes; declare the precise nature of our wrongs; accept the pain that we've created; stomach the effects; alter our conduct.

Through these steps, we release the burden that our addiction brought us. We step out into the spiritual realm, acquiring the much-needed additional assistance that we need to continue moving ahead in our recovery.

Thank you for allowing me to be of service.

Citation from NA Way of Life Edition. 2012 <http://www.recoverytimes.com/terry12.html>

STEP FIVE

The first time I worked Step 5 I needed to face my fear and trust in my Higher Power, this is where Step 3 really came into play. Step 5 helps me to work through my fears, and to pray for courage and willingness. Despite fears we move forward and continue with our recovery. Working the first four steps prepares us to work our Step 5.

“Admitted to God, to ourselves and another Human Being...”

Admitting the nature of our wrongs to God differs from person to person, each of us has a different understanding of our Higher Power and it is very personal. Some invite their Higher Power into their lives, others make a formal admission to God. Once again in recovery we have to be honest with ourselves, we will find this being a common theme in our recovery. This is vitally important because during our active addiction we were lying to ourselves. We were in denial of our problem and our actions.

It is also important to admit the nature of our wrongs to another person. We often cannot see what others can and other people can help us to accept responsibility for things, and also to accept what we don't need to take responsibility for. This will often be the very first time we are honest with another person. Our relationship with our sponsor is very often the first honest relationship we have, it is how we learn how to have healthy relationships with others. The therapeutic nature of one addict helping another really comes into play with this step. The person we share our fifth step with will often also share their own personal experiences with us.

What is meant by “The Exact Nature of Our Wrongs”

It is very important to distinguish between the actual wrongs we have committed and the nature of our wrongs. While we are doing our fifth step we will most likely see a pattern starting to emerge, a repetition of the same type of thing happening over and over in our lives. We often refer to these behaviors as our character defects.

So what has my personal experience of Step 5 been?

My first experience doing Step 5 was very scary. I still truly believed that I was somehow special and different. I thought the things I had done during my active addiction would make my sponsor reject me and make her think even less of me. For this reason I purposefully did not include a lot of my wrong doings in my Step 4 and 5 the first time. To be honest there were a few complete lies in my first round of steps. So I shared selectively the first time, but even so I expected a little bit of shock and disgust. What happened was completely unexpected. When I shared the worst things I had done my sponsor laughed and told me something she had done which was almost exactly the same. Everything I had experienced she had too, she didn't turn her back on me, she didn't run from the room in horror. We ended up having a good laugh and I started to forgive myself. The next round of steps I got truly honest and I told her that I had purposefully left out a lot of things that I was too ashamed to talk about. I included these things in the second round of steps. Once again she laughed with me and told me she did exactly the same thing. She told me this is why we do the steps over and over again. It is not about getting it 100% correct the first time, it is progress not perfection.

I have now found the same thing when I have a sponsee and a look forward to it. It is not easy to trust someone immediately, so someone will share a little bit to begin with and as they start to trust me more they will share more and get more honest. As this happens I can see spiritual growth in myself and the other person. The therapeutic nature of this program is that when I have a sponsee I am not just helping my sponsee, I am helping myself at the same time.

This step can bring great spiritual growth, self-love, acceptance and forgiveness. Lynne

Excerpt from Nov. 18, 2015 lynnelivingwithaddiction.com/step-5-of-the-12-steps

Share your story, poetry, experience art, drawings or how recovery works for you.
Email submissions to moco.news@cprna.org

Right to Publish Disclaimer

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NAME

SIGNATURE

DATE

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