



# Straight Hope

Montgomery Area Narcotics Anonymous Newsletter  
DECEMBER 2017

The magic of NA unity is clear when we see our desire for recovery reflected in others. When this occurs - we see, we understand, and we are one. This is the strength of our unity.

## Inside This Issue

Anniversaries	1
What's Happening	1
Recovery Tool Box & Area Announcements	2
Addict's Share	3
Monthly Focus - Step 12	4
Monthly Focus - Step 12 Continued	5
Right to Publish Form	6

## What's Happening

Thursday, December 7<sup>th</sup> 7:00pm  
Serenity In The Park 26 Years Celebration!  
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### DC Area: Speakers Jam & Dance

Dec 9<sup>th</sup> 6:00PM - 1:00AM  
[St. Martin's Church](#) 1901 N. Capitol St, NW – DC

**NORVANA Christmas Eve & Christmas Day Marathons** Dec 24<sup>th</sup> Noon to Midnight & Dec 25<sup>th</sup> Midnight to 10:00 PM [Greenbrier Baptist Church](#) 5401 7th Rd S. Arlington, VA

### Frederick Area Christmas Marathon Meetings

Dec 24<sup>th</sup> 6:00PM until Dec 25<sup>th</sup> 5:00 PM  
[Trinity Chapel](#) 10 West Church St side door 2<sup>nd</sup> fl. Frederick, MD

### DC Area Annual Holiday Marathon

Dec 25<sup>th</sup> 12:00PM-8:00PM [St. Martin's Church](#) 1901 N. Capitol St, NW - Washington, DC

### Dulles Corridor Christmas Marathon Meetings

Dec 25<sup>th</sup> 12:00PM-12:00AM  
[St. Matthews Episcopal Church Trailer](#) 3201 E. Frederick Dr. Sterling, VA

### Jump Start To Recovery Christmas Dance

Dec 25<sup>th</sup> 8:30PM - 12:30AM [St. Martin's Church](#) 1901 N. Capitol St, NW - Washington, DC

### Dulles Corridor Area NA New Year's Eve Party

8:00PM-1:00AM [Galilee United Methodist Church](#) 45425 Winding Rd Sterling, VA



Holidays

A Little Recovery Humor By Ben C

[www.recoverycartoons.com/favs/favtoons.shtml](http://www.recoverycartoons.com/favs/favtoons.shtml)

## December Anniversaries

Jay S	8	Poolesville 12	12/2
Axel	1	Today's Recovery	12/3
Pete G	28	Glad to be Alive	12/5
Summer C	3	Girls Night Out	12/7
Carolyn J	17	It Works How & Why	12/8
Tim D	8	Fear to Faith	12/9
Celina J	1	Illness in Recovery	12/11
Erica R	3	Girls Night Out	12/14
Anthony W	24	One Step at a Time	12/15
Adam H	6	Fear to Faith	12/16
Kimberly	1	Talking Heads	12/17
Steve O	29	Progress in NA	12/31

Send us an email when & where you will celebrate:

[moco.news@cprna.org](mailto:moco.news@cprna.org)



Register now for the upcoming CPRCNA 32 Convention held in Ocean City, MD  
<http://www.cprcna.org/registration/>



### 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.

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## Recovery Boost & Resources

### Meeting Makers Make It - *It's easy to make more meetings even if your homebound!*

Did you know you can catch an online meeting if you're stuck at home or unable to get to one in person? Try one of the many meetings NA holds online every day. There are many resources NA provides one of which is many times overlooked or just not known that is the internet where they host on-line meetings.

[http://na-recovery.org/Narcotics\\_Anonymous\\_Online\\_Meeting\\_Schedule.html](http://na-recovery.org/Narcotics_Anonymous_Online_Meeting_Schedule.html)

### Read More - *It brings such clarity!*

NA offers free on-line access to Literature available on the website:

<https://na.org/?ID=ips-eng-index&ID=ips-eng-index>

**Trivia** – *In Reading more you will learn lots of fun facts such to share such as did you know what The Original NA Literature Prayer was:*  
 “Dream realization takes action. We pray, God free me from ego and self-will. Give me the strength and guidance to do your footwork.”

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## Service Positions –

*Being of Service is a sure way to boost recovery  
 It's like a Rocket lift-off  
 If you don't do it, you don't get it!*

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### Join A Subcommittee:

#### Special Events Subcommittee

Meets the 3<sup>rd</sup> Tuesday every month 7PM Rockville Library 21 Maryland Ave. Rockville

#### H&I Subcommittee

Currently serves 11 Facilities with 17 meetings a week. Meets the 3<sup>rd</sup> Thursday every month 7 PM Christ Congregational Church 9525 Colesville Rd Silver Spring

#### Policy Subcommittee

Meets the 2nd Thursday every month 6:30 PM Aspen Hill Library 4407 Aspen Hill Rd Rockville

### Group Concerns /Announcements & Trusted Servants Needed:

- Hugs Not Drugs – Trusted Servants needed
- Progress in NA – Trusted Servants needed
- The Alternative - Needs Support, Donations are low
- Making A Difference – Home group members needed
- Grateful Heads– Name changing back to Grateful Heads, also need support
- Keys to Recovery - Format has changed from Beginners 123 to 1-12 Step Reading in Basic Text with a leader
- Mondays Miracles -Needs coffee maker
- Share on Saturday -Needs trusted servants and support
- Squeaky Clean - Needs trusted servants

### Area Service Positions Open:

- Battlefield Liaison
- DC Liaison
- Dulles Corridor Liaison
- Norvana Liaison
- South Potomac Liaison
- Tri-County Liaison
- Babysitter

### Area Service New Business:

Area is compiling a list of all facility contacts for each meeting location (per policy). Each GSR is asked to please find out that information for their meetings and email (1kimlooney@gmail.com) or bring contact information to next Area Service.

## Addicts Sharing Experience, Strength & Hope

### My Deal with God

I was in a recovery house and decided I was going to leave, even though I knew I would face seventeen years without parole if I left. I made a deal with god (whom I wasn't real sure about, but was coming to believe in). My deal was to go to the office and see if a van was available to take me to an NA meeting, knowing the chances of that were slim. If there was a van available, I would stay; if not, I was packing my stuff and leaving. I got to the office and the guy behind the desk was on the phone. He paused and asked what I needed, and I told him I needed to get to an NA meeting and asked if a van was available. He said no, so my first thought was, "Aha! I'm packing!" Then he told me to hold on a minute. He said, "I'm on the phone with someone who's going to the meeting, and he says he will come by and pick you up." I said, "No, no; that's okay." But he insisted. "You just said you needed a meeting, and he's on his way." I stood outside, pissed off and not sure what to do. My deal was a van. No van, I'm leaving. I decided to be polite and go to the meeting with this guy, and then after the meeting I would leave. I got an uneasy feeling when the guy pulled up in his car, but I was astonished when he introduced himself. He said, "Hi, I'm Van." I laughed all the way to the meeting. Jim B, Texas, USA Reprinted from The NA Way Magazine, April 2009

[www.na.org/admin/include/spaw2/uploads/pdf/naway/en/NAWay\\_Jul17\\_Web.pdf](http://www.na.org/admin/include/spaw2/uploads/pdf/naway/en/NAWay_Jul17_Web.pdf)

### Recovery Comes First.

The bills will get paid.  
Your homework will get finished.  
To-do lists will be done.  
You will pay the rent.  
Your family will still love you.  
Your love life will flourish when it's ready.  
You'll have other priorities.  
Make your heart  
Your health  
Your stability  
The top of these priorities.  
*Recovery comes first.*

## MONTHLY FOCUS

### Step Twelve

***"Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs."***

What a promise! What a gift! My spirit is awakened from the deep sleep that it had been mired in all these years! I am able to recover my true nature as a spiritual being as a result of practicing these spiritual principles in my daily life. If I am successful in practicing spiritual principles in every aspect of my life, as the Tradition put it in 'all our affairs,' then every person that God puts in my life will automatically be influenced and benefit from the message that I carry." from an NA member.

Having had a spiritual awakening as a result of working these Steps, we may find our lives changing in matters of personal conduct. We may discover that instead of concentrating our efforts in lost causes, we are now mainly focused on being available to the still suffering addict by freely giving that which was freely given to us: experience, strength and hope. As we grow into our long delayed adulthood, we learn to see that our needs are met. We acquire the skills of supporting ourselves, providing for the needs of others dependent on us, our health, and all our social interactions in a way that does not harm others. It is part of our awakening that we get to do this. Spiritual growth can seem non-sensical to someone grounded in fear, pain and guilt. But real spirit comes from learning how to live in a way that brings out the good stuff without all those nasty side-effects. 'Spirit' is another name for the good stuff.

We have all experienced at one time or another the simplicity of spirituality in action and wondered why it couldn't always be that way. What is it that happens that spoils a beautiful day? We are sitting in the park, in the sunshine, listening to the songs of birds, thinking how beautiful that they should find such sounds with their small beaks and lungs, to express the joy and excitement of their small moments. Suddenly we think of someone who has wronged us. A cloud appears, just over our heads. We begin to plan some revenge or hatefulness to the person who has wronged us. Now there is lightning and thunder. We decide who we will go see and tell a certain version of how we have been wronged and get that person fired or in trouble with their mate. Now the storm is in full flood. Where did the birds song go?

Recovery may be similar to just growing up. Principles can seem irrelevant. When we are in pain, principles can seem intellectual. We may need to hurt a lot more before we come into focus. One who has absorbed spiritual honesty or comprehended hope can use a range of spiritual principles to avoid painful traps or deal with unanticipated problems. As recovering addicts, we learn that each of us has a grace period in which we can learn about spiritual principles through working our Twelve Steps. This is where we get our strength. We need to take seriously all that we have learned especially when there is no crisis. Read, read, read. Go to meetings and bring up topics you would like to hear discussed. Spiritual principles will always help us in unexpected ways far beyond the energy and time it takes to learn them. These principles are what our surrender to our need for help and our desire for recovery open us to learn. They are the building blocks of our new life. When we hurt today, we can trace that pain to its source and eliminate it. Poor thinking and erroneous conclusions lodge in our lives like a bit of food stuck in our throats. We won't feel right until we can get it down. Relaxing, taking deep breaths may help. Someone squeezing our chest and helping us expel the food may help. We have to get help.

Honesty, open-mindedness and willingness are the basis of other principles that affect our spirit or connection with our Higher Power. We may need to practice contrition and supplication rather than our strong, domineering personalities. A great many of us are absolute wimps and need to counter-balance this side of our nature with more aggressive abilities so we can access courage or the ability to take up for ourselves and others who need our help. We have to learn when to step in and when to step back. Where we find ourselves lacking in the ability to be tolerant, we should look at it as a real disability. We're hurting and missing out on something. These characteristics are things that we can change. We can practice applying principles as if we were lifting emotional weights.

## MONTHLY FOCUS

### Step Twelve Continued

We can work out to develop our emotional muscles. Selfless service can be being the anonymous voice on the other end of the phone. Anyone who thinks they know it all is cruising for a bruising. This is true especially if our belief system and the values which we live by tell us that a perceived deficiency in ourselves gives us the right to move ourselves upward by bringing the other person down. This is reasonable in a certain primitive sense. Most people notice that this approach leads to various troubles that reduce not only the quality of their lives but also the doors open to them.

This, unfortunately, is the big stumbling block for a certain number of professionals and religious people. They get paid for being in the know. Protecting their ascendancy is protecting their livelihood. Our needs and our need for personal growth transcend what they have to offer. We remain alert to the watchfulness in our newcomers. They have been many places and most often are underestimated and mistreated, like being a newcomer is a deficiency. Helping them requires demonstrating a certain good sense and exercising proper caution. Don't let the drowning swimmer pull you down. Hand them a life jacket, let them realize they are not going to drown and when they settle down, help them to shore. We don't take on the problems of others so that we get drawn into trouble again. The presence of one or more experienced members on Twelve Step calls brings the program into play and keeps the disease from taking over.

We must learn to distinguish between pain-motivated changes and the desire for recovery so that we can more effectively carry the message. Many addicts come to us in pain, start to feel better, and then, wander off. Only those with desire will find recovery. This is not our choice but others will try to make it seem so. It is natural for people to try to justify themselves. After all, if they need to correct themselves, they may be put to some trouble. It is also natural for us to take up for the magnificence and wonder of our recovery. That we are who we are and able to again enjoy the benefits and happiness of a healthy life without falling into habits of squander and ruin is a miracle. Freedom from addiction is freedom from obsession and compulsion and goes way beyond not using drugs. It is not our place to set others straight. Let us proceed in our way quietly and be grateful. All addicts have moved towards a lifestyle that exploits personal pain as one strategy to get an edge or leverage on others. Recovering addicts are different simply because we admit and gradually come to terms with our pain in the course of our recovery. Helping others discover this method, we have to look unceasingly for those with desire and clear minds and hearts.

Spiritual power is toxic to the disease of addiction. To practice our spirituality in the presence of someone who is spiritually starved, is very similar to a person who has great wealth spending time with a poor person. The tendency to talk too much, appear to have all the answers and lord it over the impoverished is harmful and offensive. People want to know how much you care before they care how much you know. Over time, bit by bit, the habits of thrift, eliminating unwonted expenses and being firm about getting paid, pay off. Just the same way, a person new to the life of the spirit has to take plenty of time to learn the new ways of meeting their needs and taking care of their personal affairs. Much of life is just the situation we are in at the time. Disaster happens to everyone. Addicts are certainly no exception. It is our ability to cope that is damaged by our addiction so that it is harder for us to get real and face our problems. We are used to poor substitutes for reality. But clean, life can become our friend again. Being gentle, taking time, remembering how it was for us in the beginning, we practice patience, humility and tolerance and - we never get enough practice...

[http://www.nawol.org/2012\\_step12.htm](http://www.nawol.org/2012_step12.htm)



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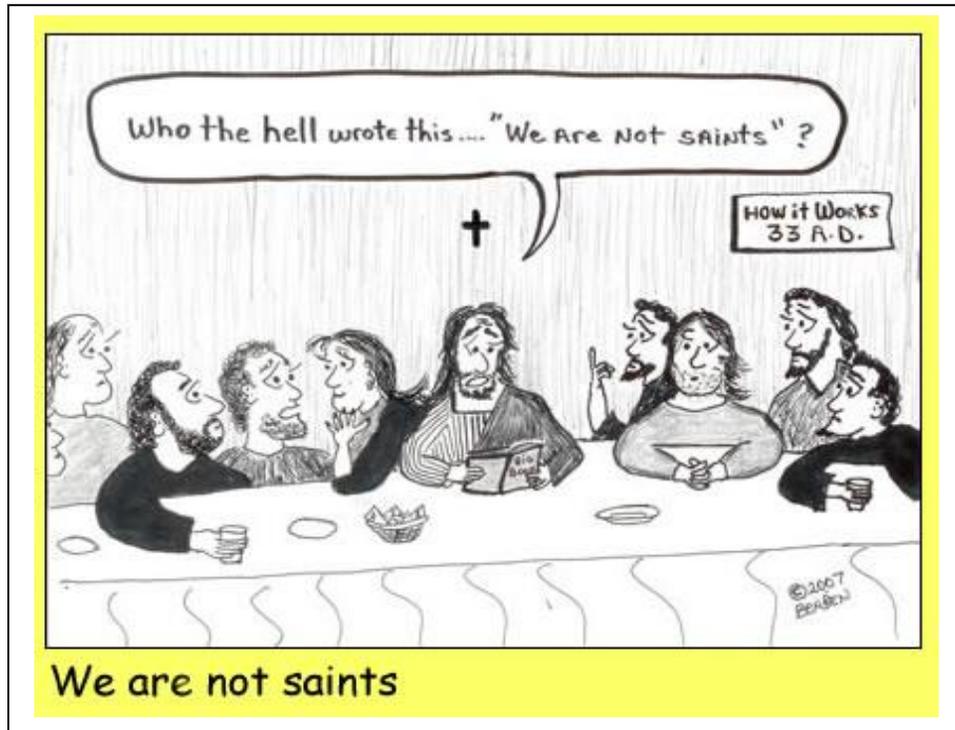
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Name

Signature

Date



Share your story, poetry, experience art, drawings or how recovery works for you.

Articles are edited for clarity, punctuation and grammar.

Email submissions to [moco.news@cprna.org](mailto:moco.news@cprna.org)

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