



Straight Hope

Montgomery Area Narcotics Anonymous Newsletter

August 2018

“It’s hard to spot a spiritual crisis: Usually it is disguised as a crisis in our relationships, finances, career, or family.” – Living Clean: The Journey Continues

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Groups in Need

Progress in NA is in great need of trusted servants with several service positions open – Please get involved help us continue carrying the message by your support.

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Trusted Servants & Home Group Members greatly needed at Share on Saturday - Many service positions open: Coffee Maker, GSR Alternate, Chair / Meeting Lead, Literature all in need of your support.

Announcements

All Are Welcome - New Ad Hoc Research Committee to bring CPRCNA Annual Convention back to our area the 1st Sunday every month 2:00p Montgomery Hills Baptist Church 9727 Georgia Ave #202 Silver Spring, MD

Events

Dance Aug 11th St Martins Church
1908 North Capital Street NW \$10 at Door

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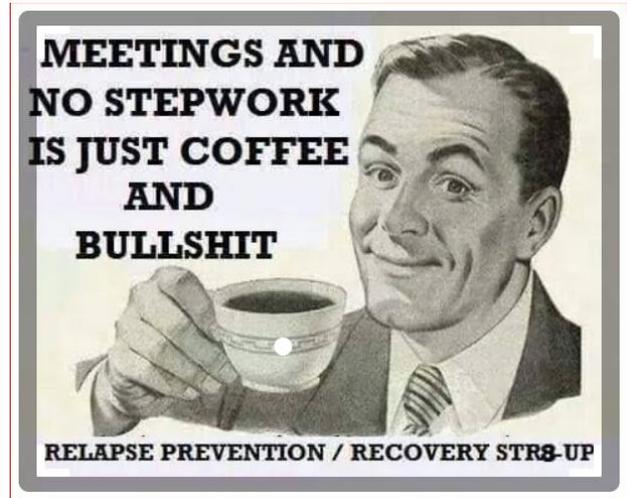
The Magic is Real WCNA 37 Aug 30th – Sep 2nd
World Convention Orlando, FL www.na.org/wcna

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Speaker Jam Sept. 29th 3p-6p & Dance 8p-12:30am
Trinity Chapel 10 West Church St. Frederick, MD

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Tri-County Area Unity Retreat Sep 14-16
Lions Camp Merrick 3650 Rick Hamilton Pl Nanjemoy
Maryland / To Register: Chrissie 240-270-6479



August Anniversaries

Up County NA	29	Group Anniversary	8/3
Patricia A	20	Coffee Hour	8/5
Ronald S	4	People’s Recovery	8/8
Belinda M	12	Speak Easy	8/25
Beverly L	24	Speak Easy	8/25
It Works How & Why	23	Group Anniversary	8/27
Frenise	10	One Step at a Time	8/10
Aaron S	15	All About Change	9/11

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Sex 1st Year

Recovery Humor by Ben C



Addicts Sharing Experience, Strength & Hope A Strong Foundation

With more than ten years in Narcotics Anonymous, my world was rocked in a small moment. I was hit by a car on my motorcycle. I was cruising along one moment, a very active recovering addict living and enjoying life to the best of my ability, and then, BAM!!

After 16 hours in the trauma unit, I was sent home with a fractured pelvis—a non-weight-bearing injury. That meant cruising around on a motorcycle became cruising in a chair with wheels on it.

Life was completely turned around in the blink of an eye. We hear about this stuff all the time. I know addicts in recovery, friends who have experienced this. What happens when it happens to us?

Thank God for Narcotics Anonymous. When I first got here, I was desperate with a capital D. I was pretty much willing to do anything. I know I had been willing to do anything for dope. Changing that gift of desperation into willingness, open-mindedness, and honesty was big for me in early recovery. With some surrender and willingness, I was on my new spiritual journey.

As the story goes for many of us, I found a home group and I got into service. I got a sponsor and started working the Steps, and I learned about spiritual principles and tried to practice them to the best of my ability on a day-to-day basis. I didn't understand at that time in my recovery what was transpiring—not like I do today. I was building a solid foundation to deal with life. The rigors, the tragedies, the ups and downs still happen to us daily whether we are clean or not.

On occasion in the past I have gone through times when meeting after meeting just got a little repetitive, mundane, and even boring.

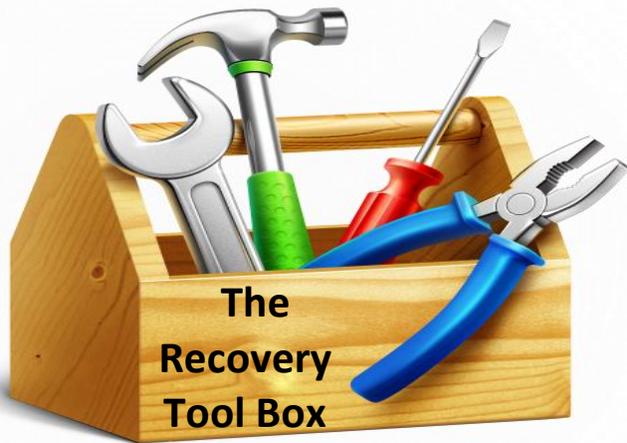
What I have learned about perseverance is that I just show up anyway. I have the disease of addiction and I must participate in my recovery. I learned that no one will do it for me. After the smoke clears, I'm still left with me and how to process life's tragedies.

I have to get honest about the situation and I have to accept and surrender as necessary. I have to trust and have faith in the God I understand and the program so that, no matter what, I can get through anything with these principles. Sometimes I can simply overlook the strength that I get and draw upon from God and you guys, all of you.

I love Narcotics Anonymous and all of you guys. I know I'll get through this with dignity. And when that happens, I promise not to take credit for it (well, maybe not all the credit).

*Jay W, California
Jul '17 VOL.34.3*





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.

Daily Inventory & Life's Term Turned

A year ago, I was approaching the 40th anniversary of the first day I stopped using. A year ago, I was also homeless, working every night on the midnight shift, and I was financially insecure. "Life's terms" were harsh. I was filled with despair. What little hope I had was in a small, small corner of my heart. Partly it was my circumstances—life without an address is a hard way to live. But more so it was because in all that opportunity I'd made so little effort to discipline my finances. I was taking no joy in my pending anniversary. I wondered if I would even do what was needed to get there.

I took inventory of what was keeping me from yielding to the despair and found seven things: the momentum of my clean time; the experience and message in our literature; my friends, old and new; service; our Steps; our meetings; and the spirit and fellowship of NA. I began to put my effort into all, some, or at least one of these things every day. What has happened since then is, simply put: "Life's terms" turned. A permanent home was afforded me. An opportunity opened up for better employment—a livable income at a day job. Much of my loneliness was washed away.

Daily Inventory Continued

Two things helped me most as circumstances changed. One is the NA group I found where I was comfortable, supported, encouraged, challenged, brought to task, and, most of all loved. In my first meeting, they gave me a better perspective on my life as it was then. They also gave me their strength to go against my despair and to choose between two potential permanent homes. I know not all NA groups are this robust and generous, but I walked into one that is.

The other thing is that I reestablished a habit of evening inventory, just before bed. I figured out several things that are most important to my daily success and my daily growth. Every night I rate how I did with them, including, getting to bed on time, not wasting time game-playing or TV-watching, calling a home group member, preparing my clothes for the next day, accomplishing the goals of my job, and so on.

Between my daily awareness of my missteps and the love of my fellow home group members, I am changing. My spirit is easing and, along with that, "life's terms" are also. This year, I look forward to my anniversary. To enjoy it. To celebrate it. To be grateful for it.

AJ H, New Jersey

Keeping a Daily Inventory

The purpose of a daily inventory is to keep track of who we are and what we are doing today. Try to answer every question, every day. Keep your answers as simple and as honest as you can. Remember that a daily inventory is not a test; there are no right or wrong answers. Do not get upset if you could have done better or if you fail to live up to your expectations of yourself. Limit your answers and concerns to the past twenty-four hours at the end of the day.

Daily inventories can look different for each person with a common purpose to assist in cultivating a practice of personal & moral inventory on a regular basis. It can steer us away from denial, blaming and dishonesty fueled by fear towards courageous authenticity. It creates an opportunity to do better tomorrow. It creates connection with our Higher Power, with our loved ones and with our intuition.

Keeping a Daily Inventory Questions from Living the Program IP

For the full article see IP - Copyright © 1983 by Narcotics Anonymous

- Am I clean today? _____
- Did my disease run my life today? If so, how? _____
- What did I do today that I wish I had not done? _____
- What have I left undone that I wish I had done? _____
- Was I good to myself today? How? _____
- Was I happy? _____
- Was I serene? _____
- Did I talk to my sponsor today? _____
- Did I attend a meeting today? Where? _____
- Did I share my experiences, strengths, and hopes? _____
- Who are the people in my life that I trust today? _____
- Who has trust in me today? _____
- Did I read from our literature today? _____
- What steps did I consciously work? _____
- Did I admit my powerlessness today? _____
- Was I able to put my trust in my Higher Power today? _____
- What did I learn about myself today? _____
- Did I make any amends today? _____
- Do I owe any? _____
- Did I admit fault to anyone today? _____
- Did I worry about yesterday or tomorrow? _____
- Can I accept myself as I am today? _____
- Did I allow myself to become obsessed by anything today? _____
- What has God given me to be grateful for today? _____
- Have I done anything to cause harm to myself or to another today? If so, what? _____
- Am I willing to change today? _____
- Did I pray or meditate today? How did this affect my life? _____
- What spiritual principles have I been able to practice in my life today? _____
- Was the most important thing in my life today staying clean? _____
- Have I given of myself today without expecting anything in return? _____
- Was there fear in my life today? _____
- Did I feel intense joy or pain? _____
- Did I call or visit someone in the program today? _____
- Did I pray for the well-being of another today? _____
- Did I consciously remember that I have a choice today? _____



CPRCNA

AD HOC SUB COMMITTEE MEETING

WHEN: THE 1ST SUNDAY OF EVERY MONTH

WHERE: MONTGOMERY HILLS BAPTIST CHURCH
9727 GEORGIA AVE SILVER SPRING, MD ROOM 202

TIME: 2:00 PM

PURPOSE: TO RESEARCH FEASIBILITY OF MOVING THE CPRCNA
REGIONAL CONVENTION BACK TO OUR AREA

CONTACT: JONATHAN B. 240-988-8907
FOR ANY QUESTIONS OR DETAILS

WE WELCOME ALL INPUT



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Name

Signature

Date



STRAIGHT HOPE EDITOR
CHRISTINE H.

A-Mazing Recovery
Puzzling Brain Stimulation

