



Straight Hope

Montgomery Area Narcotics Anonymous Newsletter
July 2018

That wordless language of recognition, belief, and faith, which we call empathy, creates the atmosphere - Jimmy K. From the Basic Text, page 85

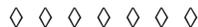
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Groups in Need

Help is greatly needed at Share on Saturday Many Open Service Positions: Coffee Maker, Chair Person/Meeting Lead, GSR Alternate, and Literature Position

Please come get involved & help



Coffee Maker & Secretary are needed at Progress in NA

Announcements

Ad Hoc Committee created to research the possibility of relocating the CPRCNA Annual Convention currently held in Ocean City, MD back to our area

Get involved! - All Are Welcome

Meets 1st Sunday every month 2:00p July 1st is the next meeting at Montgomery Hills Baptist Church
9727 Georgia Ave Room 202 Silver Spring, MD

Events

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



July 15th 10am to Dusk Frederick Area hosts The 32nd Annual Dope Fiend Olympics! 8650 Pine Cliff Park Rd Frederick, MD Tickets \$8 in advance \$10 at door



Sat July 28th 9a-5p Multi-Area Speaker Jam Providence Hospital Ross Auditorium 1150 Varnum St NE Washington, DC Following Speaker Jam is the Gala From 6pm-12am Gala will be held at Saint Luke Catholic Church 4923 East Capital St SE Washington, DC \$10 Presale Tickets Must RSVP by calling 202-425-7585 to purchase tickets to this event



Dog Poop

Recovery Humor by Ben C

July Anniversaries

James P	4	Serenity in the Park	7/5
Colin B	13	Keeping It Real	7/6
Danielle B	1	Progress I NA	7/8
Mary S	10	Talking Heads	7/8
Penny	30	Share On Saturday	7/21
Christine H	4	Share On Saturday	7/21
Bill E	28	The Alternative	7/22
Parker R	1	Older Toddlers	7/27

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Do you have ideas? Submit your experiences, art work, comments, concerns, opinions, etc. to: moco.news@cprna.org



Addicts Sharing Experience, Strength & Hope

Growing & Changing

The way we grow and change in Narcotic Anonymous is by working the steps and practicing spiritual principles. Just as personal recovery depends on NA unity, so NA's growth depends on personal growth.

Our fellowship is growing larger by the day, and it's because so many thousands of recovering addicts are here for newcomers to meet when they walk through the doors. When people share about how bad things were when they were using and how far they've come, they give the newcomer hope, and that hope is what makes people stay in NA.

Nobody needs to go to other fellowships to find recovery from addiction anymore. We have enough experience, strength, and hope in our own, and that is because the people who are our old-timers now stuck it out through all the painful times in their lives. They stayed here and led by example. They worked the steps and practiced spiritual principles, and because they grew, so did our fellowship.

One way our fellowship will continue to grow is by following the Twelve Traditions. NA unity, fellowship growth, and personal growth are all interdependent. Without one, the others would be lost.

Another way we can ensure the growth of the fellowship is to remember that the newcomer is the most important person in any room. When I had just a few days clean, I didn't feel like I was important. I wish I could say it was only due to my low self-esteem, but it was also because nobody told me I was. No one reached out to me. I was so frightened inside. But I kept coming because I had hope, and eventually someone did reach out to me – actually, it was two people, and I remain very grateful to them. If they hadn't come along just when they did, I don't know if I would have stayed.

Don't get me wrong. I did introduce myself. But most people just hugged me, said "hi" and then went on with whatever they were doing. I remember not knowing that I could just go along with the group for coffee after the meeting and I would be welcome.

We need to tell newcomers they're welcome personally, not just read out loud at a meeting that they're the most important people in our fellowship. It is not their sole responsibility to reach out; it is mine as well. I am quite willing to meet anyone halfway today.

In our Basic Text it says, "We need to stay open-minded and willing to do that one extra thing, go to one extra meeting, stay on the phone one extra minute, and help a newcomer stay clean on extra day. This extra effort is vital to our recovery."

Again, everything that is vital to our personal recovery is also vital to our fellowship's growth. If newcomers stop coming, our fellowship will stop rowing, and soon there will be no A. We all need to remember our first day clean and our first NA meeting. With that memory guiding our actions, we will reach many newcomers and our fellowship will surely grow.

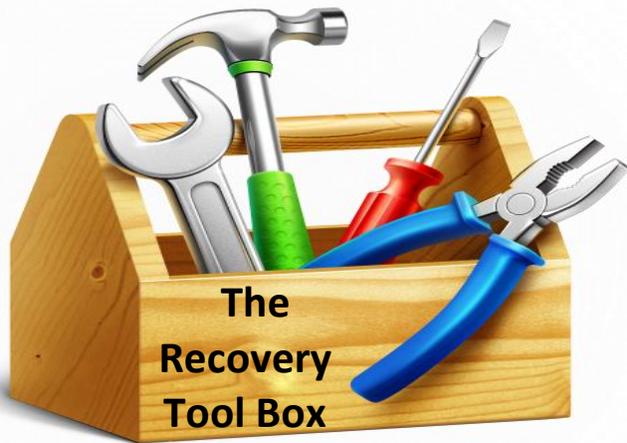
Jason P. Florida

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hours in a day.

No more. No less. That's all I have to work with. To do my best to keep my thinking in check. To pray often. To trust that God cares about me and wants me to succeed. To hold on and not give up. To do for others what I can. To give God my weaknesses and triggers. To grow humility and a deeper gratitude. To give God all the credit. To have peace at the end of every day.

CL M



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.

Inspiration from our literature

"Each time we surrender, we find once more that the desperation that drives us to our knees fuels the passion that carries us forward. When hope manifests into reality, our lives change. Our experience affirms what we believe, and belief grows into faith. When our faith grows into knowledge, the program that we once struggled to practice has become part of who we are. We find here what we were looking for all along: connection to others, connection to a Higher Power, connection to the world around us and, most surprising of all, connection to ourselves."

Narcotics Anonymous, *Living Clean: The Journey Continues*

We all belong: Medication in recovery

Have you ever thought about what it must feel like to have multiple years clean and still be conspiring regularly to kill yourself? How about those of us who suffer from a physical disease like cancer? Fortunately, I have not had thoughts about killing myself since turning my life around in the narcotics anonymous program, nor do I have any serious physical challenges. Unfortunately, there are many recovering addicts who do have serious physical problems, and there are many addicts who suffer from a mental illness. In fact, some NA members have both physical and mental problems in addition to the disease of addiction, and their physical and mental survival depends on their use of some type of medication.

We all belong: Medication in recovery Cont.

It is difficult for me to imagine what my life would be like if working the steps, going to meetings, talking to my sponsor, and relying on a Higher Power didn't work. However, some of face this every day and need outside help as well as the support that is available in NA. Often, the outside help comes in the form of a prescribed medication. Have you ever judged people who need drug therapy and decided they were less-than-recovering addicts? I can remember the tremendous courage it took for me to walk into my first NA meeting. Surely it must take an equal amount of strength to seek help in other places; so why are we so quick to judge the recovering addicts who do so? Shouldn't the NA program be available to them as well?

Although our program promotes complete abstinence from all drugs, one must use some common sense when drug therapy is going to enhance the quality of one's life, save a life, or ease a death.

I am not referring to drug replacement programs, which are designed to treat addiction. I am talking about medication designed to make physical pain manageable, for instance, or antidepressant medication designed to relieve depression that isn't caused by life circumstances or not working a program. I am only mentioning these two types of medication because I personally know of recovering addicts who suffer from these conditions and feel stigmatized by others in the program. These people need their medication, and they also need to recover from addiction in Narcotics Anonymous. I think they should be allowed to do both without being judged by those of us who figure we're better than they are.

I've lost two friends to overdose deaths which, in my opinion, were partially due to untreated depression. May their deaths could have been avoided if they had sought additional help outside NA as well as inside NA. How many addicts suffer from similar illnesses and feel they cannot find recovery in NA because their clean time is constantly being questioned? What can we do to make these addicts feel welcome in NA?

Until I graduate from medical school, I will refrain from giving medical and/or medication advice to my fellow NA members. We all need to be treated with equal amounts of love and respect without regard to our individual circumstances. From old-timer to newcomer, from clinically depressed to terminally ill – we all deserve the chance to find a better way of life in Narcotics.

Anonymous

The NA Way Magazine – April 1999

SUMMER EVENTS

**The Frederick Area of Narcotics Anonymous
Presents.....
32nd Annual Dope Fiend Olympics
"LET THE GAMES BEGIN"**

When: Sunday, July 15, 2018
Where: Pinecliff Park
 8350 Pinecliff Park Road, Frederick, MD 21704
Time: 10:00am – Dusk
Cost: \$8.00 (tickets in advance) \$10.00 (at the gate)

JUMPSTART TO RECOVERY PRESENTS

**ALL WHITE
Affair
Dance**

**11 AUG 2018
9PM - 1AM
WITH DJ PUMPIN ARCHIE**

ST MARTNS CATHOLIC CHURCH / 1908 NORTH CAPITAL ST NW
 TICKETS \$5 IN ADVANCE \$10 @ DOOR
 NEW COMERS 60 DAYS & UNDER & TREATMENT FACILITIES FREE



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Name	Signature	Date
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**STRAIGHT HOPE EDITOR
CHRISTINE H.**