

South Potomac Area Newsletter



December 2018

CPRNA 33 for 2019

Seeking Members to serve on Arts and Graphics Committee. If interested see Necie or Mark

South Potomac Area Service Committee (SPASC) Meeting

*1st Saturday of
Every month
@ 6:00 pm
3111 Ritchie Rd., Forestville, MD*

SUBCOMMITTEES NEEDING SUPPORT:

HOSPITALS & INSTITUTIONS (H&I) SUBCOMMITTEE

*H&I meets the Last Thursday of
each month @ 6:30PM
6400 Livingston, Oxon Hill, MD*

Special Events Subcommittee
*Special Events meets the 1st Saturday of each month at 4:00PM
@ 3111 Ritchie Rd, Forestville,
MD*

**Join the No Matter What Club
The only requirement is don't pick up
no matter what!**



STEP 12

“ Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to

Step 12

I like being called a Trusted Servant. People use to call me a lot of things but never Trusted Servant...and rightfully so! I could not be trusted and the only person I was interested in serving is me.

But after working the STEP's with the help of my Sponsor my life changed. While I could feel that something was different I didn't know that my spirit had come alive. Heck I didn't know I had a spirit. All I knew was that I liked the way things were going. My sponsor suggested I get into service at the Group level early in my recovery process.

He then supported my decision to serve the NA fellowship at the Regional level. I believe that in order for the spirit to live it must be fed. My spirit don't eat fried chicken, ribs and potato salad, it eats when I practice the spiritual principles I learned about in the Steps. I believe that when I serve the program of NA, which is a Power greater than me, and when I practice principles like kindness, humility, charitableness and love, just to name a few, my spirits eats.

I'm not much of a speaker and don't do a lot of talking so I'm grateful that the program offers many ways to carry this message to addicts. I've been able to “find the suite that fits me” in this program. The 12th Step is often referred to as a maintenance step, so to keep my spirit alive and well I try to do the maintenance by being of service to the fellowship. I recently had to find a new job because it was placing demands on my time that were negatively impacting my recovery process. I began to drop service commitments and my meeting attendance started to decline.

Problems and issues at work sprung up and I was having trouble dealing with them. It was also effecting my relationships with family and friends. I started to feel miserable. So I quit the job! Today I have a new job that so far has not placed heavy demands on my time. It allows me to continue to help us “try to carry this message to addicts.”

Thank you Higher Power!

Gary Q.

UPCOMING EVENTS

C&P Regional Events Link:
www.cprna.org/event-calendar

New Groups
Recovery is a Reality
Saturday@5:30pm-7pm
And
Mid-Day Meditation
Just For Today
Tuesday@12pm-1pm
both
7902 Old Branch Suite 207
Clinton Md 20734
Contact Joe A 240-603-4115

You **have** to trust your inner knowing. If you **have a clear mind and an open heart**, you won't have to search hard for direction. **Direction will come to you!**

LONG RANGE GOALS
KEEPS YOU FROM BECOMING
FRUSTRATED
BY SHORT-TERM FAILURES

Need help with your problem or just want someone to talk to? Call the CPRNA Phonenumber at
800-543-4670

Need a meeting on the spot anywhere in the World? Download the N A App on your phone. The ICON looks like this:



12th Step Stories cont'd

Step 12

Trying to carry the message to the addict who still suffers. Sometime it's pot, alcohol, or drugs I know nothing about, but I still have to try.

When going on a 12 Step call I never go alone. I always pray and ask the god of my understanding's help. All of the the 12 step calls are different, but they all have something in common, they can't stay stopped.

Lots of times it's a friend, family member, coworker, or spouse who calls for help. I try to make contact and pick the person up for coffee, meeting, and sometimes a meal.

I let the addict know they are not the only one with a drug problem. By honest sharing parts of my story I sometimes gain a little trust and provide hope of a better way of life.

The only way I can keep my recovery is by sharing it with the addict who still suffers. One day at a time.

Cornell P.

Groups Needing Support:

Living the Program
Group
(Men's Rap)
Meets every Friday
7:30pm—9pm

NEVER HESITATE
TO ASK FOR .
NO ONE
SUCCEEDS ALONE!!