



# Straight Hope

Montgomery Area Narcotics Anonymous Newsletter

April 2019

"We cannot pretend that spirituality is not central to the NA program or the NA way of life. But there is room within that for all people of all beliefs - including those with no belief at all." ~ Living Clean p.49

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## Celebrating Milestones in Recovery

Oshy O	2	Illness in Recovery	4/1
Terri H	12	Sharon On Saturday	4/6
Kyle B	6	Fresh Start	4/6
Cammin D	29	A Good Deal	4/6
Cindy	33	A Good Deal	4/6
John B (JB)	16	Monday Miracles	4/8
Rob B	1	All About Change	4/9
Hillel	8	Fresh Air	4/17
Brett M	1	Stepping Free	4/18
Pam R	25	Share On Saturday	4/20
Katie S	2	Illness in Recovery	4/22
Jordan L	4	Illness in Recovery	4/29
Joe K	4	Fresh Start	5/4
Kenny W	28	Fresh Start	5/11
Mary Elly	5	People’s Recovery	TBD
Tim	4	People’s Recovery	TBD
Joseph	16	Upcounty NA	TBD

## Group Concerns/Announcements

- **Road We Travel** Friday Nights All Positions Open Needs support 9601 Cedar Ln Bethesda, MD
- **Meetin’ in Wheaton** Tuesday Nights Many open positions 10700 Georgia Ave Silver Spring
- **Fresh Start** Saturday Nights Is looking for a new GSR 9901 Medical Center Dr. Rockville, MD
- **Speakeasy** Now meets at Woodside UM Church 8900 Georgia Ave Silver Spring, MD

## Area Events

### Stuffing, Food & Fun Mailing Distribution for the CPRCNA XXXIII Convention

Stuffers Needed April 6<sup>th</sup> 10:00am Farlington Presbyterian Church 3846 King St Alexandria, VA

### CPRCNA XXXIII Convention April 12<sup>th</sup> – 14<sup>th</sup>

Ocean City Convention Center 4001 Coastal Highway Ocean City, MD <http://www.cprcna.org/>

### RACNA II Convention May 3<sup>rd</sup> – 5<sup>th</sup>

Fredericksburg Hospitality House & Conference Center 2801 Plank Rd, Fredericksburg, VA 22401 <https://www.rappahannockareaofna.com/events/>

### NEFANA Camp Letts Retreat May 17<sup>th</sup> - 19<sup>th</sup>

Camp Letts 4003 Camp Rd Edgewater, MD [www.nefana.org/Events](http://www.nefana.org/Events)

### NORVANA Cabin Campout May 31<sup>st</sup> – June 2

Prince William Forest Park - Call Steve 571-839-6527

Please email your Anniversaries to:

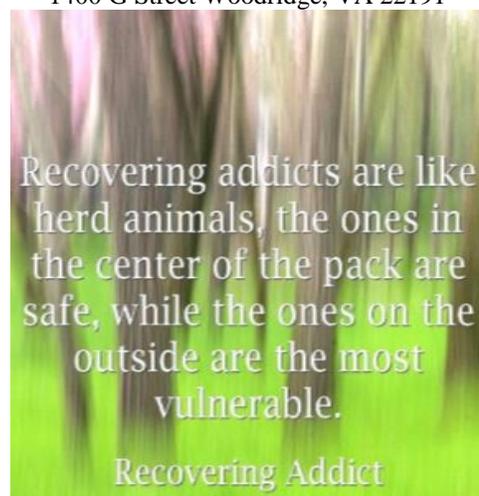
[moco.news@cprna.org](mailto:moco.news@cprna.org)

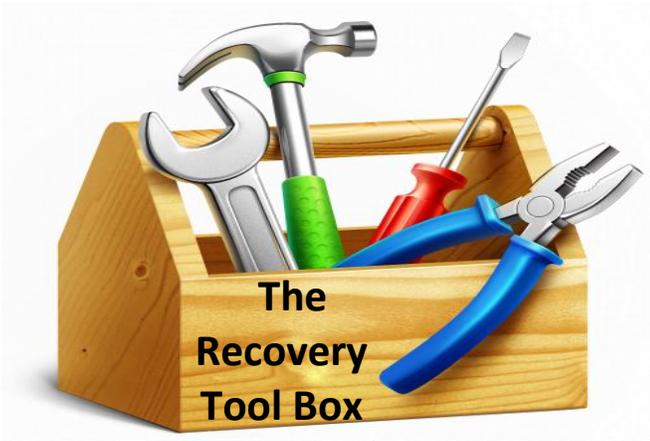
### Serenity in the Park Apr 25 Celebrating 28<sup>th</sup> year

Anniversary 608 N Horners Ln Rockville MD Rear Entrance

### Stepping Together Apr 6 Noon Celebrating 1 year Anniversary Luncheon & Guest Speaker

1400 G Street Woodridge, VA 22191





### 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.

## Step Four

We made a searching and fearless moral inventory of ourselves ~ Basic Text p.27

### Fourth Tradition

Fourth Tradition

*Each group should be autonomous except in matters affecting other groups or NA as a whole.*

Each group does have complete freedom, except when their actions affect other groups or NA as a whole. If we check to make sure that our actions are clearly within the bounds of our traditions; if we do not dictate to other groups, or force anything upon them; and if we consider the consequences of our action ahead of time, then all will be well.

### Fourth Concept

Fourth Concept

*Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.*

Leadership is very important to the welfare of our fellowship. The essay on this concept describes an array of leadership qualities to be considered when selecting trusted servants.

## Working Step Four in Narcotics Anonymous

When we completed step 3, we decided to trust in our Higher Power. We turned our will and life over to the care of our Higher Power.

In step 4, we show our willingness to trust in our Higher Power. We make a searching and fearless written inventory of our life, surveying or summarizing the thoughts, events, emotions, and actions of our life, making our inventory as complete as possible.

Intended only to be used as an aid to writing a fourth step inventory NA has published a helpful guide remembering that the most important guide is that of our NA Sponsor. To keep from getting bogged down, stay in touch with your sponsor.

Some helpful suggestions are:

1. Follow the outline and take one section at a time;
2. Leave a wide margin so you have room to make notes of any thoughts that pop into your head as you write;
3. Don't erase or cross out anything and don't edit

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**Incident.** What happened? In just a few words, give a short description of your memory of the event. Think more in terms of a summary rather than a long story.

**Effect.** What was the effect on you or others?

**Feelings.** What were your feelings at the time of the incident? What are your feelings now about it? Consider how your fears may have contributed to it.

**Self-examination.** How did your character weaknesses or strengths affect the situation? Do you see any evidence of pride, self-pity, self-deception, or self-will in your attitudes and actions? Be sure to record also those times when you acted right.

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### Narcotics Anonymous Step Working Guides, p. 31

First, we should ask ourselves what we want out of recovery. Most of us answer this question by saying that we just want to be comfortable, or happy, or serene. We just want to like ourselves. But how can we like ourselves when we don't even know who we are?

The Fourth Step gives us the means to begin finding out who we are, the information we'll need to begin to like ourselves and get those other things we expect from the program - comfort, happiness, serenity.

The Fourth Step heralds a new era in our recovery. Steps Four through Nine can be thought of as a process within a process. We will use the information we find in working the Fourth Step to work our Fifth, Sixth, Seventh, Eighth, and Ninth Steps. This process is meant to be done over and over again in recovery.

## ADDICTS SHARE THEIR EXPERIENCE, STRENGTH & HOPE

### Addiction is Not a Terminal Illness

There are just some days where it feels like the fight doesn't make a difference. Some days, where I ask myself why I do the things I do and why I carry the message I try to carry. Why do I put in all of this effort when we still lose SO MANY?!?!?

My sister works for an organization fighting to cure cancer where she encounters young people and old people alike that are FIGHTING FOR THEIR LIVES with the hope that maybe they will get to live a little bit longer here on earth! They are trying new experimental drugs, trying to fight, while still knowing the likelihood is that the drugs won't work and they will pass. Then, I see people that are battling with addiction and/or depression that are throwing in the towel to a disease that is not terminal unless you CHOOSE to make it terminal.

ADDICTION IS NOT A TERMINAL ILLNESS! How do we bridge that gap? How do we shine the light on the good in someone's life to ignite the fire within them to overcome their demons? How do we feed them the hope that exists within cancer patients that my sister encounters? How do we make a difference? Here is what I've concluded after thinking about this most of the day today: We don't stay silent. We don't hide. We don't feel ashamed after rising from the depths of hell into this beautiful thing called recovery. This is my only dog in this fight. To stand up and say that I AM AN ADDICT AND I'M IN RECOVERY! To stand up and say that recovery is possible! I am not the scum of society, I am not hopeless and I am worthy to live a life second to none today...and that's exactly what I have. So, I will shout it from the roof tops.

I can't tell you what exactly ignited that hope back in my eyes when I was looking up from my own rock bottom. I can tell you that today, I can hold my head high when I talk about my past. I can tell you that I've gotten to watch the light come on in the eyes of other addicts once they have found their own spark of hope. I can tell you that I have amazing relationships with people that had every reason to write me off but were always by my side lifting me up.

Today, this is my only request. If you have a problem, REACH OUT! Talk to someone! Do not let addiction be your terminal illness. We don't have to lose more people, we just have to get louder and make sure that people know where they can turn for help. If someone you love is struggling with addiction, reach out. There are communities all over this world waiting for you to walk into a room and ask someone how to get out of the hell you're in. Utilize Those Resources!

My prayer tonight will be to bring comfort to those experiencing a loss. That is a pain I know all too well, having lost so many. And even though I may question some days whether I'm making a difference or not, I'm still going to fight like hell to try, because every life saved is a victory!

- Amber B NA Member Pub\_10.16\_akana.org

### 84 days

My name is Habib and I am an addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world. I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I stopped using drugs. I have become very close to God, I feel good, and I am at peace with myself and the world. I have accepted the will of God. I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally, and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for 84 days beside you. I wish success for all addicts . . . members and non-members. God bless.

*Habib, Qazvin, Iran Reprinted from Payam Behboodi, Iran*

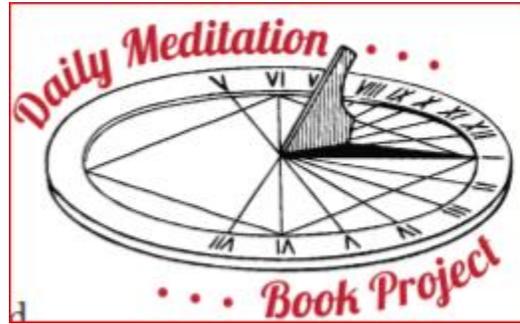
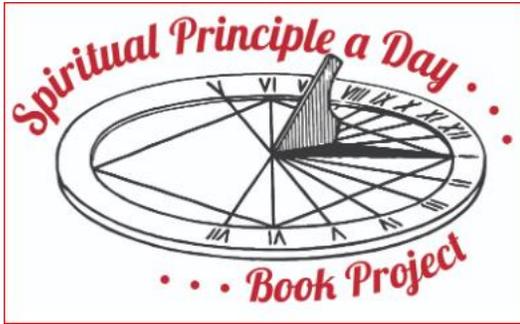
### In response to 84 days

My name is Ron, and I am an addict. I have been clean for a while in a New York prison. I have been receiving The NA Way Magazine for the last 18 months. Each issue has touched me in one way or another, but the October 2006 issue did more than touch me; it brought me to tears. I was spiritually and mentally broken about being in prison. I was staying clean, but that was about all. Then I read Habib's story, and I cried like a baby. Here I was, feeling sorry for myself and thinking life was over because when I get out, I'll be an "ex-prisoner." Habib's message hit me hard. It took an addict on the other side of the world to get me to do something I have not done in a while. I got down on my knees and thanked my higher power for the life I have today and the life I will have when I get out of prison. I wish I could thank Habib for saving me mentally and spiritually. Thank you, NA Way, for printing his message. I will never forget an addict named Habib.

*Ron J, New York, USA  
na.org/NAWay\_Jan19\_WEB.pdf*



**Be a part of our History ~ Submit your Daily Meditation or Spiritual Principle a Day**



[https://www.na.org/admin/include/.../MeditationBook\\_survey.pdf](https://www.na.org/admin/include/.../MeditationBook_survey.pdf) **Daily Meditation Book Project**

**We're compiling a new book! The 2018 World Service Conference approved a project plan for a book that explores a spiritual principle on each day of the year. According to a 2017 survey, members want...**

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<https://www.na.org/?ID=medibook> **Spiritual Principle A Day Book Project**

We'll be soliciting material with rolling deadlines on various spiritual principles over the next three years. The above link will be updated regularly to reflect our current focus. Our hope is that interested members on their own or in groups will workshop the "current" spiritual principles and send in their writings. Consider regular get-togethers with friends, spouses, or home group members to contribute to this effort. As we produce drafts based on your words and ideas, we'll ask the Fellowship to review the work and offer additional input. All of this is a long way of saying: We need you! Thanks in advance for pitching in.

**Please send material you write/collect: [spad@na.org](mailto:spad@na.org) or Mail: 19737 Nordhoff Pl. Chatsworth, CA 91311**

<https://naws.formstack.com/forms/spad1> **Spiritual Principle Submission Form Link**

Each day's reading will start with a quotation from NA literature on a spiritual principle. Do you have a favorite passage that you'd like to see included? Please click on the link above and type your suggestion in the field. If you know where that quote appears in NA literature please let us know. You may want to name the principle you have in mind if it's not obvious. Thanks!

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**Write & submit online through June 2019:** [Forgiveness](#) | [Kindness](#) | [Perseverance](#) | [Practicality](#)  
[Respect](#) | [Responsibility](#) | [Service](#) | [Simplicity](#) | [Understanding](#)

**Write & submit online through March:** [Balance](#) / [Compassion](#) / [Creativity](#) / [Goodwill](#) / [Grace](#) /  
[Harmony](#) / [Humility](#) / [Imperfection](#) / [Intimacy](#) / [Maturity](#) / [Resilience](#) / [Vulnerability](#)



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