



Straight Hope

Montgomery Area Narcotics Anonymous Newsletter

June 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 ~

Inside This Issue

Anniversaries	1
Group Concerns and Area Events	1
Recovery Tool Box: Step Six, Tradition Six & Sixth Concept	2
Recovery Tool Box: Humility	2
Quotations from our Literature: Imperfections, Intimacy & Maturity	3
Who Was Jimmy K?	4
From the Writings of Jimmy K	4
Right to Publish Form	4

Celebrating Milestones in Recovery

Michelle S	2	Hugs Not Drugs	6/1
Ralph C	28	Fresh Air	6/5
Richard J	16	It Works How & Why	6/10
Andrew	15	It Works How & Why	6/10
Jane S	29	Meetin' in Wheaton	6/11
Terrance	11	All About Change	6/11
Alex C	2	Gentlemen's Club	6/12
Todd S	32	Making a Difference	6/13
Wes K	2	Just for Today	6/13
Lorca B	35	RRAG Women's Mtg	6/16
Kim S	28	Wednesday Willingness	6/19
Karen G	18	Glad to be alive	6/25
Jill B	4	Walk the Walk	6/28
Peter	14	Talking Heads	6/30
Dave	1	Keys to Recovery	7/1

Group Concerns/Announcements

- **New Meeting "Women's NA" in Silver Spring!**
Come join the new Women's meeting beginning June 8th on Saturdays 2:00pm at Holy Cross Hospital in Conference Center Room: Edu 1
- **Share on Saturday is in great need of Trusted Servants** - Current Vacant Positions: GSR, Coffee Maker & Greeter. Meets Saturdays 11:00am
- **Progress in NA Needs Trusted Servants** – All Positions are Open and up for election

Area Events

Area Service Elections are happening – Attend next Area Service held the first Tuesday of every month at 7:30pm to learn about the open service positions!

Freedom in the Village Celebrates 20 Year Anniversary June 5th - All are welcome

Multi-Regional NA Public Relations June 8 10a-5p
Free Food Fun Fellowship Mt. Olive UMC 5115 Old Court Road Randallstown, MD

33rd Annual Dope Fiend Olympics June 23 10am-8p
8350 Pinecliff Park Rd Frederick, MD \$8 Pre-Register
Bar-B-Que Speakers, Games Call Ed 240-344-1905

Upcounty NA Celebrates 30 Year Anniversary August 16th - All are welcome

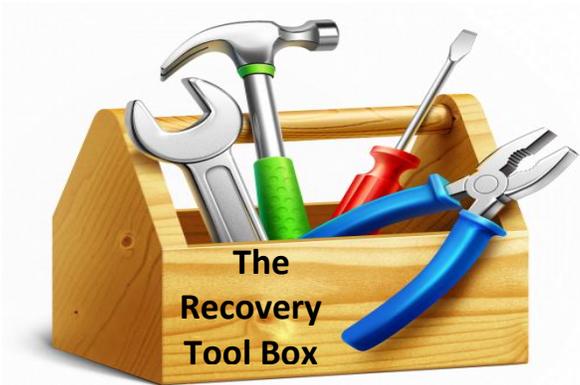
Spirit of Unity Recovery Weekend Campout Lake Anna June 14-16 Christopher Run Campground 6478 Zachary Taylor Highway Mineral, VA For Information Call Lesley 804-277-1647

Please send us your Anniversaries, Share your Recovery Story, Writings, Thoughts & Submissions
Email: moco.news@cpna.org

41st Annual Recovery Adventure Weekend June 28-30 Contact Jack T (540) 664-4418 or Allison L (540) 335-6775 Whitewater Rafting, Camping, Meetings

Freedom from Bondage 2 Day Meetings & Dance July 3rd 2:30pm-1:00am & **4th** 12pm-7pm Food Fun, Fellowship 1901 North Capitol St. NW Washington, DC Call Sherman 202-246-3830





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 Six

“Were entirely ready to have God remove all these defects of character”

Sixth Tradition

An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

Sixth Tradition

Within the limits established by Tradition Six, we have tremendous freedom to carry the message of recovery and help other addicts. We have clear boundaries set by our identity as Narcotics Anonymous. When we take care to observe those boundaries, our outside relationships enhance our ability to carry the message to the addict who still suffers rather than diverting us from our primary purpose.

Sixth Concept

Group conscience is the spiritual means by which we invite a loving God to influence our decisions.

Sixth Concept

Group conscience is the means by which we bring the spiritual awakening of the Twelve Steps to bear in making service-related decisions. It is fundamental to our fellowship's decision-making process. It is not, however, merely a euphemism for “voting” and is not itself the NA decision-making process.

Honestly Accepting a Realistic View of Ourselves "Humility is a result of getting honest with ourselves." Basic Text p. 35

Humility was an idea so foreign to most of us that we ignored it as long as we could. When we first saw the word "humbly" ahead in Step Seven, we may have figured it meant we had quite a bit of humiliation in store. Perhaps we chose to look it up in the dictionary, only to become even more confused by the definition. We didn't understand how "lowliness and subservience" applied to recovery.

To be humble does not mean we are the lowest form of life. On the contrary, becoming humble means we attain a realistic view of ourselves and where we fit in the world. We grow into a state of awareness founded on our acceptance of all aspects of ourselves. We neither deny our good qualities nor overemphasize our defects. We honestly accept who we are.

No one of us will ever attain a state of perfect humility. But we can certainly strive to honestly admit our faults, accept our assets, and rely on our Higher Power as a source of strength. Humility doesn't mean we have to crawl life's path on our hands and knees; it just means we must admit we cannot recover on our own. We need each other and, above all, we need the power of a loving God.

LOSING THE DESIRE, FACT OR FICTION?

I have been asked, "Have you really lost the desire to use?"

My response is, "Yes!"

When I think of all the feelings associated with using and the way my life was going, and compare it to my feelings and life in recovery the answer is obvious.

Narcotics Anonymous has made it possible for me to quit using, lose the desire and seriously find a new way to live.

The next question is always, "What if you could use successfully without consequences?"

In which I would have to say, "Well, maybe if that were the case I would trade my recovery...However, I would also want a unicorn!"

Since neither one of these two things are going to happen, I don't give this question any more thought!

- Mandy H., NA Member

QUOTATIONS FROM OUR LITERATURE: IMPERFECTIONS, MATURITY & INTIMACY

Imperfection

Quotation #1: Beyond our addiction, we are human beings: members of society who have gifts and flaws like everyone else (Living Clean, Chapter 5, “Friendship”).

Quotation #2: The lifelong process of the Sixth Step is just that—a process. We’ve started the process of becoming entirely ready, and we will strive to increase our readiness throughout our lifetime (It Works, Step Four).

Quotation #3: None of us is perfectly good or perfectly bad. We are people who have assets and liabilities. Most importantly, we are human (Basic Text, Step 1).

Quotation #4: We begin to trust that our needs will be met, and to see the imperfections in our circumstances as opportunities rather than barriers to growth (Living Clean, Chapter 6, “Money”).

Quotation #5: Accepting that we make mistakes and that they are not the end of the world or the end of a relationship is part of coming to terms with our own humanity (Living Clean, Chapter 5, “Friendship”).

Intimacy

Quotation #1: Caring and sharing the NA way is the ultimate weapon against our alienating, isolating, destructive disease (Living Clean, Chapter 5, “Relationships”).

Quotation #2: Intimacy is conscious contact with another human being. We connect. As we get close to others we see the divine in them, and we see it in ourselves as well (Living Clean, Chapter 5, “Conscious Contact”).

Quotation #3: Having honest, open dialogue with our sponsor brings us to a new level of trust. As we experience intimacy in that relationship, our ability to be intimate with our partners and with others increases as well (Living Clean, Chapter 4, “Sex”).

Quotation #4: For those of us who used sex as a way to move through the world, it may take quite some time to figure out the difference between being sexual and being intimate (Living Clean, Chapter 4, “Sex”).

Maturity

Quotation #1: Doing the right thing when no one is looking is an act of service to what we believe in. Some of us call this integrity; the Sixth Step calls it character. Whatever we call it, this practice is the discipline that forms the basis of our growing maturity (Living Clean, Chapter 5, “Friendship”).

Quotation #2: Facing uncomfortable situations and taking loving action is a demonstration of maturity and grace maturity (Living Clean, Chapter 7, “Principles, Practice, and Perspective”).

Quotation #3: Emotional maturity is our reward for letting go of anger and resentment. (Living Clean, Chapter 7, “Principles, Practice, and Perspective”).

Quotation #4: Maturity comes to us when we use spiritual principles rather than defects to deal with reality (Living Clean, Chapter 3, “Awakening Our Spirit”).

Maturity

Quotation #5: Amending our behavior is something we do. It is not to get to a response from others, but to change our own relationship to ourselves, our Higher Power, and the world around us. As we learn to show up without anger, resentment, or fear, we develop an emotional maturity that we might not have expected (Living Clean, Chapter 5, “Family”).

Quotation #6: As we mature in recovery, we learn to exercise sound judgment in how we make decisions, place our trust, and meet our responsibilities (Guiding Principles, Tradition Four, opening essay).

Quotation #7: As many of us stay clean for some time, we work on developing an understanding of God for ourselves. Our growing understanding reflects our experiences. We mature into an understanding of God that gives us peace and serenity (NA Step Working Guides, Step Three, “The God of Our Understanding”).

Quotation #8: We find that we have choices about how to act. We begin to have the maturity and wisdom to slow down and consider all aspects of a situation before acting (NA Step Working Guides, Step Two, “Restoration to Sanity”).

Awareness

To hear the whisper of the summer sun, And listen to the song of a bird...

To feel accomplished from a job well done, To appreciate a genuine kind word...

To see a dirty-faced child, smile spread across its cheeks.

To enjoy walking out in the wild, To heed when the days turn to weeks...

To be present in the now of a day, To be the main character in my own story...

This is the easier softer way... And today I choose to bask in His glory!

~Tamera M., NA Member

WHO WAS JIMMY K?

At seven years old Jimmy K. found a beaten and battered alcoholic who was put in an institution because he had become paralyzed and incoherent. After visiting this man in the institution he turned to his mother and said, "When I grow up I want to help people like him."

He was born in 1911 and stopped taking mood altering substances February 2, 1950. He started out going to AA meetings where speaking of substances other than alcohol was frowned upon. Jimmy found the need to recover from more than just the symptom, i.e. substance used, by addressing the addict thinking and attitudes before, during, and in between using. This is why he changed Step One of the 12 Steps from "alcohol" to "addiction".

In the summer of 1953 Jimmy K. and other addicts started holding their own meetings. They were given permission by AA to adopt the 12 Steps and 12 Traditions. Jimmy made the change in Step One so that the focus was on recovery from addiction instead of one particular problem. Narcotics Anonymous was officially founded late 1953 in Sun Valley, California. The literatures read in our meetings were mostly written by Jimmy K.

Jimmy K. was a lost and struggling addict. He knew that there was no cure for this disease but he knew there was hope. Our fellowship puts their heart and energy into hosting campouts, conventions, and other activities. Jimmy K founded NA the same way. He did whatever it took to gain a new way of life. He went to any lengths. Because of one suffering addict who had had enough, addicts all over the world are now continuing to recover from this disease that we all share.

Jimmy K. did not just find a program of hope. He helped give us all a chance at a better way of life. Prior to his death he said, if he ever had a headstone it would read, "All we did was sow some seeds and work and wrought to make this work, so that we and others could live. In Peace, in Freedom and in Love." He was clean for thirty five years at the time of his death.

~Brittney NA Member

"Addiction is a disorder in its own right

—the addict may or may not have had an imbalanced or disordered personality before addiction — after addiction he certainly does.

The wish or desire to remove the drugs from our lives may be fulfilled one way or the other, but cleanliness will be short lived if no action is taken to alter or renew the character disorder that is left.

A clean life is not just a substitute for the old way, it should be a new way based in the superiority of being clean over any other way of life."

— Jimmy K,

Right to Publish Disclaimer

This form must be filled out and submitted with any and all articles sent in for publication. Failure to do so may result in your article not being considered for publication. I hereby give permission to the Montgomery Area newsletter subcommittee to edit (if necessary) and publish my writing article or artwork without recourse. The opinions expressed in this newsletter are written by individuals and are in no way a reflection of any member of the newsletter staff or NA as a whole.

Name

Signature

Date



**STRAIGHT HOPE EDITOR
CHRISTINE H.**