

April 2020

Living Miracles

Thaddeus M	25 yrs	4/02	Daily Principles DC
Cheryl R	26 yrs	4/05	Sun Morning Spiritual
Levi W	26 yrs	4/05	Sun Morning Spiritual
Tyrone M	5 yrs	4/07	Firm Believers
Vernon W	2 yrs	4/07	Firm Believers
Eric P	31 yrs	4/13	
Pepi W	1 yrs	4/13	It Works How & Why
Aleeza G	11 yrs	4/14	Serenity on Sandy Springs
Chuck H	32 yrs	4/14	Serenity on Sandy Springs
Sherill	1 yrs		It Works How & Why

Groups ask Support

Small Wonders	Sun 7 PM	Hyattsville
A Greater Freedom	Mon 6:30 PM	College Park
Hope Fiends Group	Mon 7PM	PG Hospital
Shot of Hope	Tues 7 PM	Mt Rainier
AWOL	Tues 7:30	Greenbelt
New Wave	Weds 7 P M	Glen Arden
Edgewater Beginners	Weds 8 PM	Edgewater
Not High at Noon	Thurs 12 PM	Greenbelt
Just for Today	Thurs 7pm	Laurel
Friday Night Live	Fri 7 PM	Greenbelt
New Start	Fri 8 PM	Beltsville
Sat Night Gut Bucket	Sat 7 PM	Greenbelt
Tracks to Recovery	Sat 8:30 PM	Bowie

Service Works!

NOTE: All in-person Area Subcommittees are Post-poned until further notice. Please contact the Group Chairs for guidance.

Area Service Committee: Central ASC Chair is Terri H.: 240-498-5242.

H&I : Chuck H. Chair, 301-775-0786

Public Information: Susie K., Chair, 443-938-1858

Special Events : Christina G, Chair, 301-461-6174.

CPRNA Regional Board of Directors Central Area Board Member is Constance B., 301-789-8463.

Step 4

Writing the "Scary List" can deliver Wonders

"We made a searching and fearless moral inventory of ourselves all."

Step 4: Basic Text of Narcotics Anonymous

The Program of Narcotics Anonymous has done so much for me in terms of putting the broken pieces of my life back together. The process of completing my 4th Step introduced me to various cyclical patterns of behavior I have been confined to throughout my life. The process showed me how I continue to "make the same mistakes expecting different result." Additionally, I saw how past trauma had impacted my life and further permeated into my present relationships. One glaring example is how I was disciplined as a child.

As a child, I was very rebellious. The use of drugs, normal teenage angst, all driven by a need to "fit in" drove my mother, who was a single parent, absolutely insane. When she could no longer manage my behavior, she relied heavily upon my two older brothers who were in their mid-thirties at the time. Their brand of chastisement was beyond the scope of how a child should be reprimanded. When I would get into typical teenage turmoil, there was no understanding or empathy; there was only physical punishment. I was treated like I was in a boxing ring. Their philosophy was, "if you want to act like you're a man, we'll treat you like a man." I developed deep seated resentments and a twisted viewpoint toward discipline as a result.

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RECOVERING: Addict Skills in Time of Crisis

These are unprecedented times. Nearly everyone on the planet knows that. The Novel Corona Virus 19 (COVID-19) walked up behind the human race like a man with a bat at night. As a recovering addict, I can't help but be extra concerned (as with my family circle) about us as a kind of "tribe." I'm fairly certain that, like me, many of us have or have recovered from serious illnesses. The disease of addiction itself has taken a physical toll on our bodies. Those tribal members that are still using are at even more peril, of course. This is especially true since many of them are homeless. Those in treatment or in jail are in close contact with a lot of people. Unfortunately, the way I see it, all of us addicts are in one high-risk group, those over 60, in two, and so on.

See Page 3

**AN ANNOUNCEMENT FROM THE REGION REGARDING THE
CONVENTION DURING THIS TIME OF CORVID-19 CRISIS**



For Current Zoom Info: <http://www.cprna.org/corona-virus-closures/>

3-22-2020

Dear NA Members,

On March 16, 2020, due to the COVID-19 (coronavirus), Maryland's Governor Larry Hogan prohibited social gatherings of more than 10 people in accordance with guidance provided by the Centers for Disease Control and Prevention (CDC). In accordance with this prohibition, the Board of the Chesapeake and Potomac Region of Narcotic Anonymous, Inc. has cancelled the upcoming Chesapeake and Potomac Regional Convention of Narcotics Anonymous (CPRCNA) scheduled for April 17-19, 2020.

Rescheduling this year's Convention to a later date is not feasible as it would coincide with Ocean City's peak summer season. The increased cost for accommodations and related expenses would be too expensive for our members during that time.

We hope you and your families are healthy and safe. We appreciate your continued support of CPRCNA and look forward to seeing you at next year's convention in April 2021.

Please refer to the Convention Oversight Committee's (COC) [frequently asked questions](#) for additional information.

In loving service,

Board of Directors

At this time the Maryland Department of Health's website advises that you should not "attend large events, such as sporting events, conferences, or other community events if you are sick, do not feel well, or someone in your home is sick." We encourage you to follow these restrictions to protect others and to plan accordingly should you fall ill. We encourage you to please consult with your own medical provider should you have concerns about attending the event.

The virus is primarily spread by coughing/sneezing in the air and direct contact with others that are infected such as handshakes or hugs. It is our hope members that must be in public be mindful and follow the suggestion of limited or no personal contact with others. We also ask that you please respect others if they do not wish to have personal contact. This is for their protection and yours. There is new evidence that infection can occur from touching any contaminated object, so all surfaces like doorknobs, handrails, countertops, etc., should be sanitized or touched only with gloves.

Washing your hands often with soap and water for at least 20 seconds and using an alcohol based hand sanitizer that contains at least 60% alcohol if soap and water are not available are your best methods for preventing the spreading of germs and viruses like COVID-19.

We encourage everyone to stay informed and to read through the information related to the COVID-19 (Corona Virus), on the Maryland Department of Health and Center for Disease Control websites:

<https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx/>

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

<http://www.cprna.org/corona-virus-closures/>

STEP 4

This belief manifested into my own child rearing. My eldest son was exposed to the brunt of this philosophy. He was a very defiant child filled with anxiety. He was never disrespectful nor did he travel down the path of drugs and lawlessness that I had journeyed, but he did exhibit some dissidence. The only way I knew how to address his behavior was how I was exposed. I disciplined my eldest son with physical punishment as had been done to me. As a result, he too developed deep seated resentments toward me and toward authoritarian figures. Our relationship for years had been extremely strained to say the least.

The 4th Step process helped me to see the pattern of abuse that had occurred in my past and how that abuse was ingrained in my disciplinary philosophy with my son.

The 8th Step showed me the harm that I caused my son and for the first time I was able to draw the correlation between the two instances. Additionally, I was able to release the resentments toward my brothers by understanding that they were only giving me what they had learned.

The 9th Step helped me to begin the amends process and reestablish a more wholesome and loving relationship with my son. The Program of Narcotics Anonymous gave me my son back and prevented me from causing the same harm to my other children. For this, I am truly grateful.

DSAnonymous

RECOVERING

I apologize if you as the reader found the preceding part of the article to be depressing. That is not the intention. It is the responsibility of the press (even small newsletters) to speak the true facts, and disseminate helpful information whenever possible.

If you've gotten this far, here's the good news. Addicts have skills! Many of us are especially intelligent people and all of have been exposed to one kind of adversity or another. These have made us stronger and smarter.

Some of us learned skills that applied only to using situations. Remember how we learned to make our old pagers say a lot more than "call me"? (I used to be an expert in making two broken lighters into one functioning one.) But some of those skills and memories can be invaluable now. We do know how to isolate. We have learned to be cautious about strangers. And we may have been exposed to many medical (or quasi-medical) situations and learned how to cope with sickness and even death. ADDICTS ARE SURVIVORS. May we all (and everyone we love) be blessed. May we bless ourselves with self-loving, safe, behavior. I didn't coin this but check this out: "You are a child of the Universe; no less than the trees and the stars. You have a right to be here."

Another Anonymous

Good Clean Fun!!!

We regret to inform members of the Central Area that all known Area events have been cancelled. This includes the Meeting on the Mountain, which may still be on the website. Please check CPRNA.org for any updates. Please stay home, wash your hands frequently, and try to keep your hands away from your face. May this soon be just another bad memory and may it be our Higher Powers' will.

I AM STRONG
because I know my Weaknesses
I AM BEAUTIFUL
because I am aware of my Flaws
I AM FEARLESS
because I learn to recognize illusion from Real
I AM WISE
because I learn from my Mistakes
I AM A LOVER
because I have felt Hate &
I CAN LAUGH
because I have known Sadness
Mediawebapps.com

NA events and info may be found at:

C&P Region:

<http://www.cprna.org/event-calendar/> or

NA World: NA.org

NA<http://webdata.na.org/events/>

Current Zoom Information at

<http://www.cprna.org/corona-virus-closures/>

NA Today Subcommittee

Committee Chair, NAT Editor: Adam G-B
Staff Writers: Tony A, Adam GB

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Plz EMAIL anniversaries & announcements for the FOLLOWING month (by April 29 for May)

HEALTH EMERGENCY NA MEETING INFORMATION, AS KNOWN UP UNTIL PRESS TIME

Meeting Name	Day	Time	Meeting Status
Laurel Basics 123 https://zoom.us/j/647112678	Monday	6:45-8:30 PM	Zoom meeting until further notice
It Works--How and Why	Monday	7:00 PM	Closed until further notice
Hope Fiends Group of NA	Monday	7:00 PM	meeting by phone
Serenity On Sandy Spring https://zoom.us/j/115231858	Tuesday	7:30 PM	Zoom meeting until further notice
A.W.O.L.	Tuesday	7:30 PM	Closed until further notice
Back To Basics https://us04web.zoom.us/j/689290638	Wednesday	7:00 PM	Zoom meeting until further notice
Berwyn group 2.0	Wednesday	7:30 PM	Zoom meeting until further notice
Star Group	Wednesday	7:00 PM	????????????????
New Wave	Wednesday	7:00 PM	Phone meeting until further notice
Just For Today	Thursday	7:00 PM	Closed until further notice
More Will Be Revealed	Thursday	7:30 PM	Zoom meeting until further notice
Spiritual Awakenings	Thursday	7:30 PM	????????????????
Walk the Walk Friday https://us04web.zoom.us/j/546613234	Friday	7:30 PM	Zoom meeting until further notice
Keep It Real	Friday	10:00 PM	Zoom meeting until further notice https://zoom.us/j/274681439
Miracles on Main Street https://zoom.us/j/523607025?pwd=eERhRFB3UjlpRVdLUcTjXTW0yUGtvdz09	Friday	7:00 PM	Zoom meeting until further notice
Fear to faith https://zoom.us/j/544750363	Saturday	5:00 PM	Zoom meeting until further notice
Tracks to Recovery	Saturday	8:30 PM	Closed until March 27
Savage Survivors https://zoom.us/j/7956626868	Sunday	7:30 PM	Zoom meeting until further notice
Small Wonders	Sunday	7:00 PM	????????????????
Starting Over https://zoom.us/j/402843751	Sunday	11:00 AM	Zoom meeting until further notice
Breakfast Club https://zoom.us/j/835457685	Sunday	10:00 AM	Zoom meeting until further notice

For up-to-date Information, contact: <http://www.cprna.org/corona-virus-closures/>