



Living Miracles ^{Step}

October 2020

NOTE: LIKE MEETING, MOST ANNIVERSARIES ARE BEING CELEBRATED ONLINE. T = TELEPHONE CONFERENCE, OL = ON-LINE MEETING, # USUALLY PRECEDED BY ZOOM.US/J/XXXXXXXXXX (OFTEN 11 DIGITS) SHORT NUMBER/LETTER COMBO OR PHRASE AT THE END IS THE PASSWORD (PW). NA DOES NOT ENDORSE ZOOM INC. OR ANY OTHER PROVIDER. —

Wesley S 10/02 30yrs Recovery at the Center

Shontel 10/09 22yrs Progress not Perfection 7:30pm edt zoom.us/j/81869669458, No PW

Katrina 10/09 33 yrs 4529430512, PW 205 542 Regardless of Sexual Identity Group

Open Speaker Jam 10/10, in Person & Online zoom.us/j/87293859581, PW 1930 NAT does not recommend in-person gatherings. Your right to know: 1930 Brookdale Rd, Windsor md

Michael M 10/11 30yrs Progress in NA 12 Noon, zoom.us/j/9734663601 PW 875711

Darlene 10/11 Live & Learn Group, 7pm edt zoom.us/j/215757961

Dee 10/16 25yrs Women Do Recover Grp, zoom.us/j/82478394714 PW 7VVb4p

Nick T 10/18 6yrs Live & Learn Group, 7pm E zoom.us/j/215757961

Tony B 10/22 32 yrs More Will Be Revealed zoom.us/j/84769314215, PW 311503, 7:30pm

Christine Y 10/24 Women with a Purpose Grp 5:30pm, zoom.us/j/979-1044-9558, No PW

Justin G 10/25 2yrs Live & Learn Group, 7pm edt zoom.us/j/215757961

10 THE GIFT OF HONESTY, HUMILITY & FREEDOM

"We continued to take personal inventory and, when we were wrong, promptly admitted it." Step 10, Basic Text, "Narcotics Anonymous"

Step ten (just like the previous nine) is truly a gift. Narcotics Anonymous promises freedom from active addiction. Step ten promises freedom from the wreckage of our present. It's like a mini-program wrapped up in a small box that can be taken out and used through out the day. Ideally, the goal to use the step 10 gift or "mini-program" so much so that it becomes our nature state. "As natural as breathing" is the description used in It Works How and Why (p 70).

"As nature as breathing" can take a long time. For me, a daily inventory has been part of my routine long prior to formally working the tenth step. I remember (and actually still have) a daily checklist for myself which I made when I was transitioning from a long-term court-ordered program to a recovery house. Even though I had been clean for almost 4 years, I had been incarcerated and in treatment. I was nervous and scared. The checklist was simple, yet so relevant, even to this day. On the left side of the paper it listed the "basics" with some additional "tools" from my "sanity tool box." My sanity tool box was something I developed with my sponsor when I was working step two. It was a list of things that I could do or use to help restore my sanity. Did I call my sponsor today? Did I pray? Did I go to a meeting? Did I talk to someone in my network? Did I read recovery literature? Did I meditate? Did I write in my journal? Did I do step work? Did I take my vitamins? Did I drink water? Did I exercise? Did I go outside? On the top side of the paper, I listed numbers 1 – 31, so that I could check off the inventory everyday for a whole month. Not surprisingly, what I found was that the more checks I had, the better I was feeling. The less checks I had, the worse I was feeling awful.

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Service Works!

All in-person Area Subcommittees are Postponed until further notice. Please contact your ASC Reps, Chairs, Secretaries or GSRs for guidance.

Central ASC Online: First Wednesdays, at 7pm at <https://us02web.zoom.us/j/84295112293> Next ASC will be on October 7.

Central Area Service Committee: 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.

RECOVERING: The Ability to Deal with Grief and Loss as a Loving Family-Community

As addicts, we are often faced with loss in our lives. Every psychologically intact human being goes through pain and grief at some point, but it's clear that we endure more than our share, earlier and more often.

Our local community has recently experienced tremendous loss. Several of our members have passed in the last few months. At least one of our beloved Brothers — a very special man — passed as a result of COVID-19. And just last week, we lost an amazing Sister and many of us find ourselves in tremendous grief. We lose too many people, too suddenly and too soon, and it hurts. I'm looking at my screen through tears right now, and I ain't 'shamed to say it, because this shit is way too real and too close for me.

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Step 10, Cont. from Pg 1

As I progressed in my recovery, and progressed in working the steps, my insight and awareness grew, especially during steps four through seven. In steps four and five, I learned how to get to the core, to the exact nature of what is going on. In steps six and seven, I became acutely aware of how my defects of character affected my life and the lives of those around me.

I was growing and changing and so was the focus of my daily inventory. My daily checklist morphed into long journal entries of struggles with defects that had their hands around my throat: people pleasing, low self-esteem, fear, insecurity and over-extending myself – just to name a few. I consulted with my sponsor, network and Higher Power often, and was able to find reprieve. Daily reprieve. *“By constantly looking at ourselves, we are able to avoid repeating the actions that make us feel bad” (NA Basic Text, p. 43).*

Step ten is not just about self-reflection. It’s about putting into to practice the work of the eight and ninth step on a more immediate scale. Making a list of those I had harmed, becoming willing to make amends to them all and making direct amends wherever possible has been some of the most spiritually rewarding work that I have done in recovery. As the *Its Works How and Why* describes, “We find that the process of admitting our mistakes and changing our behavior brings about tremendous freedom” (p. 73). Having worked closely with my sponsor through the intensity of those steps, I am able to take what I have experienced and learned and put that in the tenth step gift box too! Furthermore, like the green and gold also states, “...whether it’s five minutes, five hours or five days...” (p. 73) we seek correct the harm immediately. Then, we experience freedom again.

On a daily (and sometimes more than daily) basis, I constantly reflect and assess when I have acted on short coming and who it has hurt. You will notice here that I did not say “if.” I said when. I am human, we are human and that is why we all NEED this step! It’s going to happen! The steps are a not a class to pass, not a race to win, but an exercise and practice of being ourselves! And that, to me, is an awesome gift.

Anonymous B

**Due to the health crisis, many of our meetings [have opted to have online or phone meetings.](#)
[CLICK HERE FOR THE LATEST UPDATES.](#)**

RECOVERING: Loss Cont. from Pg 1

As we all know only too well, using quickly brings about tremendous loss; money, jobs and professional licenses are commonly lost rather quickly. We find ourselves “broke,” needy, untrustworthy and without pride or morals. No child gets on their knees at night and prays to become an active addict. Worse yet, we lose relationships. Our marriages crumble, our family and friends desert us and, worst of all, we often lose our children.

So we come to NA, and begin to reverse those terrible situations to the best of our ability. We become employed, self-sufficient, productive members of society. Our personal and social relationships improve. We gain a new social circle of elevated, honest, caring people in the rooms (or at least online). Our pride, honesty, trustworthiness and self-respect return. We GET those kids back!

I had a reservation that I would probably relapse when my Mama died. But I saw other recovering addicts share about the deaths of their parents, their siblings and other relations, dear friends, and, perhaps worst of all their children. I remember being in awe of their courage and ability to share about such devastating loss. When my turn came, and my Mama passed, I had been able to be there for her last 12 years, clean, right up to the moment of her last breath, along with my kids. I took it hard and I couldn’t share about it right away, but I didn’t go back to shooting “solutions” into my arm. With the kindness and support of fine people like you, Reader, I walked through the pain clean. This is how we cope with grief and loss in NA: Together.

Another Anonymous

“UNITY IS THE SPIRIT”

Chesapeake and Potomac Regional Convention of NA CPRCNA XXXIV

Postponed until April 16 -18, 2021



Due to COVID-19, we could not hold CPRCNA 34 this year. We share your disappointment that we could not come together in recovery. The financial challenges of canceling have put a tremendous burden on our Region. Funds were spent on convention-specific expenses before we received notice that CPRCNA 34 had to be cancelled. This puts in a difficult financial predicament. We need your support. As we continue to evaluate future CPRNA conventions, we ask you to please consider donating your registration. This will make a huge difference in our ability to solve our financial crisis. If you can't or choose not to donate, email us at: online-registration@cprcna.org and let us know what you want : Donate it to CPRCNA; or Request a refund

If we do not hear from you by Dec. 31, 2020, your registration will be donated.

For additional information check the FAQ page at <https://www.cprcna.org/faq/>.



Nurture Your Core: NA Annual Women's Retreat October 9-11, 2020

**Ladore Retreat & Conference Center in the Pocono Mountains
398 South Street
Waymart, PA 18472**

nurtureyourcore@gmail.com

The Steps to Life Group

of the South Potomac Area

Presents

“Living Clean through the Pandemic”

Speaker Jam



Saturday, October 17, 2020

10:00 am - 12:00 midnight EST

ID: 261 798 5699

PW: STL (all caps)



9:45 am —10:30 am	The NA Symbol
10:30 am —11:00 am	Our Message is Hope...
11:00 am —11:30 am	NA is a God Given Program
11:30 am —12:00 pm	Parenting in Recovery
12:00 pm —12:30 pm	OPENING SPEAKER
12:30 pm —1:00 pm	Recovery is an Inside Job
1:00 pm —1:30 pm	Aging and Illness in Recovery
1:30 pm —2:00 pm	Freedom Isn't Free
2:00 pm —2:30 pm	Joy and Pain
2:30 pm —3:00 pm	Loving You and Losing Me
3:00 pm —3:30 pm	Sick and Tired of Being Sick and Tired
3:30 pm —4:00 pm	Will the Real Me Please Stand Up?
4:00 pm —4:30 pm	Unrealistic Expectations
4:30 pm —5:00 pm	Surgery of the Spirit
5:00 pm —5:30 pm	Change You Must or Die You Will
5:30 pm —6:00 pm	Resentments to Forgiveness
6:00 pm —6:30 pm	Riding out the Storm
6:30 pm —7:00 pm	Recovery and Relapse
7:00 pm —7:30 pm	Vicious Cycle
7:30 pm —8:00 pm	Love or Lust
8:00 pm —9:30 pm	MAIN SPEAKER * CLEAN TIME COUNTDOWN
9:30 pm —10:00 pm	Hurt People Hurt People
10:00 pm —10:30 pm	Triangle of Self Obsession
10:30 pm —11:00 pm	The War is Over
11:00 pm —11:30 pm	Little Boy, Little Girl Grows Up
11:30 pm —12:00 am	Into-Me-I-See (Intimacy)