



STRAIGHT HOPE

Newsletter from the Montgomery Area of Narcotics Anonymous

WE NEED YOU

If you would like to be of service and help with our newsletter, please email Taylor G at moco.news@cprna.org

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NEW ONLINE & PRINTABLE MEETING LIST, NEW IN-PERSON & HYBRID MEETINGS IN OUR AREA & MORE

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MONTGOMERY AREA CHRISTMAS MARATHON & NEW YEARS BASH, FASHION SHOW & MORE

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ANNIVERSARIES

CELEBRANT	# OF YEARS	MEETING	DATE
MINDA	35	Fresh Air	12/2/20
LESLIE K.	34	Live and Let Live	12/4/20
NATHANIEL C.	2	All About Change	12/8/20
PETE G.	31	Glad to Be Alive	12/8/20
JAY H.	2	All About Change	12/15/20
LATONIA R.	20	Wednesday Willingness	12/16/20
JENIFER B.	35	Live and Let Live	12/18/20
VICTOR R.	34	Progress in NA	12/20/20
ANNE T.	3	All About Change	12/22/20
TESSA V.	4	All About Change	12/29/20
MIKE W.	22	Progress in NA	1/3/21
MELANIE L.	4	Oasis	1/4/21
ZACK J.	3	All About Change	1/12/21
TOMMY H.	10	People's Recovery	1/13/21
GABRIELLE D.	2	People's Recovery	1/20/21
MIKE M.	5	Crossroads	1/21/21
TOYA G.	23	Progress in NA	1/24/21
ALEX C.	2	Progress in NA	2/7/21

It's the Most Wonderful Time of the Year

Prioritizing Fellowship, Spirituality & Internal Reflection During COVID-19

With the holidays quickly approaching, fellows look to one another for support, camaraderie and family. Some of us lack the love of a family coming in to the rooms, but a magical journey begins when we start to take suggestions. We go to meetings, make awkward phone calls and get honest about how we feel. We build our own families of fellows who care about us and hold us when it is us against our addiction. The WE part of the program has surely gifted me a family and for that, I am eternally grateful.

It is easy to feel alone during the holidays. I often think about the addicts who have joined us mid-pandemic. How can we stay safe when we are so new and so broken? Thinking of them and the rest of our recovery family, the newsletter committee sought to ask how addicts in the Montgomery Area are prioritizing their recovery with the holidays around the corner in the age of COVID-19. A real mouthful, and a serious consideration nonetheless.

FELLOWSHIP

The meeting after the meeting, known to some as the "Virtual Parking Lot" is a place where addicts get together to chat, mingle and exchange numbers. Some addicts have yet to meet their closest recovery friends in-person where others enjoy socially-distanced hikes through Great Falls on the weekends.

For those that aren't comfortable meeting in person just yet, addicts have also been hosting virtual bonanzas enjoying each other's company playing all sorts of games online.



STEP WORK

Step work is still at the forefront for many of our fellows. Some argue that it's even more helpful given all of the alone time from quarantine. One addict suggested that our best advocates are Facetime, Zoom, or WhatsApp. These tools help us streamline those very important one-on-one interactions.

Some sponsorship families are participating in virtual calls where they read NA literature and reflect as a group. Likewise, some addicts have even done a full and thorough fifth step solely over the web. One addict said, "yes, it has been a large adjustment. Regardless, it is pretty cool how quickly NA figured out how to stay together with grace and unity during such a troubling time". We agreed.



SPIRITUALITY

After a long day of connecting with members, one of them asked me, "you know, if we are constantly asking what our higher powers want for us, how can we not find what it is that our higher powers want for us?" I laughed. A real revelation—the philosophical NA provocation of the Socratic Method.

Then it dawned on us: why shouldn't the Newsletter Committee do the same? So we asked more addicts and here is what we found.

Although the pandemic has slowed down the world, it has equally allowed one addict to pause and check in with herself regularly. Packing a plethora of goodness in to the stream of life, she is always on the go: from pool league to rock climbing, to other clubs, service, and fellowshiping. She found that she rarely took the time to slow down and stop. During this time of reflection, she realized that her program, pre-COVID-19 was missing a vital token: meditation. She said, "I have ramped up my meditation and it has really made all the difference in my life. I can actually sit still today." She continued that this practice has, "especially connected me to my higher power and the ability to sit with self. Where do I put all of this energy? Right back in to the program."

After speaking with her I realized that there is so much gratitude around self-reflection and meditation. I asked her, just how did you learn? She replied, "If I hear fellows with time share about meditation, I ask how they meditate. As a newcomer I never thought it would be something I could do. It is easier to be brave on Zoom and I'm grateful for that. I ask people that I have met in the rooms that had something that I wanted." The WE part of the program has become incredibly apparent in this exploration of staying close.

Another addict said, "whether there is a pandemic, or the holidays around the corner, anything that I put before this spiritual connection I make with my higher power, I will lose." The addict continued, "we take our reflections, head to a meeting, and ask any member with time who has completed step work their advice. There we find that our higher powers remove this question from us, and leave us with nothing but the answer."

The Newsletter Committee has concluded that by practicing spiritual principles and letting our HP's take the wheel, that there is nothing that cannot be solved by this simple, spiritual, not religious program called Narcotics Anonymous. We are deeply humbled by your stories and what we have learned. Thank you for your time.



ANNOUNCEMENTS

New Online & Printable Meeting List for Addicts

Visit our region's online meeting list at cprna.org/our-areas/meetings/montgomery-area/

You can search by area, day of the week, location, meeting format and more. You can also find a printable Montgomery Area NA Meeting List updated as of this December, with all relevant Zoom information on hybrid, in-person, and Zoom meetings. Don't miss out on your copy at cprna.org/?current-meeting-list=8

You Can Now Donate Directly to Our Region

The Chesapeake & Potomac Region of Narcotics Anonymous is now accepting contributions electronically and through the mail. Please note that NA does not accept outside contributions. Check out the donation page at cprna.org/contribute-to-cprna/

You may also send checks made payable to "CPRNA"

CPRNA PO Box 8160 Silver Spring, MD 20907

Have You Heard About Our Face-to-Face Meetings?

The Montgomery Area now has in-person and hybrid meetings you can attend both via Zoom and in person. Currently, we have three hybrid meetings and two new face-to-face meetings. All five meetings require a mask and are following strict guidance from their facilities.

NA @ NOON

Monday-Friday

Christ Congregational Church

9525 Colesville Rd, Silver Spring, MD, 20901

Zoom Meeting ID: 889 4686 0935; No Passcode

STEPPING FREE

Thursdays @ 8:30PM

Fairhaven UMC

12801 Darnestown Rd, Gaithersburg, MD, 20878

Zoom Meeting ID: 749 506 9861; Passcode: 301

NEW WAY OF NA

Mondays @ 4PM & Tuesdays @ 5:30PM

Rockville Metro Club

12319 Washington Ave, Rockville, MD 20852

UPCOUNTY NA

Friday @ 7:30PM-9PM

Emory Grove UM Church

8200 Emory Grove Rd, Gaithersburg, MD, 20877

Zoom Meeting ID: 489 867 1344;

Passcode: uprecovery

NEIGHBORHOOD NA

Tuesdays @ 6:30PM

16501 Redland Rd, Derwood, MD 20855

Bring a jacket and a chair. Attendees will meet in all conditions minus rain or snow.

WORLD ANNOUNCEMENTS



New IP in Town: Mental Health in Recovery

The 2020 World Service Conference unanimously approved the pamphlet, *Mental Health in Recovery* as our newest piece of recovery literature. The pamphlet, IP #30, is now posted on na.org and is available for purchase from World Services, as inventory item number #3130, and it is priced at 33 cents: www.na.org/webstore.

Mental Health in Recovery “reflects the shared experiences of NA members, including those who have found it necessary to seek outside help for mental health concerns and other members who are recovering alongside them.” The pamphlet includes sections titled Seeking Professional Help, Medication and Mental Health, Stigma and Shame, Recovery Happens in NA, and Supporting Each Other.

NAWS Needs Help with Local Service Toolbox Project

NA World Services has been working on a local service toolbox—a collection of tools that reflect our Fellowship’s best practices and experiences delivering services locally. They already have some materials, such as PR, Planning, and H&I Basics, but there are many more that are lacking or that have not been revised or adapted in years. The “Basics” seem to be a good approach because they are perhaps less overwhelming than a large handbook, and they are easier to translate and revise. NAWS believes a “toolbox” with small-scale pieces will have the same advantages.

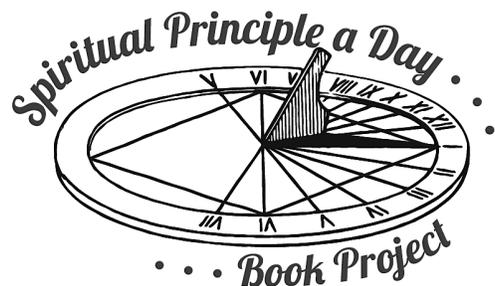
The next focus of the project is virtual meetings best practices, and carrying the NA message effectively and virtually. To prepare for the creation of this much needed service tool NAWS has created an online survey to begin collecting your experience on a range of topics. The survey is open until the end of the year. You can participate at na.org/?ID=toolbox&ID=toolbox

You Can Follow NAWS on Instagram

NA World Services now has an Instagram account!
[@narcoticsanonymous](https://www.instagram.com/narcoticsanonymous)

A New Book in the Making

The Spiritual Principle a Day Book Project is looking for trusted servants to help write and review material. See more at <https://www.na.org/?ID=medibook>



REGIONAL EVENTS

Montgomery Area Christmas Marathon Meeting

The Montgomery Area Special Events Committee is hosting a virtual Christmas Marathon Meeting. Six different speakers will share their experience, strength and hope with the holidays right around the corner. Come on out with other addicts on Christmas Day.

When: Friday December 25, 2020

Time: 1pm-7pm EST

Meeting ID: 827 4221 1285 Password: 229281

Montgomery Area New Years Bash

Get ready for another good time—the Montgomery Area Special Events Committee is also hosting a virtual New Years Bash.

When: Thursday December 31, 2020

Time: 5pm-1am EST

Meeting ID: 827 4221 1285 Password: 229281

NORVANA Christmas Eve & Day Marathon Meeting

The Northern Virginia Area Special Events Committee is hosting a virtual marathon from 11am to 10pm on both Christmas Eve & Christmas Day. You can see the flyer [here](#).

When: Thursday, December 24 & Friday, December 25

Time: 11am-10pm EST

Meeting ID: 613 924 9205 Passcode: 1234

D.C. Area 35th Annual Marathon Meeting & Holiday Party

The D.C. Area Special Events Committee is hosting their 35th Annual Marathon Meeting virtually with a [DJ Dance party](#) at 8pm.

You can see the flyer [here](#).

Day One: Thursday, December 24 6pm-Midnight

Meeting ID: 848 1693 2327 Passcode: 1213456

Day Two: Friday, December 25 10am-Midnight

Meeting ID: 847 9776 1436 Passcode: 123456



MARYLAND EVENTS

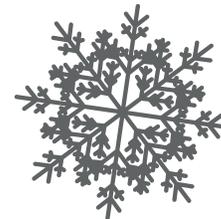
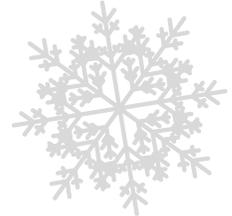
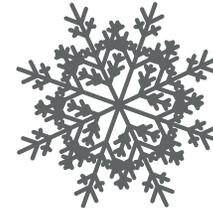
Tri State Speaker Jam & Fashion Show

The Free State Region's Phonline Committee is hosting a virtual marathon meeting and fashion show to bring awareness to service work in NA. You can see their huge line up [here](#).

When: Saturday, December 5, 2020

Time: 12pm-8pm EST

Meeting ID: 8867 1624 272



WORLDWIDE EVENTS

Never Alone Never Again Final Jam of the Year

The Palm Coast Area in Florida is hosting a marathon meeting with 10 speakers from coast to coast with a clean time countdown at the end. You can see the flyer [here](#).

When: Sunday December 6, 2020

Time: 1pm-6pm EST

Meeting ID: 958 949 287 Password: Recovery

Silk City Area New Years Day Annual Marathon Event

The Come and Grow Group from the Silk City Area of the Northern New Jersey Region is throwing a New Years Day Marathon for Addicts in need of a celebration. You can see the flyer [here](#).

When: Friday, January 1, 2020

Time: 9am-12am EST

Meeting ID: 860 8617 9549 Passcode: 123456

