

Living Miracles

Step
1

January 2022

“Admitted”: Not a Confession but being Welcomed into NA

Community: Back in Nov, J failed to list the 30th anniversary of Sonia J, our Regional Chair. Apologies & Congratulations, Mme Chair—Ed.

Dawn G 01/06 30 yrs, 7:30pm, Spiritual Awakenings, ID# 176889028 PW 001961

Deb T 01/07 3yrs 7pm, Miracles on Main Street, Church, 522 Main St., Laurel

Christina S 01/13 3yrs 7:30 Thursdays Empowering Women 6800 Oakland Mills

Steve W, 01/17, 7:30pm, Monday Night Steps Mtg. ID# 457 476 3595, PW: MNS

Ceili 01/19 1yr 11am Sundays, Spiritual Awakenings 1905 Edmonton Ave, Catonsville Rd Columbia

Allie B 01/13 11yrs Empowering Women

Step One: “We admitted that we were powerless over our addiction, that our lives had become unmanageable.” — NA Basic Text

Step One is an admission we have to make for ourselves. I was reading Step One literature early on. I had so many notes, arrows, highlights and underlines from studying the First Step after yet another relapse. I couldn’t understand what I was missing and I wanted to stay clean so bad!

What I ended up missing was the true admission of powerlessness and accepting that the answer to my problem was surrender, on a deep level. Step 1 explains the disease of addiction: “Mentally, we become obsessed with thoughts of using. Physically, we develop a compulsion to continue using, regardless of the consequences. Spiritually, we become totally self-centered in the course of our addiction.” I applied this understanding to my drug use. After multiple rounds of 12 Steps, it’s still pertinent, as I realize that this passage doesn’t mention drugs. I’ve found that “using” and “addiction” can be applied to anything that fits that disease’s description.

The practical application of the steps can be found in the spiritual principles in each step. In Step1, the principles I turn to are honesty, open mindedness, willingness, surrender and hope. I had to get 100% real with myself about who I am.

Once I start telling the (ugly) truth to those around me, I start becoming honest with myself on a deeper level. I don’t like what I’m seeing and feel embarrassed that I told someone. This often leads to a willingness to change and I can open up to a solution. The solution for me, is usually to surrender the control over whatever is making my life unmanageable. To stop acting like I have power over a disease over which I admit I’m powerless. For years I missed the simplicity of the first step. I’m not fighting my addiction or trying to figure anything out. “Surrender means not having to fight anymore, and this is a great freedom.” I love our literature because it was written by a group of addicts, just like myself. I buy into their experience and am ready to move into my Second Step.

Anonymous Jess M

Editor’s Note: Jessica M, in addition to being a good friend, is a hero of mine. Despite being very ill this month, she is so dedicated to doing her NA service work that she wrote this article and provided half of the anniversaries. She even tried to do it from her bed! You ROCK Jess! — Ed

Service Works!

AREA & REGIONAL SERVICE

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

Central Area ASC Chair: Tony B

Area Vice Chair: Rebecca M

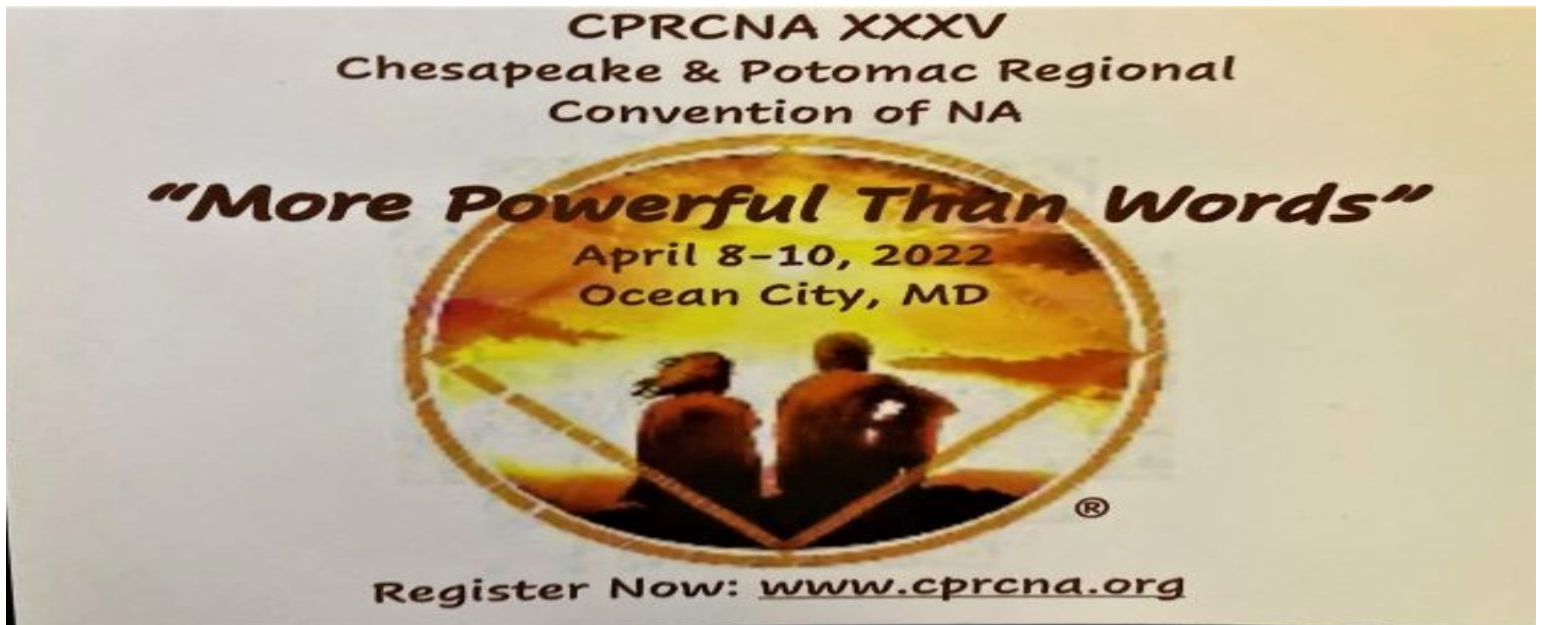
Area Secretary: Matt J

Area Treasurer: Mike N

CPRNA Reg BOD, Central Area Board Mbr: Miranda G.

CPRNA Reg BOD Chair: Sonia J

THIS YEAR'S CPRNA WILL CELEBRATE INCLUSIVITY THROUGHOUT THE CONVENTION



CPRCNA Convention Policy Manual

This policy manual outlines the procedures for hosting the Chesapeake and Potomac Regional Convention of Narcotics Anonymous (CPRCNA) Approved Date: By the Chesapeake & Potomac Regional Service Committee (CPRSC) —Updated Feb 16, 2019

*“Workshop topics shall be chosen to reflect a clear NA message of Recovery, current issues affecting the NA Fellowship, and spiritual discussions, topics will be carefully chosen to provide a balance for newcomers, service-oriented members, and those with substantial clean time. The list of topics shall be submitted to the Host Committee for approval. **In the spirit of inclusiveness, workshops will include special-interest meetings, e.g., men’s rap, women’s rap, LGBTQI2S, young people, and Spanish language.**” (Emphases added)*

Contribute to CPRNA!

World Convention of Narcotic of Narcotics Anonymous 2024

WCNA 39

We are happy to announce that we have finalized a site for WCNA 39. After almost 30 years, the World Convention will be returning to Washington, DC, 29 August – 1 September 2024!

We send out new information as it is available via our e-blast service, *NAWS Updates*. We encourage you to take a few moments and create an e-subscription to *JFT* or *NAWS News*. In that way, you will be in our database, and we will send any WCNA information as it is available. Here is a link to our subscriptions <http://www.na.org/subscribe>

Our Seventh Tradition essay
in the Basic Text says

“We all have to pull
together, and in pulling
together we learn that
we really are part of
something greater
than ourselves.”

#InvestInOurVision

#SupportNAWS #CarrytheNAMessage

Autonomy Zonal Forum & CAR Workshop

Saturday, January 29-30, 2022

Linthicum Heights United Methodist Church

200 School Lane

Linthicum, MD 21920

Love and Gratitude in Action From Information to Service

Saturday's Meeting Schedule (Hybrid):

10-11 AM: Zonal Updates - Southeastern Zone and Northeast Zone
Jeff P Florida and Dennis M New York

11:15 AM-12:15 PM: Speed Sharing

12:15-1:30 PM: Lunch Break

1:30-2:45 PM: Breakout rooms: Regional Chairs/Vice Chairs, Subcommittee Chairs/Vice Chairs

3:00-4:30 PM: CAR Workshop
Tana O and Jorge M from the World Board

4:30-6:00 PM: Dinner Break

6:00 PM: Main Speaker Topic: Consensus Based Decision Making
Daniel C World Service Conference Co-facilitator

7:00-9:00 PM: Bingo

Sunday's Meeting Schedule (Hybrid):

11:30 AM – 4:30 PM AZF Meeting

For More Info: Christian B., 443-603-4373, John W., 505-573-1386, Kellie B., 443-889-0866

Meeting ID: 872 1211 6010 - Passcode: 121212

