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*VOLUME 61*

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# STRAIGHT HOPE

Newsletter from the Montgomery Area of Narcotics Anonymous



\*\*\*Letter from the editor: Hi fellow people in recovery! Spring is right around the corner and meetings are opening back up in person! What better way to do service than get involved with the newsletter. If you would like to write an article or contribute in anyway please contact us at [straighthope@cprna.org](mailto:straighthope@cprna.org) Never forget to do something kind for a stranger in this world! A little bit of hope goes a long way!

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## Step 3

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### *Step Three: My experience and inspiration....*

Make a decision – for myself is about deciding to continue on this recovery path. The foundation starts from the previous two steps. I am an addict and I have no control when I used. It's more than about drugs, its about obsession compulsion and self-centeredness. I just have to think back that I did not have control, I could stop and my life was unmanageable in all areas. I no longer wanted to live as the drugs no longer worked or couldn't get enough, I could stop and I would end up in placed with no recollection, or incarcerated, or hospitalized, or in a comma, blackouts, guilt, resentment, fear, uneasiness.

So no problem admitting I have addiction, and my life is unmanageable. SO I get clean and this is because of NA. Na is saving my life. The meetings get me clean, I am able to stay clean, I find happiness and gratitude. The simple message of don't use, go to meetings and change your entire life come true. I realize that I am clean because of NA and going to meetings is what's working and that is the miracle in its self because it's not me ... it is the power of the meetings of NA, not being alone, allowing others in my life, becoming involved, suddenly helping others unconditionally, be grateful for simple things in life. Changing through the steps. Finding a great sponsor, who I call sponza. The third step now that I fully accept addiction and unmanageability. Understand the power greater than myself in the meetings is what's keeping me clean. Praying for help in the morning and giving thanks at night. Seeing the changes in others, especially newer people recover, watching that miracle, of other addicts blossoming because of the love of the fellowship lets me know about this power greater than myself, that this power can get any addict clean. I was miserable, dying, desperate, depressed and hopeless. But quickly in NA I became free and the urge to use left me completely, mind you I put the same energy and effort in staying clean as I did using. So very simply the third step is deciding I want to continue to recover, continue to go to meetings, continue to work all the steps, the decision is easy, ask for help, stay involved, stay connected, going to meetings really works. Being an NA member 100 %, is that third step. Once I decide and recognize that the power is in the meetings, that when I hear or see a coincidence that it is a message from GOD. Why me, why have I stayed clean for thirty eight years in a row, what is my purpose, it truly is a miracle, don't look back except when I want to think it all the way through when a joint or a glass of wine look good. No magic mushrooms for me, when I tripped, I thought I would never come down. When I have a medical procedure, they have to get a vein finding machine and it takes an hour to prepare me. Why am I still alive, because of that third step decision to keep on recovering? To live in the here and now. To have some quiet time. Yes NA Saved my life. Meeting makers make it. And yes this life saving program is one of complete abstinence from all mood altering mind changing mood changing mind altering drugs. I am an example of hope and freedom, if we can do it any addict can get clean and find a new way to live. The GOD thing is just that, the NA fellowship, the steps, the love, the unconditional love, the fact that everything is gonna be alright if we don't use anything, help other's embrace recovery and be grateful for the simple gifts of life, breathe.

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## TRADITION 3

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The only requirement for membership is a desire to stop drinking and drugging, period. You do not have to admit you are an alcoholic or addict or that you believe in God. This requirement is unconditional in the third tradition. You do not have to have a sponsor, work the steps, or follow the many other suggestions. Having a desire to stop drinking and drugging begins membership, and these other tools strengthen those efforts to stop. Even if unsuccessful, members are strongly encouraged to keep coming back and keep trying. Many of us tried and failed several times before recovery really began to stick. Open mindedness, willingness, faith, and courage in our ability to love and carry the message to everyone is the basis of the third tradition.

credit: Ben C.



# EVENTS

Regional NA Convention: 4/8 to 4/10/22 <https://www.cprcna.org>

### LODGING

Mention CPRCNA to secure the group rate.

- Attendees must make their own hotel reservations.
- Book your room early to secure your space.
- Rates are per night for Thursday thru Sunday only.
- Extra person charges may apply.
- Rates do not include tax.
- Rates may go up 30 days before the Convention.

### TAKE THE BUS!

Parking at the Convention Center is *extremely* limited. Show your registration badge for **unlimited FREE rides** on the Coastal Highway bus lines.

Atlantic Ocean Front** 800-541-0011 4501 Atlantic Avenue	\$103-\$145	Grand Hotel & Spa 410-289-6191 2100 Baltimore Avenue	\$109-\$124
Best Western Hotel Suites** 866-564-4004 5501 Coastal Highway	\$110-\$130	Harrison Hotel 410-289-6222 1409 Atlantic Avenue	\$74-\$99
Bonita Beach Motel ** 800-541-0011 8100 Coastal Highway	\$98-\$108	Hilton Suites Oceanfront** 410-289-6444 3200 North Baltimore Avenue	\$219
Carousel** 800-641-0011 11700 Coastal Hwy	\$98-\$232	Holiday Inn Suites/Boardwalk 410-524-1600/800-399-6820 1701 Atlantic Ave.	\$139 - \$199
Coastal Palms** 800-523-2888 12004 Coastal Highway	\$88-\$98	Princess Bayside 888-622-9743 4801 Coastal Hwy	\$99-\$139
Comfort Inn Gold Coast** 410-524-3000 11202 Coastal Highway	\$89-\$109	Quality Inn Oceanfront** 410-524-7200 5400 Coastal Highway	\$114-\$139
Crytal Beach Hotel ** 800-641-0011 2500 N Baltimore Avenue	\$88-\$129	Residence Inn Marriott 410-289-8620 1603 Atlantic Avenue	\$189
Dunes Manor Hotel & Suites** 410-289-1100 2800 Baltimore Avenue	\$89-\$149	Sea Bay Hotel 800-638-3244 6007 Coastal Highway	\$90
Flagship Oceanfront Hotel 800-837-3585 20 <sup>th</sup> Street & Boardwalk	\$79	Seabonay Hotel 866-251-0848 2711 Atlantic Avenue	\$60-\$80

### Directions to the Convention Center

#### From the Capital Beltway (I-495):

- Take U.S. 50 East towards Annapolis
- Cross over the Chesapeake Bay Bridge
- Follow signs to continue to U.S. 50 East to Ocean City

#### From the Baltimore Beltway (I-495):

- Take Exit 4, I-97 toward Annapolis
- Follow I-97 South to Exit 1, and turn east on U.S. 50/301
- Stay on U.S. 50 East across the Bay Bridge and straight into OC.

#### From Philadelphia, Trenton, New York City or points North:

- Follow I-95 South into northern Delaware
- Take Exit 4B "Christiana Mall," to DE Rt. 1, south toward Dover
- U.S. 113 splits from DE Rt. 1. Stay on U.S. 113 South
- Stay on 113 S into MD, turn east on Rt. 90 or on U.S. 50 to OC.

\*\*Requires a two-night minimum

Additional hotel and cost information are available on [CPRCNA.ORG](http://CPRCNA.ORG)

CPRCNA XXXV  
PO Box 392  
Mechanicville, MD 20659



Chesapeake & Potomac  
Regional Convention  
XXXV

"MORE POWERFUL THAN WORDS"

April 8 - 10, 2022

Roland E. Powell Convention Center  
4001 Coastal Highway  
Ocean City, Maryland 21842

**CPRCNA XXXV**  
**"MORE POWERFUL THAN WORDS"**  
**OCEAN CITY, MD ~ APRIL 8, 9, and 10, 2022**

### GENERAL INFORMATION

#### Why Register?

Our Seventh Tradition states, "Being self-supporting is an important part of our new way of life." (*Basic Text, page 70, 6th Edition*). Registration fees pay for the facilities we use, the DJ's we dance to, and all other expenses related to putting on the convention.

#### Save Money! Register In Advance

Why? The easy answer—to save money! Pre-registration is \$10 cheaper than registering on-site. But it's not the only reason to register early. When members register and buy event tickets early, we can better plan to meet your needs at the convention.

#### Registration Information

Mail-in registrations must be postmarked by **March 9, 2022**. Online registration is available through **April 1, 2022**. After April 1, only on-site registrations will be taken beginning at 10:00 am on Friday, April 8, 2022 at the Roland E. Powell Convention Center.

For more registration information or to register on-line, go to [www.cprcna.org](http://www.cprcna.org). For additional information call 301-420-4404, option 2, to leave a message for The Registration Subcommittee or send an email to [registration@cprcna.org](mailto:registration@cprcna.org).

#### Children and Teens

All children and teens entering the Convention Center must always register and wear a badge.

**Registration for children 12 and under is \$5.00.**

**Teenagers 13 and older must register at the adult price.**

**\*Attendees of all ages must purchase a ticket to attend any paid events.**

#### The Most Important Person

In keeping with our Twelve Traditions and the spirit of "giving it away to keep it" please consider donating to help a newcomer attend.

#### Indigent Newcomer Information

There are a limited number of registration packages for indigent newcomers with 90 days or less clean time or 90 days or less out of an institution that are **financially unable to purchase a registration**. These are the only attendees to receive free or reduced cost registrations at the convention.

#### Marathon Meetings

Marathon Meetings (12:00am-6:00am) will be held in the Waverly Room at Castle in the Sand Hotel located at 3701 Atlantic Avenue.

#### Auction of NA Memorabilia

To donate items or participate, please contact the Merchandise Subcommittee at 301-420-4404, option 8 or email [auction@cprcna.org](mailto:auction@cprcna.org).

#### FREE EVENTS!

- Friday Night Dance with DJ
- Saturday Night Dance with DJ
- Meetings on the Beach!

Registration Options	#	Price	Amount
<b>Early Registration – By February 8<sup>th</sup>, 2022</b> Includes all Workshops, Main Speakers, and Free Events		\$30	
<b>Registration – After February 8<sup>th</sup>, 2022</b> Includes all Workshops, Main Speakers, and Free Events		\$40	
Children's Registration (12 years & under) <i>No childcare provided at CPRCNA XXXV</i>		\$5	
<b>SUBTOTAL</b>			
Event Options	#	Price	Amount
<b>Friday Events:</b>			
Comedy Show – 10:30 pm* <i>(on-site \$30)</i>		\$20	
Dance w/DJ – 10:30 pm		Free	
<b>Saturday Events:</b>			
Golf Tournament – 8:00 am*		\$65	
Go-Go Fitness – 10:00 am*		\$12	
All You Can Eat Crab Feast – 2:30 pm – 5:00pm* <i>(on-site \$75)</i>		\$70	
Line/Hand Dance – 3:00 pm*		\$12	
Dance w/DJ – 10:30 pm		Free	
Ice Cream Social/Bingo – 10:30 pm* <i>(on-site \$20)</i>		\$18	
Live Band – 10:30 pm* <i>(on-site \$40)</i>		\$30	
Newcomer Donation		Amount	
<b>SUBTOTAL</b>			
<b>GRAND TOTAL</b>			

Payment Options: *if you prefer to pay by credit card you can do so online at [www.cprcna.org](http://www.cprcna.org). No Check Payment On-site!*

#### I Am Willing...Please check applicable boxes:

- to speak at a workshop (5+ years)
- to secretary a workshop (1+ years)
- to volunteer with the Hug Squad
- to volunteer with the Serenity Keepers

#### Do you have additional needs?

- Mobility Impaired (wheelchair, crutches, etc.) *Contact us for info on motorized wheelchairs or scooters.*
- Deaf/Hearing Impaired
- Blind/Visually Impaired

**Registration Information: There will be no refunds. No checks will be accepted on-site. PLEASE PRINT LEGIBLY.**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

*(provide email to receive confirmation)*

**Please submit payment by check or money order, made payable to CPRNA, Inc.**

Mail this completed form by March 9, 2022 to:

CPRCNA XXXV, PO BOX 392, Mechanicville, MD 20659

or register on-line at [www.cprcna.org](http://www.cprcna.org)

Please use a separate form for each registration; photocopies are acceptable. Registration cannot be guaranteed for returned checks. One check or money order is acceptable for more than one registration. Credit card payment options are available on-line at [CPRCNA.ORG](http://CPRCNA.ORG)

## **ANNIVERSARIES**

Tue 3/1 7:30PM Kate W. 14 yrs. Glad to be Alive ZOOM 275 118 642 pw 982195

Thu 3/3 8:00PM Jesse W. 17 yrs. Making a Difference ZOOM 520 984 331 pw 123456

Fri 3/4 8:30PM Jim S. 34 yrs. Get Down Group ZOOM 86570165126 pw getdown

Sat 3/5 11:00AM Al G. 5 Yrs. Share on Saturday ZOOM 803 910 502 pw share

Sun 3/6 7:30PM Tony D. 30 Yrs. Savage Survivors ( In Person only )Savage UMC, 9050 Baltimore St, Savage, MD, 20763

Tue 3/8 8:00PM Brie S 24 yrs. Carrying the Message Zoom 862 2444 3740 pw NArocks

Tue 3/15 8:00PM Eileen S. 36 yrs. Carrying the Message Zoom 862 2444 3740 pw NArocks

Fri 3/18 8:00PM Sarah A. 18 Yrs. Live and Let Live ZOOM 874 1116 4836pw 1953

Sat 3/19 7:00PM Kim L. 25 Yrs. Good Deal ZOOM 769 038 042 pw 8675309

Sat 3/19 7:30PM Donna J. 33 yrs. & Barbara B. 35 Yrs. Off The Beaten Path ZOOM 862 2444 3740 pw NArocks

Tue 3/22 7:30PM Jenn W. 14 Yrs. Glad to be Alive ZOOM 275 118 642pw 982195

Sat 3/26 7:00PM Cyndi R-W 36 yrs. Good Deal ZOOM 769 038 042 pw 8675309

## **MEETING ANNOUNCEMENTS**

Steps to Freedom meeting of NA meets Monday nights at 7:30 – we work steps for 20 mins in the meeting and then share. ZOOM 859 4843 0435 pw 842655

**\*\*New Meeting\*\*** Sunday 6:00 pm Topic of Cancer Zoom ID: 817 1770 9889 P/W 438560 . Tropic of Cancer is an NA meeting above all. It has been started for people who are also dealing with cancer. While cancer in recovery is the focus, it is still an open NA meeting and all are welcome.