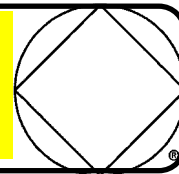


CENTRAL MARYLAND AREA OF NARCOTICS ANONYMOUS NA TIMES NEWS LETTER



Living Miracles

Will H 03/02 8 yrs High You Cannot Buy Group

Tony D 03/06 30 yrs Savage Survivors Group

Jackie B 03/06 32 yrs Living Clean Group, 4:30 pm
Meeting ID: 819 6121 9682 PW: LiveClean

Eddie Z 03/08 35 yrs Steppin Clean, 7:30pm Meeting
ID: 8690 42538 PW: 5745

Donnie C 03/07 12 yrs Lost & Found Group

Brie S 03/08 24 yrs Caring the Message, Tuesday,
8pm ET, ID: 862 2444 3740 PW: NA rocks

Terri H 03/11 14 yrs Miracles on Main Street, Lau-
rel

Eileen S 03/13 36 yrs Caring the Message, Tuesday,
8pm ID: 862 2444 3740, PW NArocks

Ed C 03/18 18 yrs Breakfast Club, Sunday 10am
Meet ID: 878 4829 2214 PW: 4912Donuts

Edwin H 03/18 21 yrs, Long-Time CPRNA member.
Now with NA in Willmington, North Carolina. (Call?)

Donna J. 03/19 33 yrs & Barbara B 03/19 35 yrs Satur-
day, 7:30pm Off the Beaten Path, ID: 86224443740 PW :
NArocks

Shantay P 03/25 (03/30?) 17 yrs STAR Group

Anthony 03/30 Clean on the Screen ID#: 73973869929
PW: clean

Joe A 4/18 6 yrs Monday Night Step Group, Meeting
ID: 4574763595, PW: MNS

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 Cen Area BOD Mbr: Miranda G.

CPRNA Reg BOD Chair: Sonia J

Step

3

Flying the White Flag of Victory: How We Surrender to Win in NA

March 2022

Step 3: "We made a decision to turn our will and our lives over to the care of God as we understood Him." Step 3, Basic Text, "Narcotics Anonymous"

The Third Step sounds like an extremely tall order for an addict new to recovery. Many of us come in with a God-sized void, ready to be refilled by drugs, sex, gambling, food and shopping. We may have turned our backs to the possibility of a loving Higher Power long ago, or never had a relationship with God in the first place.

Each addict's journey through recovery is unique and honored in Narcotics Anonymous. This is especially true of a relationship with a Higher Power. "All that is essential is that we open the door to a Power greater than ourselves." Whatever your belief, all are welcome who have a desire to stay clean.

When I get stuck in self-obsession, I turn to the handy acronym out of the first three steps (**HOW**), to help me surrender my intrusive thought and compulsive actions:

Step 1: **Honesty**- I have the disease of addiction and I need help;

Step 2: **Open mindedness**- Maybe NA can help restore me to sanity;

Step 3: **Willingness**- I decide to pray, call someone, and/or walk into a meeting.

"The proof of this step is shown in the way we live."

Am I living my life by default? Or am I making good decisions and taking positive action. The Third Step prayer asks, "Take my will and my life, guide me in my recovery, show me how to live."

We may affirm this prayer to ourselves every morning, and practice the spiritual principles of open-mindedness, willingness, faith, trust and surrender throughout our day.

Anonymous J



MEETINGS

cprna.org/find-a-meeting/meeting-list/



Narcotics Anonymous
Chesapeake & Potomac Region

THE CHESAPEAKE & POTOMAC REGION HOSTS A

VIRTUAL WORKSHOP

INTERIM
CONFERENCE AGENDA REPORT
AND
CONFERENCE APPROVAL TRACK
(CAR/CAT)

Presenters: Tana O.
and Danny G.

<https://www.cprna.org>

DATE

Sunday, March 13, 2022
1:00 - 2:30 PM

MEETING ID: 832 2898
6882
PASSCODE: CAR

FOR INFORMATION CALL:

Greg J.: 301-917-5491
Patricia J.: 202-486-0784



CHESAPEAKE & POTOMAC REGIONAL CONVENTION OF NA
XXXV



STUFFING PARTY

DATE: SATURDAY, APRIL 2, 2022

TIME: 10:00 AM – UNTIL

LOCATION: ST. NICHOLAS LUTHERAN CHURCH
1450 PLUM POINT RD. HUNTINGTOWN, MD 20639

**** MASKS REQUIRED ****

- VOLUNTEERS NEEDED, LUNCH WILL BE PROVIDED -

Recovery Family: Kindly **Contribute** to CPRNA!

Many addicts get here penniless. Remember? You can help a Newcomer attend the Convention or support other CPRNA expenses. The Chesapeake & Potomac Region of Narcotics Anonymous accepts contributions electronically, through Cash App and PayPal, and through the mail. Please note that Narcotics Anonymous does **not accept outside contributions**. Please **do not contribute if you are not an NA member!**

Check: Send checks made payable to "CPRNA" to:

CPRNA
PO Box 8160
Silver Spring, MD 20907

Cash App & PayPal also Available, see CPRNA.org Web Page



NA TODAY NEWSLETTER

Editor/Publisher: Adam G-B

Contributing Feature Writer: Jessica M.

Past Contributors: Becky B.; Wendell O.; Derrick A.; Tony B.; Adam GB; Anne E.

NAT Business: (619) 813-2974 TEXT

Papamoag@gmail.com



Tri County Special
Events Presents

Saturday
March 19th

Glow 'N' Recovery

5:30 - 10pm

13025 Good
Samaritan Dr.
Waldorf Md 20601

Speaker 6-7

DJ/Games
Face Painting
50/50 Raffle

\$5 Entry
No Addict
Turned Away

POTLUCK

Drinks provided

****Wear white or neon shirts if you want to glow bright!****
Contact Jessica C. 240-210-6377 for questions



NORVANA SPECIAL EVENTS

SPAGHETTI DINNER FUNDRAISER

Enjoy spaghetti, salad,
garlic bread and
Speakers

**SAT
26
MAR**

\$10 IN ADVANCE | \$12 AT THE DOOR
BUSH HILL PRESBYTERIAN
TIME: 12PM-5PM

4916 Franconia Rd
Alexandria, VA 22310

Contact Paul W. Chair 571.552.5625
Louis T Vice Chair 703.625.8917

CPRCNA XXXV

Chesapeake & Potomac Regional
Convention of NA

"More Powerful Than Words"

April 8-10, 2022
Ocean City, MD



Register Now: www.cprcna.org

Luck o' the addict!



St. Patrick's Day BINGO & Recovery

Saturday March 19, 2022

Meeting 7-8 PM

Bingo 8-9:30 PM

Free Event Entry, Snacks and Games

Bingo: Cards \$4 each or 3 for \$10

50/50 Prizes

**Bells United Methodist Church
6016 Allentown Rd, Suitland, MD 20746**

Questions: Call/text 914.552.0737

*Hosted by the Chesapeake
and Potomac Region of NA*
CPRNA.org

