

# Living Miracles

Oshy W. 4/02 5 yrs at Fresh Start

Vanessa 4/06 Clean on the Screen, Online Mtg. ID# 73973869929 PW: clean

Bill G. 4/08 34 yrs, Another Look, Virtual

Richard G 4/13 19 yrs Back 2 Basics

Joe A. 4/18 5 yrs Monday Night Step Group, Meeting ID: 4574763595, PW: MNS

Brett M. 4/21 4/21 4 yrs Steppin' Free Group

Annette Y. 4/19 7 yrs Women Living Clean Group, ID: 8768758 PW: 766458—for Women (no addict in need of recovery will be denied)

Chuck H. 4/19 34 yrs Serenity on Sandy Spring

Sinclair 4/28 5 yrs Steps to Life, 8pm, Online Mtg. ID: 2617985699, PW: STL

Jimmy F. 4/29 3 yrs Stepping Free

# 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.

# Step 4

April 2022

## Healing from the Wounds by Exposing Secrets to the Sun

Step 4: "We made a searching and fearless moral inventory of ourselves." Step 4, Basic Text, "Narcotics Anonymous"

"The purpose of a searching and fearless inventory is to sort through the confusion and contradiction in our lives, so that we can find out who we really are."

The Fourth Step tends to be the big bad wolf in NA meetings. We may not be ready to be introduced to ourselves. If this is the case, it may be prudent to revisit our Third Step to solidify our faith, trust and commitment to the recovery process. Our Basic Text tells us that, "honest self-assessment is one of the keys to our new way of life."

My experience with the inventory process began with the willingness, commitment, faith and honesty I had begun cultivating in early recovery. It was necessary to open my mind and be really honest about my past. My sponsor had me write about my family of origin and my childhood. I was able to get a framework to build upon through adolescence, straight into active addiction and "adulthood".

Going through the Step 4 process gave me a tool to refer back

**HEY! CPRCNA  
IS NIGH! 4/8,9&10  
1010**

to on a daily basis, if I so desire. It gave me the ability to look at myself, to journal, to call the sponsor that I'd bonded with so closely as a result of this step. The Fourth Step gave me a headstart into seeing my disease coming, heightening my awareness, understanding what I'm capable of. It helped me with uncovering faulty patterns and belief systems I had sharply honed to survive active addiction.

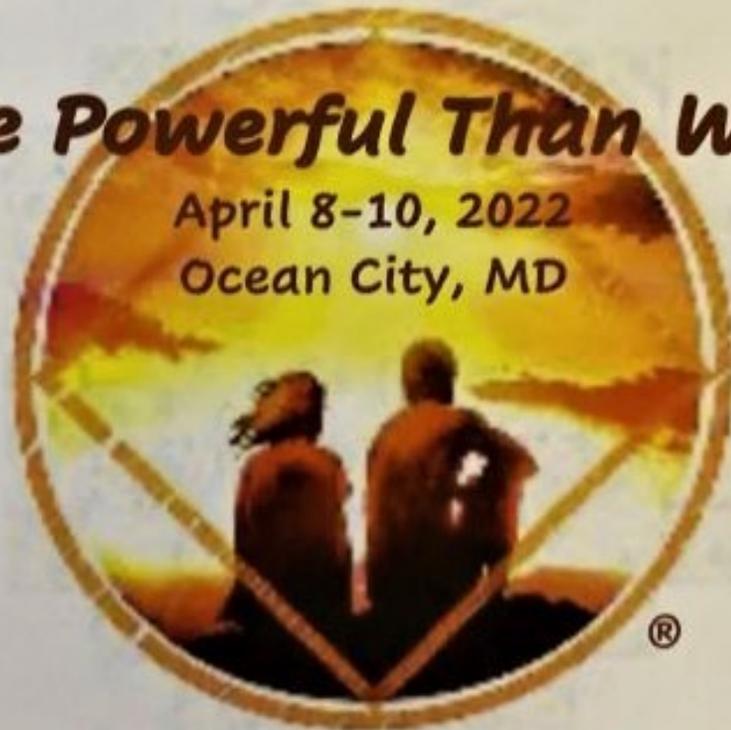
I uncovered patterns of transactional relationships, fear of vulnerability, harming others in the pursuit of selfish ends. I am better practiced at checking my motives; assessing whether or not I'm operating in the bounds of my new values and belief system. I am better able to be a trusted confidant and show others the empathy, compassion and con-

Convention of NA

# ***"More Powerful Than Words"***

April 8-10, 2022

Ocean City, MD



Register Now: [www.cprna.org](http://www.cprna.org)

## **“We are fully self-supporting through own contributions...” So Let’s Chip In**

Many addicts get here penniless: REMEMBER? You can help a Newcomer attend the Convention or support other necessary 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

through), a state of mind, a way of thinking, (but not in an inappropriate manner).

This helps safeguard me from returning to active addiction, in any form. This inventory helps me live a manageable life.

In *It Works How and Why* it says, "Our experience as a fellowship has shown that, sooner or later, members who don't work this crucial step relapse." That is simply my experience in working steps 1,2,3 three times before staying clean and getting through a Fourth Step.

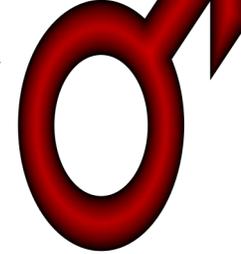
Today, I stay clean, trust the process, recommit when necessary, and live a full & happy life; free from bondage

**Anonymous J**

AA

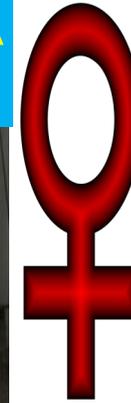
**Identity, Affinity Meetings & Workshops: YES!**

**Identity/Affinity Meetings & Workshops used to be called "divisive" and banned at the Convention. Times have changed and now Women's, Men's, Spanish-language and LGBTQI2S participation is welcomed any way those addicts choose to show up.**



**CPRCNA  
Thirty-Five**

**Honors our Entire NA Family**



**MASE Fundraiser  
Virtual Talent  
★ Show ★** 

**Saturday, April 23rd 3-6:00pm**

**Show us your Talents, Assets, Defects,  
Oddities?**

**No judgement but we will be judging you!**

**Gift Card Prizes!**

**1st place \$30 2nd place \$20 3rd place \$10**

**Meeting ID: 825 2171 9304**

**Password: 109806**



**Women Living Clean**

*2nd Anniversary*

**COME OUT JOIN US**  
Date: **TUESDAY**  
**APRIL 26TH**  
Time: **7PM-830PM**  
**INFO**

**JOIN OUR ZOOM**  
Meeting ID: 876 8758 1084  
Passcode: 766458

ONE TAP MOBILE  
\*1301715888\_87687581084...\*766458 US (WASHINGTON DC)  
\*1312888775\_87687581084...\*766458 US (CHICAGO)

DIAL BY YOUR LOCATION  
-1 301 715 8888 US (WASHINGTON DC)  
-1 312 888 8758 US (CHICAGO)  
-1 888 205 6050 US (NEW YORK)  
-1 248 848 7798 US (HOUSTON)  
-1 888 900 8823 US (SEA. SOUND)  
-1 253 215 8768 US (TACOMA)  
MEETING ID: 876 8758 1084  
PASSCODE: 766458  
FIND YOUR LOCAL NUMBER: <https://us02web.zoom.us/j/87687581084>



# SEEKING HOST COMMITTEE VOLUNTEERS CPRCNA 36 (April 2023)

## Meeting Info

There will be (2) meetings

April 30, 2022 (nominations)

May 14, 2022 (nominations/elections)

## Time & Meeting ID for both meetings

4 PM EST

Zoom Meeting ID: 812 4200 6039

Passcode: 12345

There are no Areas from our Region that have come forward to put in a bid for the CPRCNA 36 convention (held April 14-16, 2023).

The Convention Oversight Committee (COC) is asking for help from the 11 Areas under our Region. It was suggested that an Area choose a subcommittee and have the interested person Chair that subcommittee.

The Region and the COC is seeking to fill the Chair positions for Host Chair; Additional Needs; Arts & Graphics; Convention Information; Entertainment; Hospitality; Program; Merchandise; and Registration.

All other Host committee & subcommittee positions (such as Vice Chair(s), Treasurer, Vice Treasurer, Secretary, etc.) can be filled either at this meeting or once the Chair position is filled.

An Area can choose to Chair more than one subcommittee.

All persons interested in Chair positions can be from any Area in the Region and will need the acknowledgement/backing of their respective Area.

Contact us