

Living Miracles

Step 5

May 2022

Sharing Defects & Assets: Our Higher Power & One Person

Step 5: "We revealed to God, to ourselves and another human being the exact nature of our wrongs." Step 5, Basic Text, "Narcotics Anonymous"

"The Fifth Step is the key to freedom." We have taken a thorough inventory and have cultivated the courage and willingness to share this inventory. We open up and share our secrets, shortcomings and assets with God (or any Higher Power), ourselves & our sponsor (or in some relatively rare cases, another person that we find more suitable.)

When I invited God in and shared my inventory out loud for the first time, it was with a person who had shared their inventory out loud at some point with their sponsor. That made me feel safe because she understood what I was doing, why I was doing it, and the fear, shame and embarrassment I felt. What I didn't realize at the time was that she also understood the joy, freedom and acceptance that I would feel afterward. This step helped me understand the exact nature of my disease.

My sponsor and I had different stories and experiences, but similar motives and actions. We have the disease of addiction and recovery in common. Rather than judgment there was understanding. We formed a close bond as a result of this step. I still use this relationship as a template for new relationships.

As I mature into long-term recovery, I ask my sponsor to help me see myself clearly. I take some quiet time to myself to pray and journal. I identify some old useless patterns resurfacing in my life such as codependency and people-pleasing in an effort to control those around me. I pray to have God remove these defects and the obsession that comes along with them. I take loving action to focus on myself so that I may help someone coming from a place of love, not

Becky B. 5/01 19yrs, 11am ID: 402 843 751, No PW Hybrid @ Center: 8650 Basket Ring Rd, Columbia

Ricky H. 5/06 32 yrs, 8pm ID:4383483469 PW: 121525

Charlie K. 05/15 34 yrs 10am ID 8784829 PW: 4912Donuts

Artis W. 5/15 29yrs 10:30am ID:84970227938 PW:930969

Jonathan B. 5/15 35yrs 12pm ID 9734663601 PW:875711

Dana B. 5/17 9yrs 7pm ID: 864 8290 9595 PW: 073103

Steph S. 5/19 15yrs 7pm ID: 395553318 PW: 1957

Dianne M. 5/21 7pm, Saturday, Trinity Unity Church: 2100 West Chester Ave., Catonsville, MD

Maxine K. 05/22 34yrs 10am ID: 878 4829 2214 PW: 4921Donuts

George (4yrs) & Tony (15 yrs) 5/23 7pm ID: 6236066098 PW: 010746

Cowboy Danny 5/29 28yrs 7pm ID: 3597119478

Service Works!

AREA & REGIONAL SERVICE

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

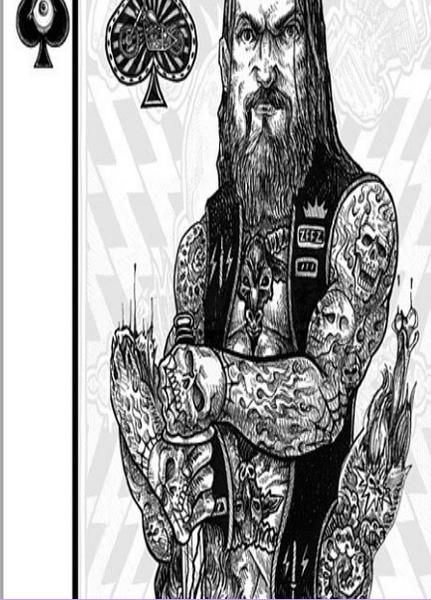
Central Area ASC Chair: Tony B

Area Vice Chair: Rebecca M

Area Secretary: Matt J

Area Treasurer: Mike N

Potluck Dinner



GAME NIGHT

\$5 &/OR POTLUCK

Saturday, May 21,

6:30—10pm

Free for NA families that can bring a dish to share, or \$5 at the door. Free coffee, hot dogs and rolls.

Church, 9050 Baltimore St., Savage

Invitation: Central Area Special Events Sub-Committee meets monthly at the location

thought to any of them. I sorta had the notion that Stepwork, like school and the military, was just part of a system I could adapt to without much real effort. As came to light in other Steps 5, this “avoid work/get over/slide through” attitude was a major part of my problem even before I started using. It came very naturally to the amoral and criminal person I became.

I mentioned Steps 5 in the plural. I have worked through my Step 5 at least four times, all with different sponsors. In the first three, I consciously and unconsciously held back. I say unconsciously because, although I chose not to divulge some of what I considered the worst things, there were things that I did, and more things that were done to me, where I had totally erased the memories. It is only with my present sponsor that I was able to surrender my conscious denial. Writing this last Step 4 had also opened some long “dead” memories. Some of these were very disturbing, triggering reminders of traumatic events that my mind had resolved to protect me from. Staying clean for several years, going to meetings, talking to other addicts prepared me to be more courageous in my Stepwork.

Working Steps 4 and 5 helped strengthen me to the point where I could face the wrongs I had done, & better accept the wrongs that had been done to me. Of course, not blowing smoke anywhere, a great deal of the credit goes to having an amazing man for a sponsor (he would say it was my Higher Power).

The mechanics and logistics of Step 5 are clear cut. It is essential to work an honest and thorough Step 4 as a strong foundation. Having written down harms done and harms suffered, the Sponsee sits down in private with another human being and reads everything on the paper. According to their own styles, the listener or the speaker might cut off the reading here and there for clarification or feedback. As a Sponsor, my particular style is to ask my Sponsees to read the whole step first, then we can go over it in a discussion afterwards. I know that both ways (and probably others) work very well. My last Step 5, I had dredged up a lot of self-shaming memories and finally saw my part in much of my story. I needed a lot of support and my Sponsor intuited that and guided me through with a lot of helpful feedback. There are now a whole lot of things he knows that absolutely nobody else does. I have so much trust in him (and my Higher Power) that I have increased my trust of and esteem for myself. A truly dark place in my mind is now open to the sunlight.

Our literature tells us that we may be afraid of

Just Relationships, 7—8:15pm, City Pool, 901 Main Street, Laurel.

WEDNESDAYS:

Back to Basics, 7-8pm, 9032 Baltimore Ave, Savage.

THURSDAYS:

Restored to Sanity, 7—8:30pm, Church, 4409 Arnold St., Suitland

Bright Hope Group, 7—8:15pm, Church, 9901 Allentown Rd, Ft. Washington.

More Will Be Revealed Group, 7:30—8:45pm Church, 6600 Laurel-Bowie Rd, Bowie.

FRIDAYS:

Friday Night Live, 7pm, Church, 6905 Greenbelt Rd, Greenbelt.

Miracles on Main Street, Church, Laurel

SYA, Church, 2631 Norbeck Rd., Silver Spring



SATURDAYS:

Just for Today, 12—1pm Club, 4318 Hamilton Ave, Hyattsville.

Speakeasy, 8—9:30pm. Church, 8900 Georgia Ave., Silver Spring.

Fear to Faith, 5—6pm, Church, 11416 Cedar Ln, Beltsville.

Tracks to Recovery, 8—9pm, Club, 8610 Railroad Ave., Bowie.

Keep It Real, 9— 10pm, Center, 8650 Basket Ring Rd, Columbia.

SUNDAYS:

Savage Survivors, 7:30—8:30pm, 9050 Baltimore Ave, Savage.

NA TODAY NEWSLETTER

Editor/Publisher: Adam G-B

Contributing Feature Writer: Jessica M.

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Derrick A; Tony B; Adam GB; Anne E.*



Speaker Jam

(Speakers will be Honored NA Members
with 30+ Years of Continuous Cleantime)

Saturday, May 21

11am – 6pm

Church Parish Hall

830 Roanoke Rd.

Stevensonville MD 21666



NOTE: HOST COMMITTEE NOMINATIONS & ELECTIONS ZOOM ON SATURDAY, MAY 14 @ 4PM



**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.