

**Living Miracles**

Todd S 35 yrs 6/02 Making a Difference Group, ID# 520 984 331 PC: 123456

Lavada H 14yrs 6/03

Karen B. 34yrs 6/04 11am Sisters in Recovery Grp, ID# 885 4478 3657, PW: Sisters12

Alphonso W. 6/05 35yrs 9am, Sun Morning Spiritual Grp ID #812 2295 5124 PC: 774257

Emily D. 10yrs 6/13 8pm Together We Can Grp, ID# 695 499 348, PW: hope

John T. 17yrs 6/14 7pm Firm Believers Mtg ID# 864 8290 9595 PC: 073103

Deenie 35yrs 6/15 W 7:30pm, Church, 13945 New Hampshire Ave, Silver Spring, ID# 878 0419 2075, PC: 659058

Charles (16yrs) & Jimmy B.(33yrs) 6/16 7pm, Gateway to Recovery ID#395553318 PW 1957

Adam G-B 22yrs 6/16, TH 7:30pm More Will Be Revealed, 6600 Laurel-Bowie Rd, Bowie

Niko T (11yrs) & Cheri B (10yrs) WEN 6/17 7:30pm 13925 New Hampshire Ave, ID# 878 0419 2075 PC: 659058

Beth S & Peter M (+17yrs), 6/26 W 6pm Talking Heads, ID#816 0616 8822 PW: recovery12

Jackie D 32yrs 6/30 TH 7pm, Gateway to Recovery Grp, 395 553 318 PC: 1957

Bill W 20yrs TH 6/30 7:30pm, Candlelight, Church, 5843 Manor Woods Rd, Frederick

**Service Works!**

Central ASC Online: First Wednesdays, at 7pm, <https://us02web.zoom.us/j/84295112293>  
**AREA & REGIONAL SERVICE OFFICERS**  
 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 Regional BOD Chair: Sonia J

**Step 6****Finding the Courage to Let Go & the Willingness to Grow**

*"We were entirely ready to have God remove all these defects of character." Step 6, Basic Text "Narcotics Anonymous"*

Having gone over the Fourth and Fifth steps with my sponsor and accepted the exact nature of my wrongs, my awareness is heightened to my character defects. "Deeply shaken by our part in the past," I have become ready for a cathartic Sixth Step process.

I had compiled a list of the defects identified in Step 4 with my sponsor. With heightened awareness, I experience myself acting out on them with friends, family, acquaintances, coworkers, strangers and my partner. I noticed my coworker looking upset when I made a remark about him in front of our clients. I downplayed my Sponsee's feelings when she had the courage to be intimately honest with me. I gave her unsolicited advice that I also had no experience with. I snapped at my husband when he tried to make weekend plans with me. I'm wasting money online shopping instead of saving toward my goals. This caused me a lot of pain and anguish because I'm causing others pain. I tried to stop acting out, and it just seems to make it worse as I spiral into guilt and shame. During my second Sixth Step process, I understood what was happening and still tried to control my every move, thought and sentence to avoid causing pain.

Through all this pain and strain on my relationships, I become entirely ready to ask God to remove these defects that seem to be running the show. Through prayer, my perspective changes from self-centeredness to God centeredness. Desperation turns to hope as I practice commitment, perseverance, faith, trust, and honesty. By surrendering my will, I gain some humility. I begin focusing on my character assets instead of defects. The guilt and shame are lifted as I continue being of service to others. I move on to Step 7.

Anonymous J

**ASC Nominations & Elections Coming Up**

*Nominations June 1 & Vote will be held on July 6, both at Central ASC Online: First Wednesdays, at 7pm, <https://us02web.zoom.us/j/84295112293> Regional Elections will be held at the RSC Meeting June 11.*

**NA Today urgently needs Service Step-Ups**

*Help! Seeking an addict with journalism experience or familiarity with or willingness to learn the Microsoft Publisher program (often part of office suites). Kindly drop us an email ([papamoag@gmail.com](mailto:papamoag@gmail.com)) if you are willing to discuss possibly helping out with the Newsletter, even occasionally as a backup. Other opportunities to be of service (including physical distribution to 2 or 3 meetings) are available.*



Central Maryland Special Events

# Baltimore Orioles

vs.

Los Angeles Angels

## Hawaiian Shirt Giveaway!!!



(First 25,000 Fans 15 & Over)

TICKETS ARE ONLY \$15.00!!!!!!

WHEN: Saturday July 9<sup>th</sup> 4:05 PM

WHERE: Orioles Park at Camden Yards

\*\*\* For more info. Contact Darlene C. 301-789-3523 \*\*\*

Rock Creek Area Special Events presents



Rock Creek Area



# Annual Cookout

Sunday, June 26, 2022

12:00-6:00 PM

Main Speaker @3:30 PM



*Food, fun, fellowship!*

hot dogs, hamburgers, sides, fruit, desserts, games



Rock Creek Park, Picnic Shelter 13  
(Located along Glover Road NW near  
Military Road NW)

Questions: Call/text Salal 571.239.9735

## MEETINGS HAVE ALWAYS BEEN MEDICINE THESE ARE BACK TO IN-PERSON

### MONDAYS:

STAR Group, In-person, Church, 424 Main St, Laurel.

### TUESDAYS:

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.



—Hartfield Area Invites you to—

# BANA SUMMER CAMP OUT



17-19 JUNE 2022

192 PANHANDLE RD  
BENTONVILLE, VA

FAMILY FRIENDLY!

Full Weekend  
\$45  
Camping,  
Rent-a-Tube,  
& T-Shirt!



GAMES | MUSIC | GRILL OUT | MEETINGS

Day Tickets Available \$15  
RENT-A-TUBE \$15 T-SHIRT \$15

BUY TICKETS ONLINE OR IN-PERSON

Bana.Activities@gmail.com

## NA TODAY NEWSLETTER

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PUBLICATION NOTE: A Today is a publication of the Chesapeake & Potomac Region of Narcotics Anonymous, Central Area, Newsletter Sub-Committee. We observe NA Service Guidelines and Traditions.

TRI COUNTY SPECIAL EVENTS PRESENTS

# S'MORE RECOVERY

**June 25th**  
**Starts @ 7pm**

Life Stream Church  
5105 Leonardtown Rd  
Waldorf MD, 20601

1st Speaker @ 7:30

2nd Speaker @ 8:30

**50/50 RAFFLE**

**Spread S'more  
love, Donations  
Appreciated**



**SMORES**



For More Info Contact: Jessica C 240 210 6377 OR Megan L 240 346 6572