



# Living Miracles

Jeffrey B 29 yrs SUN 7/03, 9am, Sunday Morning Spiritual, ID 81222955124 PW 774257

Pamela 28 yrs TUE 7/05, 7pm ID 8159252202

Pauline S 40 yrs, MON 7/11, 7pm. It Works How & Why ID 6236066098, PW: 0107467.

Roy W 2 yrs, TUE, 7/12, 7:30pm, (Hybrid) All About Change, ID 89175943140, PW 904427 Church, 13 Firstfield Rd, Gaithersburg. (Front)

Wendell F 24 yrs TH 7/14 More Will Be Revealed Group, 6600 Laurel-Bowie Rd Bowie Rd., In-Person/Masks Required.

Charlene K 38 yrs, THU, 7/14, 7pm, Gateway to Recovery. ID 395553318 PW: 1957

Jamilah M 29 yrs, THU, 7/14, 8pm, Steps to Life, ID 2617985699, PW: STL

Richardean F 29 yrs, FRI, 7/15, 7:30pm, Women Do Recover, ID 4503397149, PW: 7VVb

Frenise L 14 yrs FRI, 7/15, 7pm, One Step at a Time Group, ID 789171213309, PW: 349943

Rob R 32 yrs SAT, 7/16, 7pm, Gut Bucket Grp ID 9734663601 PW 8755711

Cheryl D 30 yrs, SAT 7/16, 2pm Womens Step & Traditions Grp ID 87462729053, PW 632923

Luther L 14 yrs SAT 7/30, 12pm, Olivet Recovery, Church, 1306 Vermont Ave, NW, DC.

# Service Works!

Central ASC Online: First Wednesdays, at 7pm ASC Meeting in-person (hybrid if needed) as of Aug 6. Church 6905 Greenbelt Dr., Greenbelt. Online <https://us02web.zoom.us/j/84295112293>

## AREA SERVICE ELECTIONS !

### Area Trusted Servant Open Positions:

Vice Chair: Budget Review Chair: Policy Chair: Newsletter Vice Chair: Public Relations Chair: Public Relations Vice-Chair: Outreach Chair.

New Officers to be voted in by elected Central Area GSRs (only) at the ASC. New Nominations & Self-Nominations for the above Positions will be accepted at the July 6 ASC Mtg.

# Step 7 HUMBLED NOT HUMILIATED: TRUSTING IN OUR HIGHER POWER

Step 7: We humbly asked Him to remove our shortcomings. *Basic Text, "Narcotics Anonymous," Step 7*

Practicing the Seventh Step can remove my shortcomings and restore manageability to my life. The trick to this step is to muster the courage, humility and willingness to ask God for help. How does this process look? I'm glad you've asked.

In the first three steps I admit I have a problem, come to believe there is a solution, and decide to surrender to the process. Using Steps 4-6, I get really honest about my recent past through the inventory process, identify patterns and motives with my Sponsor, and fruitlessly exhaust self-will and control.

Having willfully tried to control my character defects and inevitably caused harm to myself and others, I wash up on shore with a fair amount of willingness and humility. I pray to God for help removing my defects. This practice can take a day or a year, but there is always relief on the way when I stay in the solution of the Stepwork process.

*Anonymous J*

## STEP 7: Excerpts from Basic Text, Narcotics Anonymous

**Character defects** or shortcomings are those things that cause pain and misery all of our lives...Having decided that **we want God to relieve us of the useless or destructive aspects of our personalities, we have arrived at the Seventh Step.** We couldn't handle the ordeal of life all by ourselves. It wasn't until we made a real mess of our lives that we realized we couldn't do it alone. By admitting this, we achieved a **glimpse of humility.** This is the main ingredient of Step Seven. **Humility is a result of getting honest** with ourselves...We examined our lives and discovered who we really are...To be truly humble is to accept and honestly try to be ourselves...Humility is as much a part of staying clean as food and water are to staying alive...**The Seventh Step is an action step,** and it is time to ask God for help and relief...**This is our road to spiritual growth...**The main objective of Step Seven is to get out of ourselves and **strive to achieve the will of our Higher Power...**We have noticed that humility plays a big part in this program and our new way of life. We take our inventory; **we become ready to let God remove our defects of character; we humbly ask Him to remove our shortcomings...**We are ready for Step Eight.

**TICKETS:  
\$8.00 (IN ADVANCE)  
\$10.00 @ THE GATE**

**SPEAKER  
MEETINGS**

**FREDERICK AREA OF  
NARCOTICS  
ANONYMOUS**

**36th Annual**

**BRING A NEWCOMER**

**GAMES & FOOD**

# **Dope Fiend Olympics**

**July 17th 2022 @ 10am til Dusk  
8350 Pinecliff Park Rd  
Frederick MD 21704**

**Cost: \$8.00 (in advance) \$10.00 @ the GATE**

**FOR TICKET INFO CONTACT:**

**FELICIA 301-524-8452  
JESSICA 301-573-1390  
RICK 240-347-5143**





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 9th 4:05 PM

WHERE: Orioles Park at Camden Yards

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

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.

PLEASE EMAIL US AT papamoag@gmail.com WITH ANY ADDITIONS OR CORRECTIONS. THE NEWSLETTER SUB-COMMITTEE CAN ONLY PRINT WHAT WE KNOW ABOUT. KINDLY EMAIL THEM, EMAIL THEM, EMAIL THEM, PLZ.

**CPRCNA XXXVI**  
April 14-16, 2023

**"VISION WITHOUT LIMITS"**

**LOGO CONTEST**

DEADLINE: AUGUST 13, 2022

SEND SUBMISSIONS TO:  
ArtsGraphics@cprcna.org  
and  
Chair@cprcna.org  
or mail to:  
CPRCNA 36  
PO Box 90068  
Washington, DC 20090



Vision Without Limits comes from the December 3rd, Just For Today



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 AREA SPECIAL EVENTS PRESENTS



**SAT JULY 23**

**THE**

**80**

*Dress in  
your 80s  
best!*

**S**

*Dance*



**5:30pm to 10pm**

**50/50 Raffle**

**SPEAKER - MUSIC - FOOD!**

**\$5 ENTRY**

**1450 Plum Point Rd,**

**Huntingtown, MD**

**20639**

**NO ADDICT TURNED**

**AWAY**

**FOR MORE INFO: CALL JESSICA C 240.210.6377**

**MEGAN L 240.346.6572**