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# STRAIGHT HOPE

Newsletter from the Montgomery Area of Narcotics Anonymous



\*\*\*Letter from the editor: Hi family! I hope everyone had a great summer! Can you believe it? Summer is already ending, and fall is knocking on the door! Sometimes time just flies by... When we're so busy with our lives, our jobs, our families and our recovery... Did we do something meaningful with our time? Or are we right back where we started? Trying to find that perfect balance isn't always easy and one thing especially that keeps me grounded with an attitude of gratitude is doing service. What better way to do service than to get involved with the newsletter. If you would like to write an article or contribute in anyway, please contact us at [straighthope@cprna.org](mailto:straighthope@cprna.org) You could even submit a photo for the corresponding month of the year! I am now looking for October submissions on step 10. These are the small things that I couldn't see at the time but looking back through early recovery truly kept me clean. If you have A service commitment, You need to show up ! Whether you're contributing to the newsletter or one of the readers, or both... you're keeping me clean today! I am so grateful for you and if no one's told you they love you today, I do! Please keep coming back! Please do not leave us before the miracle because I know there are so many miracles in my life today and I have so much to be grateful for!

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**My Experience**

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I had already made a list of people I had harmed. Some of the harms happened many years ago and in my case many different countries. I grouped the names of the people by the wrongs I committed. i.e. romantic, business, personal, etc. In addition I grouped the names by those people who I thought would more easily accept my amends, thereby making the amends easier for me followed by the list of individuals who would be difficult. Then I contacted the individuals. The First amends I made was to my current wife, the obvious one. I Listed the wrongs I had done, why it was wrong for me to do these things and then I asked if there was anything I could do to make it right, I was lucky as she said that she loved me and had faith in me. That was 32 years ago and I am still sober and married.

I had previously made an amends to my second wife. She called me (we had a good relationship) when I was newly sober. I told her that I am in AA. She said that she was happy for me and that she had thought I was just crazy. My current spouse and I have exchanged houses with her. She lived in Mexico and unfortunately passed away about 10 years ago. I made amends to my first wife thought her sister by email. She truly was a victim. I married her in Finland she was sixteen and had a drinking problem. I took her to the states, and there with my help he developed a soft dug problem. G-d helped both of us as she found G-d, married a religious man has been clean and sober for over 50 years and has three children. She became an artist. As part of my amends I asked if I could visit her at one of her art exhibitions. She said no and I understood her position in this matter. She has been reborn. It really took a load off my mind as I originally thought that she died of an overdose and was full of guilt.

I made amends to my parents. I really was a mama's boy and a great student, but I did act out. I had always been bitter as there was a lot of violence between my mom and dad and violence towards me. I looked at a photo of them and visited their graves. They died when I was very young. In the photo I saw the faces of two young kids. I guess they did as best as they could.

I made amends to my brother. A few times I babysat for he and his wife and got drunk. He never realized I had a problem with alcohol... but his wife did. I have since been a good uncle to his children. One has lived with us for a year and one is like a soul mate to me.

I made amends to one ex boss- I dissed him. I talked behind his back and said negative things. He was a really nice guy. I was walking down the street, bumped into him. I told him what I did and made my amends. He was quite surprised as he had no idea what I was doing and thought that I was a good employee.

Another boss who was really a mean person. He was a horrible person. Once, someone passed out at their desk and he asked for someone to push him aside and do his work.. I was the pusher. I also had bad mouthed him. If I was not a person in recovery I would not have made amends. One day I was waiting for an elevator, after having left his company over 10 years prior and having become a successful business person. I stuck out my hand and shook his. I thanked him for hiring me and teaching me the business and said that he was a major reason that I had become a success. I am sure he hated that as he liked to destroy people, and have people hate him.

After being sober for over twenty years I was still bothered by two ex-lovers. Our breakups were violent, not physically but verbally. I didn't understand why they didn't want to marry a pot head going in no direction. I toyed with the idea of not making any amends. One was married, the other widowed. I did not want to have bad thoughts reenter their lives. My current sponsor felt it was Ok to make an amends. He said just get it off your chest and you won't continue to torment yourself over them. I wrote a short letter to each one, an amends letter. I did not mention AA. I just made amends. I must admit I did put a return a dress on the envelope. I never did get a reply from them.

Making amends goes beyond saying I was wrong it, it goes into correcting our mistakes. By correcting mistakes we reinforce new behavior and our outlook. We proactively correct mistakes which leads to less stress, prevents future relapse, provides inner peace, freedom and rebirth.

Dennis T.

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## *Tradition 9*

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### **Tradition Nine**

*NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.*

Tradition 9 addresses specialized volunteer service work that members perform, usually on a rotating basis. 12-Step boards and committees are organized for the groups to be able to communicate with each other, provide services to members and the community and make decisions together. These committees ultimately serve the groups through representation and by providing reports. Committees include area, regional and world service committees, all functioning with input from individual groups. Some groups are more involved and better informed, but all can participate in program wide decisions if they choose. There are also Hospitals & Institutions, Public Information, Literature, Convention, Special Events, and Policy committees among other. *Never be Organized* refers to not being managed, owned, or controlled by anyone, but rather through volunteering from members. Tradition 2 emphasized that our leaders are but trusted servants, they do not govern. The idea of Tradition 9 is to try to avoid being distracted by personalities and try to stay focused on serving the groups and individual members. These boards and committees do have structure, planning, and predictability, as the work needs to stay on course and get done. Open, clear communication leads to accountability in service and efforts are made to always stay connected to groups and the collective group conscience.




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*Events*

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***Celebrations:***

Mon 9/5 8:00PM Barry S. 37 yrs. Staying Alive ZOOM 862 2444 3740 PW NArocks

Tue 9/6 12:00PM Mitch T. 38 yrs. Freedom in the Village ZOOM 889 4686 0935 pw 685408

Sat 9/10 6:00PM John T. 1 year Welcome Home (in -person) Bush Hill Presbyterian Church 4916 Franconia Rd, Alexandria, VA, 22310

Tue 9/13 7:00PM Alex M. 5 yrs. Neighborhood NA (in-person) Neighborhood Church, 16501 Redland Rd, Derwood, MD, 20882

Wed 9/14 7:30PM Christian W. 4 yrs. Peoples Recovery (hybrid) ZOOM 878 0419 2075 pw 659058 / The Episcopal Church of the Transfiguration, 13925 New Hampshire Avenue, Silver Spring, MD, 20904

Thur 9/15 8:00PM Marc S. 20 yrs. Making a Difference ZOOM 520 984 331 p/w 123456

Mon 9/19 7:00PM Shirley S. 24 yrs. Illness in Recovery ( in-person) Millian Memorial UMC, 13016 Parkland Dr, Rockville, MD, 20853

Wed 9/21 7:30PM Jay G. 7 yrs., Chris M. 5 yrs., Jerry C. 4 yrs., Andre L. 3 yrs. Gentlemens Club ( in-person) Epworth UMC, 9008 Rosemont Dr, Gaithersburg, MD, 20877

Wed 9/21 8:30PM Danica G. 1 year Concious Contact (in-person) Wesley UMC (@ Jenifer St), 5312 Connecticut Avenue NW, Washington, DC, 20015

Sat 9/24 7:00PM Scottie P. 29 yrs. The HOW Group ZOOM 659 600 5240 no password

Wed 9/28 7:00PM June C. 30 yrs. Fresh Air ZOOM 84393364207 pw NAWed7

#### Meeting Announcements:

The Alternative is going Hybrid starting Sunday September 4th 7:30PM at

11200 Old Georgetown Road

North Bethesda, Maryland 20852

ZOOM 114114644 pw 016821 and is looking for trusted servants. Positions currently available are Group Service Representative and Co-Host. The GSR serves as the link for the group to the area and the Co-host hosts the meeting and finds a speaker on an every other week basis. If you are interested they meet every Sunday night at 7:30PM . Let one of the home group or trusted servants know thru chat or before or after the meeting .

The Making a Difference NA meeting is going Hybrid !!! Starting Thursday November 3rd at the Silver Spring Christian Reformed Church 1501 Arcola Ave ( intersection of Arcola Ave. & Kemp Mill Road) in Silver Spring, MD. 20902. ZOOM info remains the same (ZOOM 520 984 331 p/w 123456) .The home group is looking for trusted servants to help with transition to hybrid and as always welcomes new home group members.

**\*\*New Meeting\*\*** Sunday 6:00 pm Topic of Cancer Zoom ID: 817 1770 9889 P/W 438560 . Topic of Cancer is an NA meeting above all. It has been started for people who are also dealing with cancer. While cancer in recovery is the focus, it is still an open NA meeting and all are welcome.