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STRAIGHT HOPE.

Newsletter from the Montgomery Area of Narcotics Anonymous



***Letter from the editor: Hi family! Do you feel it?. The fall weather is already here! The holidays are right around the corner and it's time to break out our sweaters Did we do something meaningful with our time this year? What can we do as members of N.A. to make a difference in the lives of those around us? Who's lives have we touched? 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. If you would like to write an article or contribute, please contact us at straighthope@cprna.org. 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!!!

Step 10

My Experience

The tenth step for me is all about accountability. It's the step that, when practiced, allows me to hold myself accountable to make amends when a defect flares up. When reflecting back upon the day or the week, if there is something that still disturbs me then there is a relationship that I have harmed and need to try and mend. For me, without working the steps beforehand I would have no idea the significance of this step or what it even meant. The fourth step gives me the evidence to identify defects in step six. Now here at step Ten I have the tools necessary to identify my defects when they happen and promptly make amends so as not to cause a build up of resentments. This allows me to keep my side of the street clean and enjoy peace of mind.

Step Ten

We continued to take personal inventory and when we were wrong promptly admitted it.

With Step 10 I try to make a daily habit of self-reflection and quickly resolve mistakes I make as soon as possible. By now in the program, I've found a great benefit to both honestly examining my behaviors and making restitution. No matter how much I've changed and grown as I work the 12 Step program of recovery, I am bound to make mistakes; I am human. Step 10 spot check inventories offer me a way to monitor my attitudes and behaviors and make amends on an ongoing basis. I've learned to reflect on the part I play in difficult situations and try to react in a more constructive manner. A result of writing Step 10 is that I've become more thoughtful choosing my words with others in an attempt to avoid confrontations. The more I learn to live in harmony with other people, the more I realize the value in maintaining and improving all my relationships. I write in my ongoing journal about different situations in my life, including struggles and accomplishments. Usually, my writings just read like a diary, but when I make mistakes or get involved in conflicts, I write about them in detail. I might discuss the incidents later with my sponsor. This helps me sort out problem areas and navigate more smoothly through relationships and my life. I need to admit my wrongs and make amends for any misdeeds to anyone I've harmed as soon as possible. This practice has helped me sort out my hurt feelings and resentments and become more mature as an adult. Step 10 helps me adjust my behaviors so hurt feelings don't pile up, including my own.

Tradition 10

Tradition Ten

Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.

Tradition 10 is designed to protect reputation of the 12-Step program from becoming involved in any arguments, fights, or controversies, even ones that seem like good causes or worthy endeavors. The goal of Tradition 10 is to keep the message of recovery simple, clear and on target with our primary purpose. We can't afford to risk the program's reputation, survival, and well-being of members over an issue not directly related to the program's message of recovery. That goal should always focus on staying clean and sober and helping others to recover. Certain issues might seem related to staying clean, sober, and helping others until we take a closer look. An example might be supporting the organization Mothers Against Drunk Driving (MADD). What could be more important than our mothers and more relevant to recovery than the crusade against drunk driving. However, Tradition 10 makes it clear that the 12-Step recovery programs have no official position regarding MADD. Our primary purpose is not to support mothers nor crusade against drunk drivers. Prospects to 12-Step recovery might not have had the best of relationships with their mothers or maybe they might feel unwelcomed to the program if they were ever arrested for drunk driving. MADD solicits donations from the public and has recognized leaders. What if a scandal hit this organization? How would 12-Step recovery's reputation survive if it endorsed any outside issues including MADD? Tradition 10 even makes clear that the 12-Step program has no opinion on the best way to recover, but rather the 12-Step programs are a path we follow and works for us. Distraction from primary purpose and having opinions on related and unrelated issues would risk alienating members, especially the newcomers. Survival of the fellowship is more important than any cause.



Events

Celebrations:

Wed 10/5 7:00PM Richard E. 37 yrs. Fresh Air ZOOM 84393364207 pw NAWed7

Thur 10/13 7:30PM Sarah B. 6 yrs. She do Recover ZOOM 829 2967 3668 pw 8675309

Tue 10/18 6:30PM Aaron W. 23 yrs and Jamie B. 38 yrs. Life on Life's Terms (hybrid) ZOOM 812 9257 4584 pw 862738 / The Episcopal Church of the Transfiguration, 13925 New Hampshire Avenue, Silver Spring, MD, 20904

Wed 10/19 Bruce L. 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.