

South Potomac

NEWSLETTER

April 2023

We made a searching and fearless moral
inventory of ourselves

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CPRCNA XXXV

"Vision Without Limits"

Fri, April 14, 5pm-
Sun, April 16, 7pm

Roland E. Powel
Convention Center
4001 Coastal Hwy,
Ocean City, Maryland 21842

Registration Open
cprcna.org

dream



OCEAN CITY, MD
APRIL 14 -16, 2023

CPRNA 36 will NOT accept cash for FOOD or at any of the concession stands. You can pay with credit cards, debit cards, Apple Pay, google pay or any other forms of electronic payment.

STUFFING PARTY



WHEN: APRIL 8, 2023

WHERE: OUR SAVIOUR LUTHERAN CHURCH
135TH LAUREL BOWNE ROAD, LAUREL, MD 20708

TIME: 10:00AM TO 5:00PM EST

(Me) Through My Journey

“We made a searching and fearless moral inventory of ourselves” Step 4 tells me to drop my guard and begin to “Trust, have Faith, be thoroughly Honest and find Willingness”

I was introduced to the rooms of Narcotics Anonymous in 1988. I did not surrender to my disease until October 22, 1989, I was determined to find a sensible way to (use drugs) why should I surrender I asked? I had my life under control so I thought.

I was in denial and didn't accept the fact that my life was a mess, I had a job, I felt normal besides missing showering on a regular basis (no big deal) I went to work everyday however, when payday rolled around I would leave work at lunchtime occasionally, I wouldn't return until the following week my disease said you're ok, this is what normal people do. I started doing things I said I'd never do, I was putting myself in dangerous and compromising situations which only my higher power saved me from again, my disease told me everything was ok, and one day I looked in the mirror and realized the biggest part on my body was my head, I was devastated and saddened, I didn't recognize myself my reality was facing me in the mirror smoking crack stripped me, mentally, spiritually and physically, I was skin and bones.

I'm forever grateful for being introduced to Narcotics Anonymous. Step one opened the door for me to finally surrender, admit my powerlessness and unmanageability, stop trying to figure out a way to use sensibly, there is none, the war is over and I lost. Step two I found hope and my faith grew simply believing in a power greater than myself, step 3 said I can't (he will) if I let him now I arrive at step 4 as I worked this step I

realized I was introduced to (me) a scared, kind little girl who had isolated at an early age and people pleased because I felt alone, even though I was surrounded by two loving parents and 8 siblings. Step 4 revealed I had assets, I wasn't all bad, I'm loving, caring, thoughtful and considerate. I like who I am today 33 yrs later all through doing a searching and fearless moral inventory. I'll leave you with this, Narcotics Anonymous works, it's designed for addicts by addicts,

“TOGETHER WE DO RECOVER”..

FayB./1995/DC Area

Blessed With The Gift

I began to write about all of the things that were obstacles and the stuff that gave me great trauma in my Childhood the abuse, the sexual trauma The emptiness and the violence that plagued me in my young adult life coming into the Fellowship. I needed to have the courage and the faith to write this fearless inventory was seemed impossible in the beginning but as it began to touch my life so much and I began to get in touch with myself the 16 liabilities that we talk about. guilt shame remorse self-pity to resentment anger frustrations confusion loneliness anxiety betrayal hopelessness failure fear and denial. I had all of them and they kept me stagnant for a long time and then I realized that my Sponsor pointed out to me that they were assets to to be look for and growing into the program you know such as being clean open mindedness God awareness acceptance positive action honesty willingness sharing caring gratitude courage kindness and generosity.

I began to try to practice those things as I was writing...

I ended up in this institution... again. This time I realized that no matter what I needed to get some kind of help for my problem. I did not know that I had a disease. I did not know what kind of surrender I had to participate. Just didn't know. All I realized was that I had enough I was sick and tired of being sick and tired and for whatever was going to happen. I needed some help and I was open to it because of the pain that I was in and because of the embarrassment the shame The derilection, degradation, isolation, guilt and definitely the loss of control. I just didn't know this disease was incurable progressive and fatal I needed help...

One of the first things I heard when I got here was we were not responsible for our disease but we were responsible for our recovery. I didn't realize that the inability to control my life, as it was I could not stop using so I ended up there in that institution and that's where I heard the Message of Narcotics Anonymous. I don't know what was different about this time than the last time no different than maybe this time I was here to save my ass as opposed to saving my face. I was open I realize that I needed help I was sick and tired of being sick and tired I was sick tired of walking long walks I was sick and tired of leaving my home returning four or five days later.

Being introduced to my sponsor on day 67, beginning to really get into the process, day 90, h&l service work and a home group, service began to change my life. I began to go to more meetings and more meetings and through that I began to do the steps with my sponsor understanding that step 1 means that I'm Powerless, step 2 fill the void with a "Power Greater" than myself, and step 3 was to be able to petition and pray to that Higher Power to do for me what I couldn't do for myself. Having a problem with my body, mind and spirit because of the drugs and the ugly side of drugs had put on my life. Trying to cover up the pain in my life. I asked my Higher Power to "Take my Will and my Life and Guide me and my Recovery Show and me how to Live" and in doing so that brings us to the message ...Step 4.

Blessed With The Gift (cont.)

The best thing that my Sponsor passed on to me was just right Don't worry about or think about it just write it. Don't try to get all deep about it. Don't worry about writing too little 😊. I had a lot of pain thrashing about. Sexual belief and behaviors ,problems and relationships. The step working guide questions were tough for me in the beginning. I settled for sex when I really wanted to be loved . Once I dealt with the shame as a result of all the sexual practices over the years and the violence and the the lying the delusional way of living, the self-acceptance pamphlet help me deal with a lot of the stuff that I dealt with. In being both the victim of incest and rape, those terrible childhood deprivations and neglect, I endured. So for me to come here, even though it was very painful, it helped change my life. I can sincerely say narcotics anonymous gave me something to use to deal with this much pain. It maneuvered me through life perhaps to keep me here still today. A lot of my hopes and dreams before coming here were abandoned, now the pursuit here in the program has changed, and I am Blessed with the Gift.

I would like to thank the South Potomac Area Newsletter for allowing me to participate in my personal recovery. There are three key things that I like to always remember; put to use what I've learned in my step work, personal work on myself through the spiritual principles and you have to do the work. Having one of the greatest lost in my recovery journey was losing my sponsor back in September of 2022. With the strength and courage this program has afforded me, and the help of other recovering addicts, "The Journey Continues" I'm in a 90 and 90 each year before my clean date, as my journey continues. I have continuously gone to meetings, I've allowed my home group and two other groups that I participate with along with experienced members to help me get through this trying time. It is such a awesome awesome humbling experience to be asked to participate here today. I'm excited for my recovery still today even with all the loss that I have suffered through this pandemic era. I love you all

Blessed with the divine sweet gift I am a permanent addict My name is Paul my home group is Monday night steps 7:30 p.m. Eastern standard Time virtually