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Potomac

NEWSLETTER

February 2023



We came to believe that a power greater than ourselves
could restore us to sanity

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Anniversaries

Veronica E. & Arthur S.

Celebrate 18yrs

Feb .23, 2023

Steps to Life

8-9:30pm

PW:2617985699 ID:STL

Judyann W.

Celebrates 17yrs

Feb 27, 2023

Mt. Moriah

1636 EAST CAPITOL ST., NE

Washington DC 20003

Freedom by the Sea Convention XXI

February 10th -12th 2023

Aloft Wilmington at Coastline Center

501 Nut Street

Wilmington, NC 28401

For Convention Registration Only Please

send Money Orders Only

Freedom By The Sea

P.O.Box 561

Wilmington, NC 28402

For more Information Please Contact

freedombythesearegistration

@yahoo.com

or visit our website:

www.freedombytheseaconventionofna.com

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If I Allowed It

2 brings me to the principles of Hope, Faith, Possibilities and Trust of what my Higher Power could do if I allowed it...

After multiple attempts trying to stay clean, I finally reached a point of Surrender. I knew I couldn't use anymore, I knew my life spiraled out of control when I did, but had no idea how getting clean and staying clean could happen for me. After all, I'd tried for over 13yrs only to fail constantly and return to the degradation and despair I'd become so accustomed to. Feeling worthless, useless, hopeless and disgusted with myself, I decided to give Narcotics Anonymous a chance one last time. Though I silently vowed to myself if it didn't work this time I would just kill myself.

But, something inside me was whispering "keep trying", don't give up, do what they (NA) tell you". It can work for you (Me) too. Cant explain why it was different this time. I'd heard the same thing all the times I'd gone in and out. But this time it was gnawing at me. Don't use no matter what I'm feeling, go to meetings regularly (90 meetings in 90 days), get a home group and allow the members in there to get to know me, get a sponsor and allow that person to guide me through the steps and get in service because that will keep me in the middle of the herd. This time I followed the suggestions, I began to feel a part of the program, I made it to a year clean, then two, then three, etc. I was amazed I was staying clean. My life was changing right before my eyes.

I trusted my sponsor and truly felt I'd found someone who believed in me and genuinely wanted to help me in my recovery and realized the possibilities could happen for me too. I bought into Narcotics Anonymous and have been reaping the benefits ever since for over 25yrs. What I'm really talking about is how my Hope grew into a reality of endless possibilities. The promise is that any addict can stop using, lose the desire to use and find a new way to live!!

Rita L.

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HE CAN...

February 2023

For 12 years I was unable to quit, slow down, surrender, ask for help, or admit that I was a drug addict. Every single day I used opiates, heroin, or fentanyl in some form and my time was short. The only thing that I had accepted was that I was going to use until I died.

I needed something bigger than me to save my life. This is a gift that not everyone is given. Fellow addicts were dying all around me, but I was convinced that I was stronger than them.

As the summer of 2020, 38 years old, married with 3 kids, and the only thing I was good at was getting high. I had enough enablers around me to continue, and absolutely zero willingness to change. With this set of circumstances, it was going to be nearly impossible for me to make it out of this alive. My higher power, I call God, had a plan for me. Despite the fact I had lived my life as a proud, boastful, indignant atheist, God still saw fit to pull me and my family out of this horror.

On a Wednesday evening in July, two detectives showed up at my house to inform me that I had sold fentanyl to someone who had overdosed, and I was going to be charged with a felony. That didn't slow me down. After 3 weeks of not cooperating the detectives arrested me and charged me with felony distribution leading to an overdose. I was granted bond and released the same day, so like any good addict, I kept on using. 3 more weeks went by and on the evening of August 21, 2020, the police found me passed out in my car in the middle of the street less than a mile from my house. I woke up to ambulance and police lights as I was safely transported to the Loudoun County Adult Detention Center. This time bail was not granted. I was kept in an intake cell for 6 days where they monitored me through a very painful detox. All I could think about was getting out and using.

Unknown to me, my wife and father had contacted a lawyer who talked to the DA and agreed to release me to a 90-day treatment facility in Nashville, TN. Just over 2 years and 5 months later I have not used any mind or mood altering substances and my life has progressively gotten better every day.

38 years I had rejected God and mocked anyone silly enough to follow Him. I doubted His existence as well as His ability to affect my life in any way. He still showed me His grace and mercy and it is the only reason that I'm alive today.

2 years I chose the drugs over my family. I chose the insanity over the love. I am so grateful that today, God has blessed me with the gift of recovery and the ability to make another choice.

Bobby S, No. VA 8/22/2020