

South
Potomac
NEWSLETTER

January 2023

5 Ways to Success as a young Entrepreneur :
We admitted that we were powerless over our addiction and our lives had become unmanageable

1. Manage time
3. Self respect
4. Don't give up easily
5. Self-confident

Step One

Special Events

South Potomac Area of the C&P Region in the DC-MD-VA Area Special Events presents it's annual "Mini-Convention" (Virtual)

"Adversity Still We Stand"

Saturday, January 21, 2023
11am-8pm

ID:202 999 2020

PW: hope

Anniversaries

Eddie B. will celebrate 2yrs at
"Sunday Afternoon".
Sunday , January 8th, 2023 1pm

ID:202 999 2020

PW: hope

Cathy T. will celebrate 25yrs at
"Spiritually Speaking "



Don't give up easily
Giving up is not what anyone can do
and one of the easiest things to do.
You should never give up on what you
believe in what you are doing.

We admitted that we were powerless over
our addiction and our lives had become
unmanageable

How I Crawled B4 I Walked In Recovery

I used drugs from the age of 13yrs old to 43yrs old until I lost. I was caught up in the disease of addiction. Growing up they used to say I had a habit. I had to admit I was powerless over my disease and my life had become unmanageable. I didn't understand powerlessness & unmanageability.

I didn't surrender until I came into the rooms of Narcotics Anonymous. My clean date is November 2, 2007. That's a day I will cherish and protect. I remember using drugs against my will. I remember crying and using drugs at the same time. I started the road to recovery by admitting myself into a rehab facility in upstate New York I did 35 days there. I took suggestions from NA members on their experiences when they came into the facility and shared about their recovery process. They were part of the program called H&I (Hospitals and Institutions)

I realized that I was powerless over people, places, and things. That also included family and friends, because they would get me "high" before I could get them "clean". I understand that I am not powerless over me. The inner & outward unmanageability caused chaos & havoc in my life. The inner unmanageability affected me by making me feel worthless thinking someone should always be there to take care of me. I had no motivation to be independent. The outward unmanageability happened when I couldn't hold jobs so I couldn't pay my bills and going in and out of jail from the ages of 21-43. I also physically and mentally abused people and of course myself. I understood that to change for the better I had to be "Honest, Open-Minded, and Willing". I had to first stop using drugs completely to be on the road to recovery. (Step 1). This is how I Crawled B4 I Walked

Vander The Commander

