

South Potomac _____

NEWSLETTER

May 2023



We admitted to God, to ourselves and to another human being the exact nature of our wrongs

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CPRCNA XXXVII

"Our Primary Action Is Surrender"

Host Committee Meeting

1st Meeting was March 27, 2023

More Upcoming Date Information

on: May 16th, 2023

Jump Start to Recovery Group

Presents; Speaker Jam
"The Healing Process"

Memorial Day Weekend
Saturday, May 27th, 2023

****More Upcoming Date****

Information on ; May 16th 2023



"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs"

Finding The Freedom That Leads to Self-Acceptance

"We admitted to God, to ourselves and another human being the exact nature of our wrongs."

I knew it was my Higher Power who showed up when I was asked to write about my experience with the 5th Step because it was right after I went over it with my sponsor earlier that week. Before I picked up the pen I prayed and read over my 4th Step so that I would be in a position to write about how I admitted to God, to myself, and another human being the exact nature of my wrongs. I had already identified my most glaring character defects to my sponsor, feelings of low self-esteem, guilt, shame, pessimistic thinking and being satisfied with mediocrity. I was able to look at my 4th Step and see the progression of my personal and spiritual growth in my second 4th Step, how I feel about myself today - the good and not so good.

What I need to practice in the 5th Step are the spiritual principles that guide this Step; surrender, honesty, trust, faith, willingness, and courage. I had to honestly be willing to admit that I had made certain mistakes and wanted to change. I had to dig deep in my soul and face the wrongs of my past that caused harm, mostly to myself. The 5th Step is about my relationship with God, with myself, and another human being. I had developed trust in my sponsor, a woman with whom I have the utmost respect. My Higher Power had given me the courage to divulge the most private experiences I had and my sponsor in turn displayed a caring and loving spirit that gave me a reassuring sense of acceptance. The rewards of sharing my 5th Step strengthened the faith and connection I have with my Higher Power. I believed that everything was going to be ok in spite of my past. Getting to the exact nature of my wrongs is the key to my freedom. As it reads in the NA Step Working Guides on page 49,

"What begins in pain ends in joy and serenity."

I am so grateful that my father directed me to Narcotics Anonymous and that my mother held my hand and took me to my first NA meeting. When I came to the "Rooms" of NA, being broken and spiritually bankrupt, was an understatement! I was looking for something but I didn't know what it was. To stop using drugs was my only goal but by "keep coming back!!", my life began to get better and better. Thank God for the Twelve Steps and for my Recovery.

Khay BH

9/3/1996

South Potomac Area

The Journey:

I'm Kevin H and I'm an addict. When I first came to NA, I had no idea what to expect from this program and what it was going to do for me. I had heard from a friend that happened to be in the program, that the NA program would help me not use drugs again one day at a time. Once entering the rooms of NA, I began to wonder how I was going to sit up in the rooms and tell these people all of my business and how it was going to keep me from using drugs again. I was afraid, confused, and very angry when I got here.

I had lost my sense of reality because I had used drugs for so long that it had become a way of life for me. Keep in mind that I started using alcohol and drugs at the age of 12. I was enslaved by the disease of addiction and the drugs I was using. I had no coping skills, and I never had a chance to grow up into any kind of spiritual maturity. I kept coming back to NA and began to internalize other people's stories and I began to identify in instead of identifying out. That's when the journey began for me. It's something about coming into the rooms of Narcotics Anonymous that was mystical and spiritual for me.

I got into service, and I began to feel like a part of something greater than me. I was so self-centered before I got here, and I didn't understand why I was feeling the way that I was feeling. I thought I knew who I was as an individual person and a human being, but I was a lost soul. I was spiritually bankrupt and didn't know why. That's how deep my ignorance and denial was. It was crippling. I got a sponsor and started taking suggestions and that further enhanced an intimate relationship with another human being and GOD. My belief system begins to change. I started seeing the tangible evidence of GOD working in my life. Loving me and caring for me unconditionally.

The step process began to awaken the spirit within me. Each step moved me closer to my Higher Power. I began to change without my permission. I've traveled through so many situations since I've been in Narcotics Anonymous. I have had health problems, loss of jobs, started businesses, failed in business, death of loved ones and I haven't found it necessary to use drugs. I have surpassed some of my wildest dreams but there's more work to be done. The journey continues, and I will always have work to do as long as I'm alive because more will be revealed, and I will be forever under construction.

Thanks,

Kevin H-DMV

Clean date: 4/10/96

South Potomac Area