



CENTRAL MARYLAND AREA NA TODAY NEWSLETTER



JUNE 2023

Living Miracles

Nate M, 15yrs 6/02, 7pm-8:15pm Friday Night Live Grp Church, 6905 Greenbelt Rd, Greenbelt

Rita L 26yrs 6/04 Sunday South Potomoc Mtg, 1pm - 2:30pm, EDT, ZID#2029992020, PW: hope

Tim S 8yrs 6/07 Southwest Freeway Grp, Church 400 I St., SW, Washington, DC (Grd Lvl)

Gerry P 36yrs 6/10 7:30pm, Off the Beaten Path, ZID#86224443740, PW: NArocks

Dan G (20) & Tim C (19) 6/12, Living Proof Group

Alex W 1yr 6/15 7:30pm Empowering Women, Church, 6800 Oakland Mills Rd, Columbia

Glenn G 15yrs 6/15 Serenity in the Park 7:30p 608 North Horners Ln, Rockville

Carolyn C 15yrs 6/15 Spiritual Awakenings Grp Church, 424 Main St, Laurel

Eric S 21yrs 6/15 All About Change Grp of NA 13 Firstfield Rd, Gaithersburg

Andrew M 19yrs 6/19 & George S 6 yrs 6/19, 7pm. Monday. It Works How & Why Grp, Church, 6905 Greenbelt Rd, Greenbelt.

Kim S 32 yrs 6/21, 7:30pm Weds, Willingness 30 Courthouse Square, Courthouse, Rockville, Hybrid Meeting, ZID# 800 990 800, PC: 16212

Rob U 5yrs 6/25 Starting Over, Center, 8650 Basket Ring Rd, Columbia

Rebecca M 11yrs & Adam G-B 23yrs 6/29, More Will Be Revealed ("Couch Mtg"), 7:30pm Thurs Church, 6600 Laurel-Bowie Rd (MD 197) Bowie

Glenn W 16yrs 6/29, Spiritual Awakenings Group, Church 424 Main St, Laurel

STEP
6

Our Defects: Fear, Hatred & Anger: Killing them with a New Kindness

"We were entirely ready to have God remove all these defects of character." Step 6, NA Basic Text.

My first five steps were a journey inside. Facing the reality of my shortcomings & the fantasy of my good intentions and my reshaping of history to appease my guilt & shame. Step 6 was the most difficult because, now, I had to become entirely & sincerely ready to leave my shortcomings behind. Many of my defects were engrained as coping mechanisms. I uncovered so many defects that my task of addressing them felt overwhelming.

My sponsor suggested addressing the most glaring ones first. The most dangerous of all was anger. Earlier in my life my anger had taken me to violence.

The first move toward becoming entirely ready was practicing different behaviors. The key for me was knowing that the angry feelings will arise, but I don't have to respond the same way as before. What I did instead was as practice kindness. The more I did that, the more familiar and habitual it became. The move step toward achieving Step 6 was to envision what my life would be like without the anger.

Service Works!

GSRS & Committee Chairs:

Our Area Service Committee is for All Trusted Servants

ASC Meets 1st Wednesdays 7-8pm Church, 6905 Greenbelt Rd, Greenbelt

NOTE: On-line ASC meetings were a COVID-era Response. You're invited BACK! For those with an honest-program reason:

Online: zoom.us/j/83624520975

PC: 353938

"...We keep asking for willingness... We ask another member who says 'You're right where you're supposed to be.'"

NA Basic Text, Chapter 4, Step 6

As I practice kindness consistently, it becomes clear that all my defects were fear-based. I felt threatened by people and institutions. My character defects were used to protect me against real and perceived hostile forces. They were out to get what I had or to keep me from getting what I coveted, This state of mind was the Matrix from which humility developed in my heart. This was how I became ready for Step 7.

Anonymous W

Central Maryland Area, Special Events Sub-Committee presents

ICE CREAM SOCIAL



Saturday, June 26, 6:30—9:30pm

2 Speakers

50/50 Raffle

Fun & Fellowship

Tickets

\$5

Donations
Welcome!

Church, 9050 Baltimore St, Savage

Montgomery Area Special Events

Camping in Recovery

June 16-18, '23 — 1pm - 11am

Little Bennet Campground
23701 Fredrick Rd. Clarksburg, MOCO



Tri-Country Special
Events is hosting

SUMMER picnic

Grill fires up at 11 AM
Picnic from Sunup to Sundown

Fishing Tournament 7:30AM -
12:00pm

June
11

Gilbert
Run Park

13140 Charles St, Charlotte
Hall, MD 20622

Pavillion near the
Playground/Water
Bring a Dish if you Wish!

Event Free - Parking is \$5 so carpool
Tickets for Fishing Tournament \$10
50/50 Raffle



**JUNETEENTH
MONDAY
JUNE 19
11AM-7PM**

ERIC W. SPE
SHERMAN H. SPEC

**WASHINGTON DC AREA
SPECIAL EVENTS SUBCOMMITTEE**

**SPECIAL EVENTS CHAIR
ERIC W 202-216-5736**

**SPECIAL EVENTS COORDINATOR
SHERMAN H 202-246-3830**

LOCATION: CHURCH

**2409 AINGER PL. SE, WASHINGTON,
D.C**



**Chesapeake & Potomac Region of NA
Convention XXXVII
"Our Primary Action is Surrender"**

April 12-14, 2024

Roland E. Powell Convention Center 4001 Coastal Highway, OC

ADDITIONAL NEEDS

SECOND MONDAY
@ 7PM
MEETING ID: 724 0094
5209
PASSCODE: 1960

ENTERTAINMENT

OUR SAVIOR LUTHERAN
CHURCH
4915 SAINT BARNABAS ROAD
TEMPLE HILLS, MARYLAND
20785

SECOND WEDNESDAY
@ 7PM

HOST COMMITTEE

THIRD TUESDAY @ 7PM
MEETING ID: 886 4279 0469
PASSCODE: 505227



ARTS AND GRAPHICS

SECOND SUNDAY
@ 6PM
MEETING ID: 924
9451 0385
PASSCODE: 212946

CPRCNA XXXVII

**OUR PRIMARY ACTION IS SURRENDER
APRIL 12-14, 2024
OCEAN CITY, MARYLAND**

PROGRAMMING

SECOND TUESDAY @ 7:30PM
MEETING ID: 947 2653 9942
PASSCODE: 749675

CONVENTION INFORMATION

THIRD SUNDAY @ 4PM
MEETING ID: 844 6042 6616
PASSCODE: INFO
ALL LOWERCASE

MERCHANDISE

FIRST MONDAY @ 7PM
MEETING ID: 999 1175
3989
PASSCODE: 189382

HOSPITALITY

FIRST FRIDAY @ 7PM
MEETING ID:
958 4558 5156
PASSCODE:
108335

**Subcommittee
Meetings**

REGISTRATION

SECOND THURSDAY @ 7PM
MEETING ID: 920 2018 8938
PASSCODE: 129791

MORE INFO AT CPRCNA.ORG



NA TODAY

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**TICKETS:
\$8.00 (IN ADVANCE)
\$10.00 @ THE GATE**

**SPEAKER
MEETINGS**

**FREDERICK AREA OF
NARCOTICS
ANONYMOUS**

37th Annual

BRING A NEWCOMER

GAMES & FOOD

Dope Fiend Olympics

July 29, 2023 @ 10am til Dusk

8350 Pinecliff Park Rd

Frederick MD 21704

Cost: \$8.00 (in advance) \$10.00 @ the GATE



FOR TICKET INFO CONTACT:

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AARONE 240-527-7534