

# STRAIGHT HOPE

*The Montgomery Area Newsletter...a meeting in print*

*\$\$ Priceless \$\$*

Volume 72

P.O. Box 8214 Gaithersburg, MD 20898

JULY 2023

## **LETTER FROM THE EDITOR**

Hi Family!

My name is Melissa M. and I'm an addict.

First I want to thank my Higher Power for another day clean and for this amazing opportunity to serve as Newsletter Chair for the Montgomery Area.

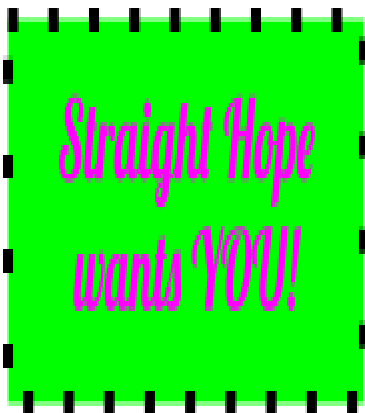
Second, I want to thank the Montgomery Area Service Committee (MASC) for their diligent commitment to serve each and every month.

You guys are theebomb.com!!!

Next, I want to invite you to submit your N.A. related articles, poems, and illustrations via email to [straighthope@cprna.org](mailto:straighthope@cprna.org).

And last but not least, I am very grateful and super super-excited for this month's STRAIGHT HOPE edition.

Just remember I'm not perfect, so if I fall short in my assignment, charge it to my head and not my heart, and even more importantly **KEEP COMING BACK**.



**Our STRAIGHT HOPE Newsletter Subcommittee provides opportunities to flex your self expression.**

We meet on the 4th Sunday @8 pm. Meeting ID: 876 1298 6083; Passcode: 749698

[Click here to attend the Newsletter Subcommittee meeting!](#)

MANA Newsletter Archive:

<https://www.cprna.org/our-areas/news/montgomery-area/>

Email art, articles, & announcements to: [straighthope@cprna.org](mailto:straighthope@cprna.org)

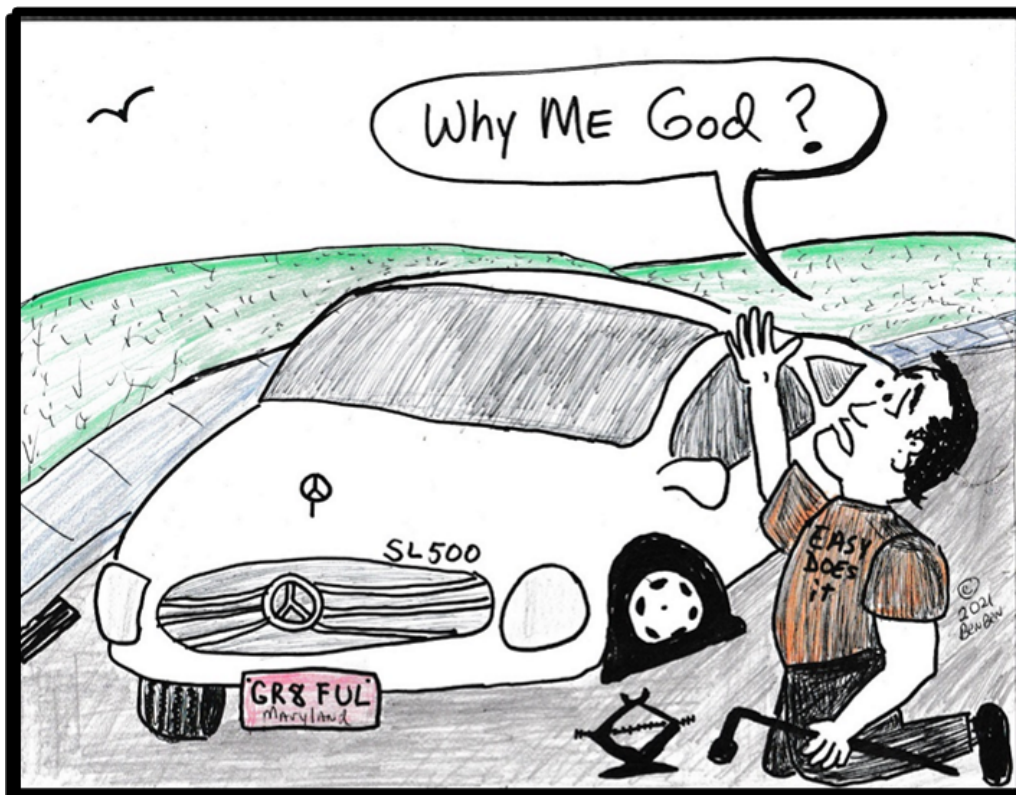
**DEADLINE FOR SUBMISSIONS IS THE 4TH SUNDAY OF THE MONTH!**

## STEP OF THE MONTH

### **STEP 7: “We humbly asked Him to remove our shortcomings.”**

The key to Step 7 is based in the humility of letting go of self-reliance and truly asking God for help. God’s wisdom and power far exceeds my own. Step 7 suggests that it is God that has the power to remove my shortcomings, and this happens in God’s time, not mine. My assignment is to continue my prayers and efforts and practice patience when I am frustrated by my own progress. Self-pity is a character defect that occasionally reappears in my life. My sponsor usually suggests I write a gratitude list when I’m feeling sorry for myself. Sure, I got a flat tire, but I do have the ability to change a tire. I am fortunate to have a tire jack in the trunk. I am grateful that I own a nice car. A dose of gratitude changes how I react to and view a stressful situation. My attitude seems to change from self-pity to compassion; for myself and for others when I’m grateful. Taking the action of writing a gratitude list is a visible sign that the shortcoming of self-pity is in the process of being lifted. I am human and trying my best when I work Steps 6 & 7 to the best of my ability.

- Ben C.



## TRADITION OF THE MONTH

### ***Tradition 7: Every NA group ought to be fully self-supporting, declining outside contributions."***



The Seventh Tradition goes beyond financial responsibilities. Through our contributions to the group, its members come together in unity. We can contribute our time, energy, effort, experiences, and love. Each group has service positions that can include greeters at the door, coffee maker, literature person, chairperson, treasurer, and group service representative. These positions are often rotated after periods of time to give others the chance to serve. The greeters arrive early and welcome people at

the door, try to answer any questions and guide new attendees to the literature, refreshments, and a seat. The coffee maker also arrives early and starts brewing coffee and/or hot water for tea, sets up supplies such as cups, sugar, creamer. After the meeting, the coffee maker then cleans out the coffee pot and puts away supplies. The literature person sets out any conference approved literature including books and pamphlets for the meeting, then packs it away afterwards. The chairperson usually invites a speaker from the program to lead the meeting. The chairperson also begins, facilitates, and ends the meeting providing orderly structure. The treasurer collects the funds and pays the bills including rent to the establishment and funds needed for coffee and literature supplies. The treasurer is responsible for accounting records and providing a full, accurate report at business meetings. As we commit to our groups, we commit to showing up and continuing to be involved with each other and our recovery.

- Ben C.

Email art, articles, & announcements to: [straighthope@cprna.org](mailto:straighthope@cprna.org)

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# CPRCNA 37: Our Primary Action is Surrender

April 12-14, 2024, Ocean City, Maryland

<https://www.cprcna.org/>

The title for our upcoming convention comes from  
“Living Clean the Journey Continues”, page 48, paragraph  
2:

## Chapter Three: A Spiritual Path

*Our primary action is surrender, and we come back to it every day. There is always room to let go a little more. There is great freedom in understanding that we always have the option to surrender. In the beginning we may be confused and think we need to surrender to our disease; in fact, that's what most of us were doing before we got here! In active addiction, we turned our will over to our disease every day. In recovery we learn to surrender to the process, to the program, and ultimately to a power greater than ourselves. When we give up the battle we place ourselves entirely in the care of a power greater than ourselves. It follows naturally that we commit ourselves to the service of that power, however we understand it.*



Get more about this topic by going to our C&P Regional convention in April, 2024.

Register for CPRCNA 37 or get more info at: [www.cprcna.org](http://www.cprcna.org)





# ***Announcements***

**Montgomery Area meetings can be found at**

**<https://www.cprna.org/our-areas/meetings/montgomery-area/>**

**“N.A. @Noon”** meets hybrid Monday-Thursday; virtual on Friday. ID: 889 4686 0935 NO P/W

**“FunCoast NA”** every night @10pm EST... 492 713 4011... NO P/W

**“Conscious Contact”** meets Monday-Friday @10 am. ID: 86291375466 P/W 232323

**“N.A.N.A.”** meets 24/7 ID: 558 554 927 P/W 247247

**“Ladies in Recovery”** meets Monday-Saturday 10 am - Zoom ID 803826655 NO P/W

**“International Online Meeting Marathon”** meets 24/7 ID: 494 965 5895 P/W 1953

**“Hugs not Drugs”** is a small group that lacks trusted servants and may shut down. The group meets virtually every Saturday @12:30 pm. ID: 216 990 5455 NO P/W

**“Meetin’ in Wheaton”** needs support and meets on Tuesday’s @ 8 pm-9:30 pm.

**“Solo Por Hoy”** needs support. GSR position available.

**“Beisbol”** needs support. We had 2 newcomers this week.

**“Freedom in the Village”** needs support. Meets Monday-Friday. Friday hybrid meeting need support.

**“Progress in NA”** needs support & trusted servants. Meets Saturdays at noon.

**Deaf/Hearing Impaired N.A. Members:** Public Relations received an email from an **American Sign Language (ASL)** interpreter that has offered her **services free of charge!** Contact PR at [na-montgomery@cprna.org](mailto:na-montgomery@cprna.org)

**Looking for “Young People” meetings:** We have been receiving requests from non-members looking for young people meetings (high school counselors, parents, etc.). It is suggested that groups who have a consistent number of younger members (age 30 and younger) **add the format code “Y”** to your meeting codes so younger addicts can locate the meetings. Email your meeting change to [meetings@cprna.org](mailto:meetings@cprna.org)

**“Illness in Recovery”** meets Monday @7pm and has become a Young People’s meeting!

## ***ANNIVERSARIES***

7/4 Roy W All About Change 3yrs

7/7 Anita Freedom in the Village 1 yr

7/10 Val G. Monday Miracles 35 yrs

7/15 Rob R. Gut Bucket 33 yrs

7/16 Kevin L. Progress in NA 35 yrs

7/18 Lee D. All About Change 1 yr

7/20 Scott P Crossroads 36 yrs

7/20 Patricia A 38yrs Power of Women

7/22 Chris J A Good Deal 13 yrs

7/29 Lissa H Gut Bucket 32 yrs

7/30 Jerry F. Progress in NA 40 yrs

8/5 Kim M. A Good Deal 2 yrs

8/18 Melissa M. N.A. at Noon 25 yrs.



# EVENTS

Montgomery Area Special Events Presents:



## MEETING ON THE MOUNTAIN!

SATURDAY JULY 15, 2023

## SUGARLOAF MOUNTAIN

7901 COMUS RD, DICKERSON, MD

MEETING AT 3:00 PM

BRIAN WILL LEAD A GROUP FROM THE TOP  
PARKING LOT UP TO THE SUMMIT AT 2:00 PM

- FROM THE WASHINGTON/BETHESDA/ROCKVILLE AREA: TAKE I-270 NORTH TO ROUTE 28 WEST OF ROCKVILLE TO DICKERSON, THEN AFTER PASSING UNDER THE RAILROAD BRIDGE, TURN RIGHT ON MT. EPHRAIM ROAD AND GO 2.5 MILES TO SUGARLOAF MOUNTAIN ENTRANCE.
- FROM FREDERICK: FOLLOW ROUTE I-270 SOUTH TO THE HYATTSTOWN EXIT, FOLLOW ROUTE 109 TO COMUS, THEN RIGHT ON COMUS ROAD TO THE SUGARLOAF MOUNTAIN ENTRANCE.

DONATIONS ACCEPTED THROUGH

VENMO (@NATALIE-GITELMAN) AND CASH APP (SPECIALEVENTS007)

FOR INFORMATION CONTACT:

BRIAN L 240-665-2277 OR SUZANNE K 240-793-4799

## Meeting on the Mountain!

Saturday, 7/15

Brian L 240-665-2277/Suzanne K 240-7793-4799

## Autonomy Zonal Forum

7/29 & 7/30

Bells UMC, 6016 Allentown Rd.

Suitland, MD 20746

Patricia J. & Robert F.; [rd@cprna.org](mailto:rd@cprna.org)

The Chesapeake and Potomac Region of NA Hosts

## Autonomy Zonal Forum

"Living Our Principles" - *Living Clean* (p.222)

Saturday, July 29, 2023: 10 AM - 9 PM and

Sunday, July 30, 2023: 10 AM - 2 PM

Workshops, Food, Fun, Fellowship

HYBRID EVENT:

In Person: Bells United Methodist Church

6016 Allentown Rd. Suitland, MD 20746

Online: Zoom ID: 891 1599 0977 Passcode: 072923

[autonomyzonalforum.org](http://autonomyzonalforum.org) • [cprna.org](http://cprna.org)

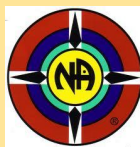
More Info & to Volunteer: Patricia J. CPRNA RD (202)466-0784,  
[rd@cprna.org](mailto:rd@cprna.org); Robert F. CPRNA RDA (240)372-5072



## WCNA 38: The Power of Love

Aug 29-Sep 1, 2024

World Convention of Narcotics  
Anonymous in Washington, DC!



<https://www.na.org/?ID=wcna-index>

We are happy to announce that after almost 30 years, the World Convention will be returning to Washington, DC, 29 August – 1 September 2024.

Convention registration is hoping to be available October 2023. You can stay informed through NAWS Update emails. Sign up for NAWS subscriptions—NAWS News, JFT, or SPAD—to receive NAWS Update emails and be notified when the convention goes on sale:

[www.na.org/subscribe](http://www.na.org/subscribe).

There will also be volunteer opportunities at WCNA 38 - stay tuned!




COME ONE-COME ALL!!  
3RD YEAR CELEBRATION

# WOMEN WITH A PURPOSE GROUP

**DOPE TO HOPE SPEAKERS JAM!!!**

Saturday, July 22, 2023  
9:00 a.m. to 2:00 p.m.

**ZOOM PLATFORM**  
ID: 979-1044-9558  
NO PASSWORD




HOSTED BY EORA SPECIAL EVENTS COMMITTEE OF CPRC

# UNITY

**SPEAKER JAM FUNDRAISER**  
PATSY V. HARTSFIELD COMMUNITY CENTER  
2026 MARYLAND AVENUE NE DC 20002

HANDICAP ACCESSIBLE & STREET PARKING  
**FUN & FELLOWSHIP**  
FOOD FOR SALE



**TREATMENT FACILITIES & NEW COMERS WELCOME**

CONTACTS:  
Sister Gloria J 202.425.7585  
Jan H 202.517.4932

**SATURDAY JULY 22 10AM-9PM**

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

**FREDERICK AREA OF NARCOTICS ANONYMOUS**

**37th Annual**

**Dope Fiend Olympics**

BRING A NEWCOMER


**SPEAKER MEETINGS**

**GAMES & FOOD**

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:  
JESSICA J 301-573-1390  
AARONE 240-527-7534




**DULLES CORRIDOR AREA**  
WWW.DCANA.ORG

# ANNUAL PICNIC

**SATURDAY, AUGUST 12**  
NOON - 6 PM

**ALGONKIAN REGIONAL PARK SHELTER 3**  
47001 FAIRWAY DR  
STERLING, VA 20165

**ENTRY \$5**