

STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 73

P.O. Box 8214 Gaithersburg, MD 20898

AUGUST 2023

LETTER FROM THE EDITOR

Hi Family! My name is Melissa and I'm an addict. August brings to mind all things new. New month, new mindset, new beginnings and brand new miracles. This August is "truly a miracle" for me



because I'll be celebrating 25 years of uninterrupted clean time. I can't boast that I've worked a perfect program for 25 years. In fact, I've made more poor choices than I care to admit. However, y'all told me I'm only as sick as my secrets. Y'all told me the rooms of Narcotics Anonymous are a safe space for me: to expose my disease, to share the promise of freedom, and to share the message of hope. One day at a time, NA shows me how to live life on life's terms

without drinking or drugging, and for this I am truly grateful. May I suggest you take a moment and reflect on your brand-new? Perhaps you have a new home, or a new business, or even a new clean date. The manifestations of miracles in our lives are without limits when we show up, do the work, and **KEEP COMING BACK!**



Our STRAIGHT HOPE Newsletter Subcommittee Provides Opportunities to Flex Your Self-Expression

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

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

MANA Newsletter Archive:

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

Email Art, Articles, Anniversaries & N.A. Announcements to: straighthope@cprna.org

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

STEP OF THE MONTH

STEP 8: “We made a list of all persons we had harmed and became willing to make amends to them all.”

The time has arrived in our recovery to begin the process of making formal amends to those we have harmed throughout our lives by actively working Step 8. My behaviors during my active addiction were bound to hurt those I loved and those that cared about me. I hate to admit there were also some additions to my Step 8 list since becoming clean and sober. I am still capable of hurting people and need to take responsibility when I do. Step 8 encourages us to make a list of individuals, groups, and institutions we wronged and consider the harm we may have caused. My list included my parents, siblings, friends, lovers, coworkers, neighbors, and even complete strangers. I also added organizations and institutions such as the IRS, the Catholic Church, and the Police Department. Although it might not have been intuitive as I wrote my list, it was important that I also put myself and the God of my understanding on my Eighth Step list.

Ben C.



TRADITION OF THE MONTH

Tradition 8: “Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

A sponsor is someone to rely on for support and guidance. A sponsor shares their experiences, hope and strength of recovery, they do not make a diagnosis, nor give professional opinions or consults. One's sponsor is not a therapist, legal or financial advisor nor a marriage counselor, but someone to share their own experiences of recovery and offer guidance through working the 12 Steps. Sponsors are not employees to be fired or reprimanded. Occasionally individuals do find different sponsors when the relationship with their current sponsor isn't working out for whatever reason. When changing sponsors, it is usually best to be honest and upfront with your current sponsor, showing respect and gratitude for their efforts. Many members are professionals but there is no room for professionalism in the program. It's fine to consult their expertise outside of the program and there are many talented individuals within the program that you might hire or ask for advice. Networking with members can open new opportunities for various services. Those working on their recovery are reliable and offer good work at a fair price. Some members might even become creative with their services such as my friend, Geoffrey, a veterinarian.

Ben C.

Announcements

“Progress in NA” meets Sundays at noon needs support.

“Upcounty NA” 39th group anniversary on August 11th @ 6:30 PM

“Never Alone” meets Wednesdays @ 7:30 PM needs support and trusted servants

“Solo Por Hoy” and **“Beisbol”** need support. All service positions are available.

Avery House (women) needs a Panel Leader for the 2nd Sunday. Call Juanita at 240-559-7684.

“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

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

“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.

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

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

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

SCAN QR CODE TO FIND NA MEETINGS IN THE DMV!



← QR Code

NA Meetings in Washington DC, Maryland, & Northern Virginia

NA 24/7 Phonenumber 1-800-561-4670

www.cprna.org

na-montgomery@cprna.org

ANNIVERSARIES

8/5 Kim M. A Good Deal 2 yrs

8/7 Zack Illness in Recovery 3 yrs

8/14 Jackie C. Illness in Recovery 8 yrs

8/15 Paige L. All About Change 31 yrs

8/18 Mike F. The Get Down Group 19 yrs

8/18 Melissa M. NA at Noon 25 yrs

8/19 Robert U. Beachcombers 1 yr

8/19 Pascale Beachcombers 36 yrs

8/21 Brian S. Illness in Recovery 2 yrs

8/21 Patrick Illness in Recovery 2 yrs

8/22 Bob J. Life on Life's Terms 36 yrs

8/25 Jeremy F. The Get Down Group 42 yrs

8/27 Bill E. The Alternative 35 yrs

8/27 Birdie The Alternative 7 yrs

8/28 Crevante Never Alone 8 yrs

8/28 Darryl Never Alone 4 yrs



CONVENTION CORNER

WCNA 38: The Power of Love

Aug 29-Sep 1, 2024

World Convention of Narcotics Anonymous in Washington, DC!

The Support Committee for WCNA-38 is now looking for members to help head up the WCNA-38 Workgroup. The WCNA-38 Workgroup has one principal responsibility: **To solicit and coordinate the approximately 1,500 volunteers that are needed for the event.** Additionally, as part of this responsibility this workgroup will be asked to create a local hospitality function. As we get closer to the event a portion of this workgroup will focus on local hospitality by gathering information about local attractions, restaurants, meetings, etc.

Members interested in the WCNA 38 Workgroup role (to help coordinate local services during the convention) should submit their contact information and some information about their service experience to worldboard@na.org. If there is additional experiential local convention data or other information provided by the region, that is always helpful but not a requirement. This information should be sent to wcna38@na.org, before **September 30, 2023**.

[Information about the World Convention of Narcotics Anonymous](#)



Have an artistic desire?

Want your NA logo on our convention banner, t-shirts, mugs, etc.?

Submit your logo to CPRCNA Arts & Graphics by September 10th!

artsgraphics@cprcna.org

or

PO Box 5245
Capitol Heights, MD 20791

CPRCNA XXXVII

April 12 - 14, 2024 Ocean City, MD

<https://www.cprcna.org>

EVENTS

More info can be found at: <https://www.cprna.org/event-calendar/>

Montgomery Area Special Events Presents:

~ A Fundraising Event ~

BINGO					
10	18	40	53	74	
3	23	37	55	70	
15	24	★	51	62	
5	30	43	54	65	
1	28	33	58	67	



BINGO					
10	18	40	53	74	
3	23	37	55	70	
15	24	★	51	62	
5	30	43	54	65	
1	28	33	58	67	

BINGO-A-GO-GO!

Saturday, August 12, 2023

4:00 pm - 10:00 pm

Christ the Servant Lutheran Church
9801 Centerway Road, Montgomery Village, MD

Game sessions at 4:30 to 6:00 pm & 6:30 to 10:00 pm.
With GO-GO Prizes for Each Game!!!

Two Winners Each Game Blackout Bingo
at 9:00 pm & 9:30 pm for \$25 Gift Cards!

Each Card \$1 or Six Cards for \$5 or 12 Cards for \$10 - \$2 for Blackout Bingo.

FREE Pizza, Snacks and Water. 50¢ Sodas and Chips.

Please bring finger food or dessert if possible.

Donate via Venmo to: @Natalie-Gitelman or Cash App: \$SpecialEvents007

For more information call:

Layla R. at 240-793-6059, Theresa M. at 240-604-6070 or Tasha G. at 301-915-5157

SPECIAL EVENTS presents

NA

SUNDAY
AUGUST 20
12PM-5PM

Cookout & Kids Day

FUN FOOD FELLOWSHIP

MUSIC
A CLOWN
FACE PAINTING
BALLOON ANIMALS
POPCORN
SNOW CONES

Anacostia Park North Field 1900 Anacostia Drive, SE
(make a right and stay on Anacostia Drive until the road ends)

NORVANA Special Events

Spiritual Breakfast

Saturday, Aug. 19, 10 AM - 2 PM



HOT BREAKFAST 10-11:30 AM
SPEAKERS AT 12 & 12:30 PM

- Waffles
- Eggs
- Bacon
- Grits
- Turkey Sausage
- Fried Apples
- Fruit

Bush Hill Presbyterian Church (side door)
4916 Franconia Rd, Alexandria, VA 22310

Discount for Advance Tickets

\$10 Before August 18
or \$15 at the door
Cash App: \$Joneskwarteng
(note Name and "Breakfast")
Or buy a paper ticket from a
committee member

Questions: Louis T. 703.625.8917



Central Maryland Special Events

Baltimore Orioles

VS.

Colorado Rockies

Felix Bautista Bobblehead

(First 20,000 Fans 15 & Over)

Plus Live music discounted food

Gates open at 5:05 pm for Music

TICKETS ARE ONLY \$15.00!!!!!!



WHEN: Saturday August 26th 7:05 PM

WHERE: Orioles Park at Camden Yards

*** For more info. Contact Darlene C. 301-789-3523 ***

Get Involved!



There are many opportunities to give back to NA. Try attending Area Service or a Subcommittee meeting to see if you like what they're doing. Their meeting info is below. In order to keep what you have, you gotta give it away!

Montgomery Area Service Committee

1st Tuesday @7:30 pm

Meeting ID: 876 1298 6083; Password:
749698

Chair: Galen T.

masc@cprna.org

Hospitals & Institutions

3rd Thursday @7:00 pm

Meeting ID: 822 2271 6888; Passcode:
216705

Chair: Jay G.

montgomeryareahandi@gmail.com

Literature

Email requests for orders:

Chair: Danny O.

obdanny722@gmail.com

Meeting

1st Tuesday @5:30 pm

Meeting ID: 876 1298 6083; Password:
749698

Chair: Al G.

aguzman106@gmail.com

Newsletter

4th Sunday @8pm

Meeting ID: 876 1298 6083; Password:
749698

Chair: Melissa M.

straighthope@cprna.org

Public Relations & Phoneline

1st Tuesday @6:30 pm

Meeting ID: 876 1298 6083; Password:
749698

Chair: Shelley M.

na-montgomery@cprna.org

Special Events

3rd Wednesday @7:00 pm

Gaithersburg Library; Study Room
towards the back

18330 Montgomery Village Ave,
Gaithersburg, MD 20879

Chair: Suzanne K.

Get to a Meeting!

- **Meeting Information Change?**
Email: meetings@cprna.org
- **Want a printable meeting list?**
Click:
<https://www.cprna.org/?current-meeting-list=8>
- **Want our online meeting list?**
Click:
<https://www.cprna.org/our-areas/meetings/montgomery-area/>