

# STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 74

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## Letter From The Editor

Hi Family!

My name is Melissa M. and I'm an addict. The month of September dawns a season of



**change.** And just like my favorite song, Fall is definitely my jam. Summer may be a vibe, but an oversized sweater and a pair of jeans is my happy place!

Of course, change is more than superficial for me. It's an inside-out process, and its concept is the very foundation of our program. "If nothing changes, nothing changes." And although it can start and end with me; this is not a me program. With the help of God and a sponsor, and the twelve steps and twelve traditions; WE can actually **change** overtime. We can truly become the change that we desire to see in ourselves, our relationships, our workplace

and in the communities that we serve outside of the fellowship of N.A. One day at a time, we can become loving and caring productive members of society. Narcotics Anonymous gives me courage to change from the inside out. I can't do it alone, but together **WE** can.

**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](mailto:straighthope@cprna.org)

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

# Step of the Month

**Step 9:** *"We made direct amends to such people wherever possible, except when to do so would injure them or others."*

The purpose of Step 9 is to free us from the past and become better able to live in the present. I can do this by attempting to right the wrongs I have committed by trying to repair the damage I've done to others.

While drinking and drugging, I wreaked havoc in the lives of most of those who loved and cared about me. I also had some individuals on my Eighth Step list that I had harmed while completely clean. Some of these incidents from my past occurred even before I ever picked up alcohol and drugs. I have now met with many of those on my Eighth Step list and made formal amends with Step 9.

After discussing each person with my sponsor, I took an opportunistic approach to setting up meetings with those on my list. I reviewed my list and called individuals one at a time and asked if we could get together. After some small talk, I let the individual know the reason that I wanted to get together with them was I had something important to discuss. I imagine some of them initially thought this was some kind of sales pitch for a pyramid scheme. When we met, I focused on acknowledging the harm I caused them and tried to express my regrets to the best of my ability. I also asked if there was any way I could make it up to them. For those that I owed financial amends, I paid the money back or set up a payment plan when it was beyond my immediate ability.

I felt vulnerable by exposing my wrongs and realized I had to accept their reactions, no matter what it might be. Most of my Ninth Step amends sessions went well, as those individuals appreciated my

apology and expressed support for my recovery. A couple of sessions were more uncomfortable, as the individuals expressed long pent-up resentments and anger towards me.

Thanks to my sponsor's guidance, my role was to listen and acknowledge their pain and not defend my past behaviors. It was important to go further than mere apologies by making commitments to repair any damage, if possible, and make a commitment to never repeat the harm that I committed.

- Ben C.



# Tradition of the Month

**Tradition 9:** *“NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.”*

Tradition 9 addresses specialized volunteer service work that members perform, usually on a rotating basis. 12-Step boards and committees are organized for the groups to be able to communicate with each other, provide services to members and the community and make decisions together. These committees ultimately serve the groups through representation and by providing reports.

Committees include Area, Regional and World Service committees, all functioning with input from individual groups. Some groups are more involved and better informed, but all can participate in program-wide decisions if they choose.

There are also Hospitals & Institutions, Public Relations, Literature, Convention, Special Events, and Policy committees, among others. “Never be Organized” refers to not being managed, owned, or controlled by anyone, but through volunteering from members. Tradition 2 emphasized that our leaders are trusted servants, they do not govern. The idea of Tradition 9 is to try to avoid being distracted by personalities and try to stay focused on serving the groups and individual members.

These boards and committees do have structure, planning, and predictability, as the work needs to stay on course and get done. Open, clear communication leads to accountability in service and efforts are made to always stay connected to groups and the collective group conscience.

- Ben C.



## ***Announcements***

**“Solo Por Hoy”** and **“Beisbol”** have trusted servant positions open.

**Clarksburg Jail** has opened up for H&I! We need members for the Women’s Meetings. Go to the H&I meeting to volunteer!

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

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

**“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](mailto: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](mailto:meetings@cprna.org)

**SCAN QR CODE TO FIND NA MEETINGS IN THE DMV!**



**NA Meetings in Washington DC, Maryland, & Northern Virginia**

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

**[www.cprna.org](http://www.cprna.org)    [na-montgomery@cprna.org](mailto:na-montgomery@cprna.org)**

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



# ***Living Miracles***

- 9/06 Guyrin Living Life on Life's Terms 32 yrs*
- 9/08 John Boy H. Older Toddlers 27 yrs*
- 9/09 Shelley M. (Not celebrating) 4 yrs*
- 9/10 Dave K. Today's Recovery 38 yrs*
- 9/14 Aaron S. Serenity in the Park 20 yrs*
- 9/15 William P. Living Life on Life's Terms 41 yrs*
- 9/15 Jim W. Older Toddlers 17 yrs*
- 9/16 Marc S. A Good Deal 21 yrs*
- 9/17 M.J. The Alternative 21 yrs*
- 9/17 Steve R. Squeaky Clean 32 yrs*
- 9/18 Shirley S. Illness in Recovery 25 yrs*
- 9/20 Hadiyah H. Living Life on Life's Terms 33 yrs*
- 9/20 Christian W. People's Recovery 5 yrs*
- 9/22 Geoff K. Live and Let Live 8 yrs*
- 9/26 Jeannie G. Glad to be Alive 40 yrs*
- 9/26 Ms. B Living Life on Life's Terms 33 yrs*
- 9/29 Erin M. Live and Let Live 8 yrs*
- 10/01 Iman Talking Heads 5 yrs*
- 10/31 Kyra W. All About Change 15 yrs*



# Convention Corner

**WCNA 38**  
***The Power of Love***  
**Aug 29-Sep 1, 2024**

***World Convention of Narcotics  
Anonymous in Washington, DC!***

Find out about service opportunities at:  
<https://www.cprna.org/wcna>



**NEWSFLASH!** 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 WCNA 38 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](mailto: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](mailto:wcna38@na.org), **before September 30, 2023.**

**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](mailto:artsgraphics@cprcna.org)

or

**PO Box 5245  
Capitol Heights, MD 20791**

CPRCNA XXXVII, April 12 - 14, 2024 Ocean City, MD  
<https://www.cprcna.org>

## ***CPRCNA FREE Convention Speaker Tapes!***

CPRCNA Inc. has decided to share the archives of CPRCNA. This web page contains downloadable mp3 speaker meetings from the Chesapeake & Potomac Regional NA conventions.

<https://www.cprna.org/cprcna-mp3-speaker-files/>

# EVENTS

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



**Narcotics Anonymous**

**THE VIRTUAL TIES THAT BIND US TOGETHER AREA**

EVERY 1ST WEDNESDAY 6:20 PM - 8:30 PM

**VIRTUAL AREA SUBCOMMITTEES**

- Policy Subcommittee**  
Every 2nd Tuesday  
6:30 PM - 8:00 PM
- H&I Subcommittee**  
Every 3rd Tuesday  
6:00 PM - 7:00 PM
- Special Events Subcommittee**  
Every 3rd Sunday  
2:00 PM - 3:30 PM
- Public Relations Subcommittee**  
Every 3rd Monday  
7:00 PM - 8:00 PM

ID: 551 453 2789  
PW: 2023

Gateway to Freedom Area of NA

## CAMP JAM VII

September 15-17, 2023

First workshop starts Friday 5 PM  
Camp Minco - 4H park  
65 Camp Minco Lane  
Keyser, WV 26726



**PRE-REGISTRATION PRICES**  
**END August 31, 2023**

**Packages for Pre-registration:**

- #1 Three Day Full - Reg., Food, Lodging - \$80
- Additions: Kids (12 to 17) - Entire event \$30

**ON-SITE REGISTRATION**

- #1 Three Day - Reg., Food, Lodging - \$100
- #2 Two Day - Reg., Food, Lodging - \$85
- #3 One Day - Registration, Food - \$35

**Full package includes:**

- Registration
- Lodging: 2 nights cabin or camping
- Food: 5 meals

12 speakers, activities, music, fellowship, and fun  
\*Saturday Bingo  
\*Bring your own lawn chair and instruments

Name \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_  
Package # \_\_\_\_\_ Package \$ \_\_\_\_\_ Newcomer Donation \$ \_\_\_\_\_

Make checks payable to CAMP JAM.  
Send to CAMP JAM, PO Box 454, Cumberland, MD 21501  
For more info: CJ chair - Rob G. 304-546-1095, ,  
Registration - Angela G. - 301-268-9742  
For credit card payments call Paula W - 304-268-4418  
For venmo payments, add to memo line:  
"for three day pre-registration package"



venmo



**HELPLINE PHONE TRAINING**

**SEPT 15TH**  
**6:30-730 PM EST**

ZOOM ID# 819 7968 6861  
PW: PHONE

Contact: Tammy G 419.699.1563 or Frank G 703.598.0459



**THE COMMON THREAD**

## CAMPOUT

**\$25/Person Weekend Camping**  
**\$16/Child Weekend Camping**  
**\$15 Day Pass**

**SEPTEMBER 22-24 2023**

### The Treehouse Camp

**MAPLE TREE CAMPGROUND**

Lindsey J. (703) 728-1851 [special.events@dcana.org](mailto:special.events@dcana.org)

20716 Townsend Road  
Rohrersville, Maryland 21779  
Campground Phone: (301) 432-5585  
Website: <https://www.thetreehousecamp.com>

**WWW.DCANA.ORG**



## ***Service Works!***

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 @7:30pm  
Meeting ID: 876 1298 6083; Password:  
749698  
Chair: Galen T.  
[masc@cprna.org](mailto:masc@cprna.org)

### **Newsletter**

4th Sunday @8pm  
Meeting ID: 876 1298 6083; Password:  
749698  
Chair: Melissa M.  
[straighthope@cprna.org](mailto:straighthope@cprna.org)

### **Hospitals & Institutions**

3rd Thursday @7pm  
Meeting ID: 822 2271 6888; Passcode:  
216705  
Chair: Jay G.  
[montgomeryareahandi@gmail.com](mailto:montgomeryareahandi@gmail.com)

### **Public Relations & Phoneline**

1st Tuesday @6:30 pm  
Meeting ID: 876 1298 6083; Password:  
749698  
Chair: Shelley M.  
[na-montgomery@cprna.org](mailto:na-montgomery@cprna.org)

### **Literature**

Email requests for orders:  
Chair: Danny O.  
[obdanny722@gmail.com](mailto:obdanny722@gmail.com)

### **Special Events**

3rd Wednesday @7pm  
Gaithersburg Library; Study Room  
towards the back  
18330 Montgomery Village Ave,  
Gaithersburg, MD 20879  
Chair: Suzanne W.

### **Meetings**

1st Tuesday @5:30pm  
Meeting ID: 876 1298 6083; Password:  
749698  
Chair: Al G. [aguzman106@gmail.com](mailto:aguzman106@gmail.com)

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## ***Get to a Meeting!***

**Meeting Information Change? Please email [meetings@cprna.org](mailto:meetings@cprna.org)**

**Want a printable meeting list? Go to:**  
<https://www.cprna.org/?current-meeting-list=8>

**Want our online meeting list? Go to:**  
<https://www.cprna.org/our-areas/meetings/montgomery-area/>