

STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 76

PO Box 8214 Gaithersburg, MD 20898

NOVEMBER 2023

Letter From The Editor

Hi Family,

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

On November 2nd 2023, I *celebrated* my 57th birthday. Yup, that's right, your girl is an official card-carrying member of the AARP club. (smile) However, my birthday did not begin with a celebration. In fact, it started out quite the opposite.

But that's why I'm so thankful for the rooms of Narcotics Anonymous. With 25 years clean, Just For Today, I'm still learning to take suggestions and to not be offended. And for an addict like me to not be offended is a *major* BIG win.

When y'all suggested that I can always be right or that I can choose to be happy. My happiness is another BIG win for me. And then somebody messed around and suggested that I can let go and let God, or that I can hold on and be dragged. Well, needless to say that was a no-brainer for me. Because even though life on life's terms tested and tried me this year. It also afforded me a greater appreciation for aging in recovery and for the wins in my life.

And for that I am truly grateful.

So can I make a suggestion for you who are reading this? No matter what, take a moment and reflect on your BIG and your small wins. Because a grateful addict won't use. I love you and I need you so please...

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

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!

Straight Hope Newsletter Staff

Melissa M. - Editor/Chair
Anne E. - Layout/Content

Ben C. - Step & Traditions
Jalal B. - Graphic Contribution

Step of the Month

Step 11: *We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

Prayer and meditation have become dialogs or two-way communications between the God of my understanding and me. When I pray, I am reaching out or talking to God. Sometimes this feels natural to me; other times, I feel foolish and wonder if I am just wasting time and energy. I try to just pray anyways in spite of these misgivings. With repeated efforts and practice, I have become more comfortable praying to the God of my evolving understanding. I often pray for strength and guidance throughout my day, and when I do so, things seem to go well. I believe that by making that connection, I will make better decisions. Does that mean God is helping me, or does it mean I am just in a better frame of mind and able to practice acceptance? The truth is, I don't know, and I don't care; it seems to work for me either way. Who really knows if God is, but I do like the results better when I actively ask God for help. I am going to keep praying whenever I remember to do so. To quote the French philosopher, Albert Camus, "I would rather live my life as if there is a God and die to find out there isn't than to live as if there isn't and die to find out there is".

- Ben C.



Tradition of the Month

Tradition 11: *"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."*



Personal anonymity and avoiding sensational advertising are key points to practicing Tradition 11. The best attraction to recovery is how it works, not who I am or what I have done or not done. 12-Step meetings can now be found all over the world, and meetings are spoken in most every language. The truth is powerful enough; any attempt to exaggerate the truth takes away from this evidence. I don't need to fight for respect; I only need to demonstrate good behavior by living a clean and sober lifestyle. I should always respect the anonymity of all those I meet and get to know in the program. It might be fine with me if my coworkers knew my status in recovery, but I should respect the confidentiality of everyone else and protect the public knowledge of their membership status.

- Ben C.

Announcements

Speakeasy meeting is celebrating their 42 year Group Anniversary on Saturday 11/25, speakers 6-8 PM, food 8 - 8:30 PM.

New meeting at Silver Spring UMC, Saturday 12 noon - 1 PM.

Neighborhood NA meeting is no longer active.

Meetin' in Wheaton meeting is also no longer active.

Beisbol meeting needs a GSR and needs support!

Solo Por Hoy meeting needs support.

Our next **Regional** is 12/9 @ 1 PM on Zoom.

MARLCNA is coming! 1/19-21/2024 in Lancaster, PA.

Women Do Recover * NEW MEETING *

Tuesday
7:00 am - 8:00 am
Q,STEP,W,WC
Women Do Recover
Montgomery Hills Baptist Church
9727 Georgia Avenue, Silver Spring, MD,
20919
Rear Door

Need Printed Meeting Lists? You can get meeting lists for your home group by emailing our PR subcommittee na-montgomery@cprna.org and they will mail them to you. **OR** you can ask our Literature Chair for some when you place your literature order.


WCNA 38

The Power of Love
Aug 29-Sep 1, 2024



WCNA 38 information can be found on **page 5** in our Straight Hope newsletter!

New Area! On Saturday, October 14, 2023, the Chesapeake & Potomac Region voted to have **The Virtual Ties That Bind Us Together Area** become a part of our Region, making this the 12th Area in our Region. Welcome!

MONTGOMERY AREA

**Narcotics Anonymous Meetings in
Montgomery County, MD**
That no addict seeking recovery need ever die...

**NA MEETING LIST
NOVEMBER 2023**

MONTGOMERY AREA OF NARCOTICS ANONYMOUS
PO Box 8214, Gaithersburg, MD 20898-8214
24/7 PHONELINE
1-800-543-4670

QUESTIONS? CONTACT US!
Public Relations Email: na-montgomery@cprna.org
Webpage: <https://www.cprna.org/montgomery-area>
Chesapeake & Potomac Region of NA:
<https://www.cprna.org>

FREE ONLINE NA LITERATURE!
<https://www.na.org/?ID=literature>

MEETING CHANGE?
Email meeting changes to: meetings@cprna.org



EVENTS

More info can be found at: <https://www.cprna.org/event-calendar/> & <https://www.na.org/?ID=events-main>

MONTGOMERY AREA SPECIAL EVENTS PRESENTS



Thanksgiving Turkey Trot

10am-6pm Thursday, November 23, 2023

Christ the Servant Church
9801 Centerway Road
Gaithersburg, MD

Come join in the Food, Fun
and Thanksgiving Fellowship!

Meetings at: 10:30am, 11:45am,
1:00pm, 2:15pm, 3:30pm & 4:45pm.

If possible, please bring food or a dessert to share.

Cash Donations can be sent via Venmo to: @Natalie-Gitelman
or Cash App: \$Specialevents007

For more information contact:
Brad S. - (540) 272-8899 or Suzanne W - (240) 793-1799

C&P Region H&I

Training Lunch

HOSTED BY NORVANA H&I

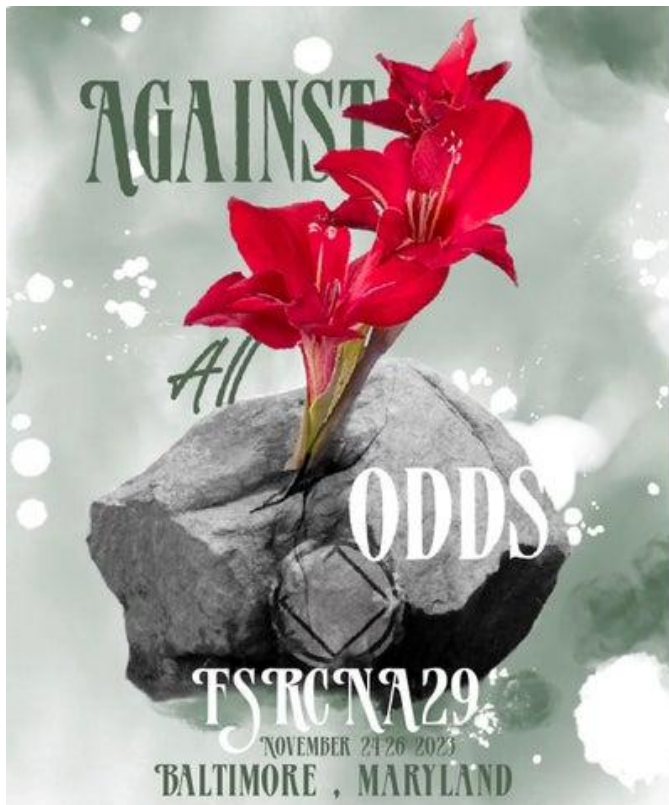
HYBRID - ZOOM ID# 833 1172 3123 PASSCODE 121212

Arlington Assembly of God
4501 N. Pershing Dr. Arlington VA

"NA Service teaches us to interact with others in environments that are sometimes stressful and to remain loving and open even as we stand our ground"
Living Clean, PG 19

CONTACT H&I CHAIR JOEL F. 202.594.4656 OR CO-CHAIR RICHARD B. 703.906.5404

1-6 PM
SATURDAY
NOV
11th



South Potomac Area Special Events Presents Our Annual Mini Convention "As Long as We Have Each Other and NA"

Guiding Principles, 7th Tradition pg. 118



November 18, 2023
Speaker Line-up; Noon-7:00
Main Speaker
Cleantime Countdown
Dance: 9:00- Midnight



FUNDRAISER
DANCE DONATION, \$10 IN ADVANCE
\$15 AT THE DOOR
Hensen Valley Christian Church
1900 Tucker Road
Fort Washington, MD 20744



FOOD FOR SALE - FUN - FELLOWSHIP-RAFFLES

Any questions contact:
Paris A, Chairperson @ 301-756-6085
or Paul M @ 240-645-2255



Convention Corner

WCNA 38

The Power of Love

Aug 29-Sep 1, 2024



World Convention of Narcotics Anonymous
Walter E. Washington Convention Center
Washington, DC!

CALL FOR POTENTIAL SPEAKERS!

If you or someone you know is interested in being considered as a workshop or main speaker at WCNA 38, please provide the information below, and a speaker recording, if available, before **31 March 2024**.

Clean time requirements are five years for workshop speakers and ten years for main speakers.

To submit a potential speaker, please complete our online form here: [online submission form](#). Or a CD recording can be sent by mail with a printed copy of [this form](#). No more than one recording per speaker, please. Recordings are not required to be considered.

For more information go to <https://www.cprna.org/wcna/>



Early Registration:

Early registration for CPRCNA XXXVII is now open!

The cost for early registration is \$30.

Teenagers 13 and older must register at the adult price.

This registration period will end on 2/12/24 at midnight, at which time Regular registration will begin.

The cost for Regular registration is \$40.

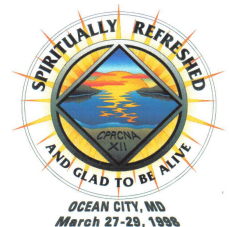
Refund Policy: NO REFUND

Submit Speaker CDs or MP3s by **10/24/23**. For more info, go to <https://www.cprna.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/>



Living Miracles

Date	Name	Group	Years
11/1	Ellen	Conscious Contact	1 yr
11/2	Brad S.	Crossroads	4 yrs
11/4	Mike M.	Kickin' It Raw Men's Rap	33 yrs
11/5	Gerald Z	Squeaky Clean	20 yrs
11/7	Mary S.	All About Change	8 yrs
11/9	Kendall	Serenity in the Park	1 yr
11/9	Qunc "Q"	Off The Beaten Path	11 yrs
11/10	David K.	Keep It Real	6 yrs
11/11	Elizabeth L.	A Good Deal	19 yrs
11/12	Sandi M.	Let it Shine	7 yrs
11/14	Joanna	Glad to be Alive	14 yrs
11/16	George M.	Making a Difference	33 yrs
11/16	Fred S.	Making a Difference	34 yrs
11/18	Ashley P.	Saturday Night Living Clean	4 yrs
11/18	Doug F	Off The Beaten Path	33 yrs
11/25	Greg H.	Fresh Start	8 yrs
11/27	Jay S	Freedom in the Village	14 yrs
11/28	Nathaniel C.	All About Change	5 yrs
12/1	Leslie K.	Live & Let Live	37 yrs
12/2	Andrew Z.	Fresh Start	6 yrs
12/3	Jody	Today's Recovery	2 yrs
12/4	Melanie L.	Oasis	1 yr
12/6	Minda L.	Fresh Air	38 yrs
12/7	Kendall W.	Serenity in the Park	1 yr
12/10	Maddy M.	Today's Recovery	3 yrs
12/12	Jay H.	All About Change	5 yrs
12/15	Galen T.	Upcounty NA	10 yrs
12/17	Kimmi R.	Today's Recovery	1 yr
12/18	Jerry R.	Oasis	7 yrs
12/20	Latonia R.	Wednesday Willingness	23 yrs





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

Hospitals & Institutions

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

Literature

Email requests for orders:
Chair: Danny O.
obdanny722@gmail.com

Meetings

1st Tuesday @5:30pm
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

1st Wednesday @7pm Christ the Servant
Lutheran Church
9801 Centerway Rd
Montgomery Village, MD 20886
Chair: Suzanne W.

There's more than one way to get to a Meeting!

SCAN QR CODE TO FIND NA MEETINGS IN THE DMV!



NA Meetings in Washington DC, Maryland, & Northern Virginia
NA 24/7 Phoneline 1-800-561-4670
www.cprna.org na-montgomery@cprna.org

[Print Montgomery Area meeting list](#)

[Go to Montgomery Area online meeting list](#)

[Find all the meetings in the C&P Region](#)

[Find NA meetings World-Wide](#)

[Download BMLT App](#)

But the info is only as good as the members who
update it...PLEASE email meeting changes to:
meetings@cprna.org