

STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 77

PO Box 8214 Gaithersburg, MD 20898

DECEMBER 2023

Letter From The Editor

Hi Family,

My name is Melissa M. and I'm an addict. Happy Happy Holidays to EVERYONE! Christmas is my favorite holiday. There's something special about it that always brings me joy. Maybe because it's the season for giving. Where we are thankful to receive in November; in December we are blessed to give.

This particular Christmas is especially special for me because I get to share it with my 3 year old granddaughter, Angel. I'm so excited about being a Glam-Ma this year. I can hardly wait to decorate my Christmas tree and bake cookies with her; complete with cookie cutters, sprinkles and the whole nine yards. However, none of this would be possible for me and my family without the program of Narcotics Anonymous.

Living life on life's terms are both challenging and rewarding, but the power of surrender and the manifestation of miracles in our lives are evidence of the spiritual principles of N.A.

If you have a desire to stay clean today you are a miracle. If you didn't use today you are a miracle. If you made it to a meeting today you are a miracle. If you're reading this today you are a miracle, and you are the promise of freedom and the message of hope! I love you and I need you.

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 & NA Announcements to: straighthope@cprna.org

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

Straight Hope Newsletter Subcommittee

Melissa M. - Editor/Chair

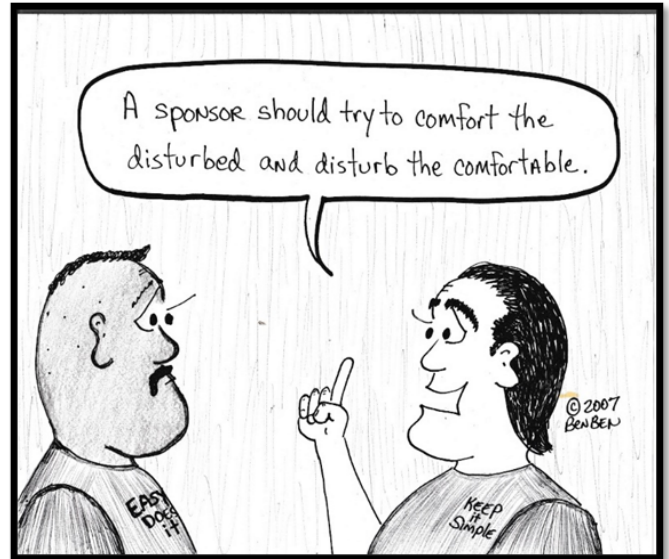
Ben C. - Step & Traditions

Anne E. - Layout/Content

Jalal B. - Graphic Contribution

Step of the Month

Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and practice these principles in all our affairs.



Tradition of the Month

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Public Relations in a Nutshell

The Public Relations Subcommittee (PR) carries the message to the public that NA exists. We do not tout promises; we simply provide information about NA to professionals and the general public and make sure our meeting information is accurate.

I like to ask the newcomer **"How did you find out about NA?"**. It warms my heart to learn they were given our information by a non-addict (probation officer, therapist, mother) or searched the internet to find us. It lets me know the efforts of PR are working.

I like to go to events where we have an NA booth and hand out our "NA Business Cards". When giving them to someone, I like to say **"Pass it on to someone you care about."** You never know how far that single act of kindness will go.

HOW DID YOU FIND OUT ABOUT NA?

- Anne E.

Public Relations In Action!

The infographic illustrates various ways Narcotics Anonymous (NA) reaches the public. It includes icons for:

- Drug Problem?**: A poster with a person's face and the text "YOU ARE NOT ALONE", "CALL SOMEONE WHO'S BEEN THERE", "NARCOTICS ANONYMOUS", and "1-800-543-4670".
- Newspapers**: A rolled-up newspaper.
- Internet**: A laptop displaying "NA www.cprna.org".
- Poster Drives**: A person holding a large sign that says "Did you know... 3 out of 5 people are directed to Narcotics Anonymous by non-addicts!".
- TV & Radio PSA's**: A radio tower icon.
- Presentations**: A person standing at a podium with a microphone.
- Meeting QR Code**: A QR code.
- Meeting Lists**: A document titled "C&P Region Meeting List".
- NA Booths**: A booth with a sign that says "Narcotics Anonymous".

**We're Anonymous,
We're NOT a Secret!**

Chesapeake & Potomac Region of Narcotics Anonymous: DC, MD, & VA www.cprna.org * 1-800-543-4670 * info@cprna.org

For the Newcomer

DON'T USE... GO TO A MEETING

Basic Text Page 10: "We suggest that newcomers keep coming back and come back clean."

IP #23 "Staying Clean on the Outside": "Instead of picking up that first drug, we do the following: Don't use no matter what. Go to an N.A. meeting"

GET AND USE A SPONSOR

Basic Text Page 55: "We have found it helpful to get a sponsor and to use this sponsor"

IP #16 "For The Newcomer": "We suggest you look for a sponsor as soon as you become acquainted with members in your Area."

GET A HOMEGROUP

Basic Text Page 54: "We find our place in the fellowship, and we join a group whose meetings help us in our recovery."

Basic Text Page 95: "Attending our home group provides encouragement from the people that we get to know."

KEEP COMING BACK, IT WORKS

Basic Text Page 9: "We have learned from our group experience that those who keep coming to our meetings regularly stay clean."

Basic Text Page 148: "Keep coming back, it works."

IP #22 "Welcome to Narcotics Anonymous": "KEEP COMING BACK - IT WORKS!"

90 MEETINGS IN 90 DAYS

Basic Text Page 53: "A meeting a day for the first ninety days is a good idea."

USE THE PHONE

Basic Text Page 54: "...get and use telephone numbers..."

When a newcomer



gets a keytag

Living Miracles

Note: Although this newsletter is posted online BEFORE Area Service (1st Tuesday of the month), the list is updated typically 2 or 3 days AFTER Area when we get more anniversaries. So....**KEEP COMING BACK!**

Date	Name	Group	Years
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	Rosalynne		29 yrs
12/4	Melanie L.	Oasis	1 yr
12/6	Minda L.	Fresh Air	38 yrs
12/6	Riannan	Never Alone	1 yr
12/7	Kendall W.	Serenity in the Park	1 yr
12/8	Rianne	Progress in NA	1 yr
12/10	Maddy M.	Today's Recovery	3 yrs
12/12	Jay H.	All About Change	5 yrs
12/12	Mariah P.	Carrying the Message	37 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
12/19	Rob H.	All About Change	3 yrs
12/20	Latonia R.	Wednesday Willingness	23 yrs
12/27	Jaime M.	People's Recovery	2 yrs
1/7	Arkel	Today's Recovery	1 yr
1/13	Anne E.	A Good Deal	34 yrs
1/14	Melissa C.	Today's Recovery	7 yrs
1/23	Tessa V.	All About Change	7 yrs
1/17	Dara P.	Fresh Air	18 yrs
1/21	Rubin T.	Talking Heads	16 yrs
2/2	Karl S.	All About Change	2 yrs
2/11	Alex C.	Progress in NA	5 yrs
2/25	Bill	Talking Heads	38 yrs



Announcements



With many of our groups being online, many members “forget” to donate. If you or your group is able to, please send donations to:

MASC, PO Box 8214, Gaithersburg, MD 20898-8214

Please make sure to put your Group's name on the check!

Special Events is also accepting donations. Please send them to:

Cash App - \$specialevents007 or Venmo - @Natalie-Gitelman

♥ Thank you ♥



NA NEEDS YOU TO STEP UP!

Currently, we need a Regional Subcommittee Chair or Vice Chair for **H&I, Literature, Policy, and Special Events** Regional subcommittees. It is strongly suggested Area

members step up to support these much-needed services for our members! **Suggested clean time is 2 years** for a subcommittee chair OR vice chair. All Regional Subcommittees meet on Zoom and meet every even month (Feb, Apr, Jun, Aug, Oct, Dec). **Questions?** Attend our next **Regional Subcommittees Meeting, 2/10 @ 10 AM-12 PM**. Zoom ID: 671 727 103; Passcode: 654321

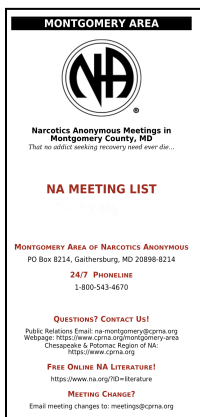
Free Yourself * NEW MEETING * Saturdays at Noon. Woodside UMC, 8900 Georgia Ave., Silver Spring, MD. Enter in Back. Door Code: 82911

Women Do Recover * NEW MEETING * Tuesdays at 7 PM. Montgomery Hills Baptist Church, 9727 Georgia Ave., Silver Spring, MD. Rear Door, Room 133.

¿Habla Español? Béisbol needs a GSR. Both **Solo Por Hoy** & **Béisbol** need support.

Neighborhood NA, Hugs not Drugs, and Meetin' in Wheaton are no longer active meetings.

MARLCNA is coming! 1/19-21/2024 in Lancaster, PA. <https://www.cprna.org/events/marlcna-xxxix/>



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.

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

[Print Montgomery Area meeting list](#)

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

Scan the QR code to the right —>

[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

PSST...WCNA 38 information can be found on **page 6** in this Straight Hope newsletter!

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:



A CLEAN CHRISTMAS CELEBRATION!

*FOOD *FELLOWSHIP *FUN*

Christmas Day, 2023

10:00 am - 6:00 pm

Commotion Dance Studio

18012 Matney Road, Germantown, MD

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

Please bring food, soda-pop or dessert to share.

Donations may be sent via:

Venmo @Natalie-Gitelman or Cash App \$Specialevents007

For more information call:

Suzanne W - (240) 793-1799 or Geoff K - (240) 681-4135

JOIN US FOR A

SPIRITUAL BREAKFAST

25
DECEMBER
10am - 1pm

Manassas Church of
the Brethren
10047 Nokesville RD
Manassas, VA 20110

And on Zoom!
Zoom ID: 822 228 001
Password: 078 030

Jump Start To Recovery Group

Pre-Christmas

Holiday Dance

Saturday December 23, 2023

Meeting 5pm to 7pm
Dance 8pm to 12 am

DJ Pumpin Archie

St. Francis Catholic Church
2815 O Street SE
Washington DC 20020

FREE EVENT

Montgomery Area Special Events Presents:



Happy New Year!

Bring in the New Year with food and friends.

From December 31st 2023 - 6:00 pm
to January 1st 2024 - 1:30 am.

Christ the Servant

9801 Centerway Road, Gaithersburg, MD

Meetings at 6:30 pm, 7:45 pm,
9:00 pm, 10:15 pm & 12:15 am.

Please bring food or snacks to share.

FREE RAFFLE from 11:20 pm to 11:45 pm!

Donations may be sent via:

Venmo @Natalie-Gitelman or Cash App \$Specialevents007

For more information call:

Layla R (240) 793-6059, Suzanne W (240) 793-1799
or Theresa M (240) 604-6070

Convention Corner

FACILITIES IN NEED OF WCNA ACCESS!

NA World Services wants to be able to grant facilities access to the main speaker meetings during the World Convention in August. If you know of a facility **AND A GOOD CONTACT PERSON**, please email wcna38@cprna.org.

REGISTRATION

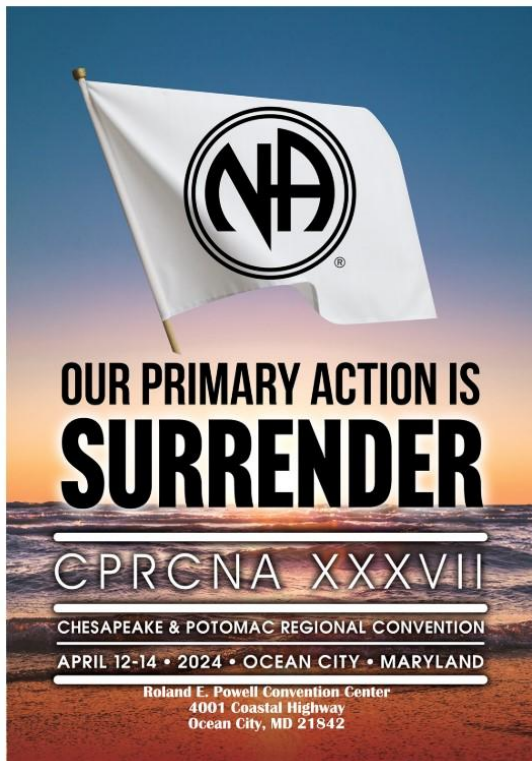
WCNA 38 will go on sale before the end of 2023 with an email announcement sent out several days before. NAWS will email everyone who is subscribed to a World Services email list (*NAWS News*, *Just for Today*, and *A Spiritual Principle a Day*) before registration goes on sale. Pre-registration and hotel blocks open at the same time. We strongly encourage you to register and reserve early! Events and hotels will sell out. All links will be posted on www.na.org/wcna.



CALL FOR WCNA 38 SPEAKERS & EVALUATORS!

Interested in being considered as a WCNA workshop speaker or want to participate in the speaker evaluation process? That information is available on the website: www.na.org/wcna. We'll have more information in the spring about other ways you can help before and at the Convention.

For all the newsflash on WCNA 38, 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

For more info, go to

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

Service Works!

Our Area webpage got a facelift! Check it out below!

Our Area webpage on the C&P Region website, has been changed to include as many NA resources as possible in one place. That includes service-related info and information to help the newcomer or visitor to Montgomery Area. You can see all the information below or go to our webpage for a full-website experience.

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

Montgomery Area of Narcotics Anonymous

NA Meetings located in Montgomery County Maryland

PO Box 8214, Gaithersburg, MD 20898-8214

na-montgomery@cprna.org

Montgomery Area Service Committee

Montgomery Area Service Committee (MASC)

1st Tuesday @ 7:30 PM

Zoom ID: 876 1298 6083; Password: 749698

[Click here to join the MASC](#)

Chair: Galen T. * Vice Chair: Tasha G. * Secretary: Anne E.

* Vice Secretary Kim M.: masc@cprna.org

Area Subcommittee Meetings

Hospitals & Institutions – 3rd Thursday @ 7:00 pm

Zoom ID: 822 2271 6888; Passcode: 216705

[Click here to join H&I meeting](#)

Chair: Jack L.: montgomeryareahandi@gmail.com

Literature – Email requests for orders:

Chair: Danny O.: obdanny722@gmail.com

Meetings – 1st Tuesday @ 5:30 PM

Zoom ID: 876 1298 6083; Password: 749698

[Click here to join Meetings meeting](#)

Chair: Al G. aguzman106@gmail.com

Newsletter – 4th Sunday @ 8 pm

Zoom ID: 876 1298 6083; Password: 749698

[Click here to join Newsletter meeting](#)

Chair: Melissa M. straighthope@cprna.org

Policy – OPEN

Public Relations & Phoneline – 1st Tuesday @ 6:30 PM

Zoom ID: 876 1298 6083; Password: 749698

[Click here to join PR meeting](#)

Chair: Shelley M. na-montgomery@cprna.org

Special Events – 1st Wednesday @ 7:30 pm

Christ the Servant Lutheran Church, 9801 Centerway Rd.,
Montgomery Village, MD. Walk through the Sanctuary and
the back room on the left.

Chair: Suzanne W. slwieber@gmail.com

MASC Resources

[MASC Google Drive](#)

[MASC Minutes Archive](#)

[2023 MASC Policy](#)

[Literature Order Form](#)

[Motion Form](#)

[Straight Hope Newsletter Archives](#)

STRAIGHT HOPE
The Montgomery Area Newsletter...a meeting in print

Find a Meeting!

[Montgomery Area Meetings Page](#)

[Printable Montgomery Area Meeting List](#)

[All C&P Region Meetings](#)

[QR Code Meetings Flyer](#)

SCAN QR CODE TO FIND NA MEETINGS IN THE DMV!



QR Code

NA Meetings in Washington DC, Maryland, & Northern Virginia

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

www.cprna.org na-montgomery@cprna.org

PLEASE DO NOT TAKE SO OTHERS CAN SCAN IT!

Provided by Montgomery Area of NA Public Relations Subcommittee

Helpful NA Information

24/7/365 Phoneline 1-800-543-4670

[NA Events](#)

[CPRCNA: C&P Regional Convention](#)

[FREE Online NA Literature](#)

[NA World Services](#)

Meeting Change? Email meetings@cprna.org

Questions? Email us! na-montgomery@cprna.org