

# STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 78

PO Box 8214 Gaithersburg, MD 20898

JANUARY 2024



## THIS IS YOUR NEWSLETTER!!

"Straight Hope" is the newsletter of Montgomery Area Narcotics Anonymous. This is YOUR newsletter. If you have any ideas, articles, poetry, cartoons, humor, questions of the month, acronyms, letters to the editor, any grievance or issues to air to the area – we want to hear from you. There is NO clean time requirement – all we require is a desire and an opinion. If you have any ideas for improvement or any ideas at all – contact any member of the committee email us, or pop into our Zoom meetings.

**We also need a Newsletter Chair.** If your interested in becoming our Area Newsletter Chair or simply interested in helping out, **WE WOULD LOVE TO HEAR FROM YOU!!**



Email Art, Articles, Anniversaries & NA Announcements to: [straighthope@cprna.org](mailto:straighthope@cprna.org)

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

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

Straight Hope Newsletter Archive: <https://www.cprna.org/our-areas/news/montgomery-area/>

### This month's Straight Hope Contributors

Anne E. - Layout/Content   Ben C. - Step & Traditions   Matt V. - Graphics   Jalal B. - Graphics

# Step of the Month

## Step 1: "We admitted that we were powerless over our addiction, that our lives had become unmanageable"

The healing process begins with the First Step. The principles of Step 1 are so important in having a successful recovery and cover many various issues. I began to realize this when I heard things like, *"Step 1 is not just about the drugs."* I also heard that staying clean must come first before I can truly understand the power of Step 1. Two principles I was encouraged to practice in Step 1 are **powerlessness** and **unmanageability**, not just with drugs, but in all areas of my life. By admitting that I am powerless over my addiction and that my life has become unmanageable, I opened the door for the help I needed. Surrendering to accept these concepts without debate was a key for me to understand the power of Step 1.

There is a saying in the NA program, *"An addict alone is in bad company."* I could never get or stay clean on my own, not that I tried that often. Relying on my own thinking was not working very well. Getting a sponsor and then relying on his guidance has been vital for me to put Step 1 into action in my life. The few times I tried to clean up on my own didn't last very long, maybe a day or two. Before I knew it, I found myself driving to the liquor store or smoking some pot, desperately trying to change the way I felt. Surviving my thoughts and emotions seemed unbearable without chemical assistance. I looked at switching and avoiding certain substances as evidence that I had some control. The truth was I was just switching seats on the Titanic! It didn't matter what substances I avoided, I still drank or used something to escape my feelings and the boat was still going down.

Another important underlying principle of Step 1 is **honesty**. When I took an honest look at my past, my story was the evidence I needed to admit that I am an addict. To truly accept my powerlessness, I needed to take it further and do something about it. Not only must I admit that I am an addict, but I must also take certain actions if I want to recover from my life-threatening illness. I must find some humility by surrendering my life to others that have found help. I do this by going to meetings, talking with my sponsor regularly, actively working the 12 Steps and connecting with the God of my understanding in ways that work for me.



- Ben C.



# Tradition of the Month

## Tradition 1: “Our common welfare should come first; personal recovery depends on NA unity.”

One way to comprehend the spirit of Tradition 1 is to understand that what is good for the group is also good for me. Each member is but a small part of the greater whole; hence, our common welfare comes first. The inclusive nature of Tradition 1 allows me to recover in an atmosphere of acceptance, freedom, and love. The well-being of the group is more important than the desires of the individual. Therefore, it is important that the group remains stable. The primary purpose of every group is to carry the message of recovery to those who still suffer. Tradition 1 can be ego-deflating if I have the attitude that I’m very important and an authority in the group. I need to let go of any desire to dominate the discussions or decisions at meetings. I need to remember that the most important people at any meeting are the newcomers. They are the vulnerable ones who could easily leave a meeting and never return, especially if they didn’t feel welcome. Someone reached out to me with a handshake and a hug when I came to my first meeting, now I get to pass on my empathy and concern for someone new.



When involved in service to the program, I’ve suffered some growing pains, including having occasional resentments towards others. I’ve grown and learned from my mistakes along the way, trying to remember why we serve. I have occasionally argued with others about issues that didn’t really matter. Looking back, I was just committed to winning arguments and wanting to prove that I was right. I can see that being of service does not make me immune to acting on some of my character defects. Tradition 1 offers me

guidance by highlighting the principle of unity and that our common welfare should come first. My personal recovery depends on the group. I can draw personal strength to avoid conflicts through practicing understanding, tolerance, and compromise. I can use the Traditions as a navigation system rather than an argument of rules to prove myself right during disagreements. I am part of something much greater than just myself and need everyone in the program to survive. A giving attitude of service can reduce my self-centeredness and focus on the needs of others. I can learn to live with the differences of opinions if I keep the welfare of the program at the forefront of my consideration.

- Ben C.

## ***For the Newcomer...*** ***and everyone else!***

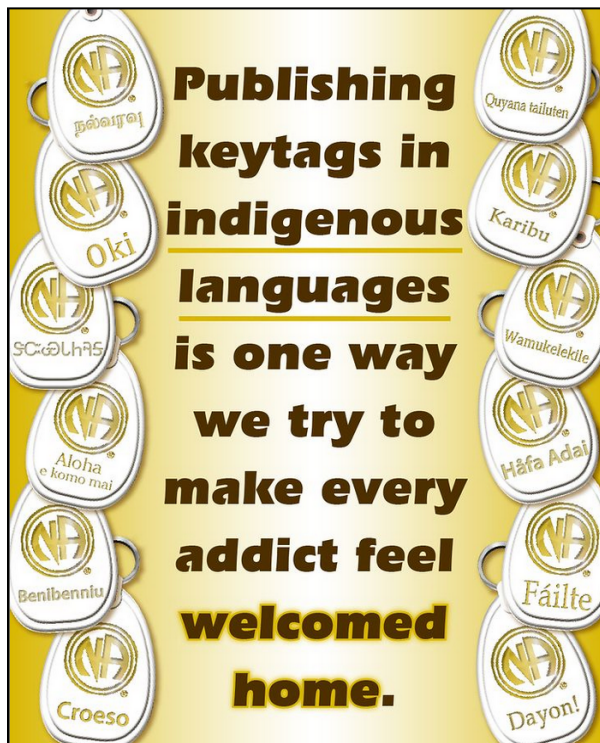
### **Top 12 List of why to get involved in H&I Hospitals & Institutions**

Reprinted from "The Heartbeat," Greater Los Angeles Area,  
May/June 1998

12. Finding those long lost friends and relatives.
11. Seeing the smiling face of a Newcomer you first met in an institution who's now clean at an outside meeting.
10. It's better than South Park re-runs.
9. Looks good on your NA resume.
8. Great place to practice patience and tolerance.
7. One way to work the Ninth Step.
6. A quick road to gratitude.
5. Many members have great tattoos, and so do their husbands.
4. A great way to impress people.
3. A place to wear all your black tee shirts.
2. A good way to see if you have any old warrants.
1. **So that no addict seeking recovery need ever die.**



**Get Involved in H&I!!!** Our Area Hospitals & Institutions Subcommittee meets the 3rd Thursday of the month @ 7:00 pm, Zoom ID: 876 1298 6083; Password: 749698  
Chair: Jack L.: [montgomeryareahandi@gmail.com](mailto:montgomeryareahandi@gmail.com)



## **Did you know?**

NA produces welcome keytags in **64 different languages**. We may never have literature translated in all 64 of those languages, but members who speak them can feel welcomed home today.

The keytags shown here are Blackfoot, Chamorro, Cherokee, Gaelic, Hawaiian, Tamil, Sardinian, Swahili, Visayan, Welsh, Yupik, and Zulu. Blackfoot is our newest keytag. Thank you to the members who made that translation possible.

For more information, check out the Languages of NA Map from the Fellowship Development Resources section of [www.na.org/media](http://www.na.org/media).

# 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
1/5	Ben C.	Older Toddlers	36 yrs
1/6	Steve O.	Fresh Start	35 yrs
1/7	Arkel B.	Today's Recovery	1 yr
1/7	Victor R.	Progress in NA	37 yrs
1/7	Richard B.	Squeaky Clean	12 yrs
1/8	Jackie T.	Illness in Recovery	5 yrs
1/11	Jeff B	Crossroads	23 yrs
1/13	Anne E.	A Good Deal	34 yrs
1/14	Melissa C.	Today's Recovery	7 yrs
1/16	Karl S.	All About Change	2 yrs
1/17	Dara P.	Fresh Air	18 yrs
1/17	Eddie B.	Gentleman's Club	5 yrs
1/17	Nick L.	Gentleman's Club	2 yrs
1/18	Mike M.	Crossroads	8 yrs
1/20	Ajay	Speakeasy	30 yrs
1/21	Rubin T.	Talking Heads	16 yrs
1/23	Tessa V.	All About Change	7 yrs
1/31	Brian L.	Gentleman's Club	10 yrs
2/3	Adelita J.	Beachcombers	31 yrs
2/3	Bill S.	Older Toddlers	38 yrs
2/3	Bobby P.	Older Toddlers	38 yrs
2/5	Graham H.	Oasis	3 yrs
2/5	Rob	Illness in Recovery	2 yrs
2/8	Kyle P.	Stepping Free	13 yrs
2/8	Alex L.	Stepping Free	14 yrs
2/8	Dave D.	Crossroads	29 yrs
2/9	Tim L.	Older Toddlers	4 yrs
2/9	Diane L.	Older Toddlers	12 yrs
2/11	Alex C.	Progress in NA	5 yrs
2/12	Joe	Illness in Recovery	3 yrs
2/13	All About Change Group Anniversary		32 yrs
2/19	Mirieli G.	Illness in Recovery	10 yrs
2/18	Beth C.	The Alternative	39 yrs
2/18	Dave M.	The Alternative	39 yrs
2/24	Teresa S.	Gut Bucket	34 yrs
2/24	Dwight S.	Gut Bucket	34 yrs
2/25	Bill H.	Talking Heads	38 yrs
2/25	Barry R.	Today's Recovery	2 yrs
3/2	Al G.	Share on Saturday	7 yrs

## My Medallion

I always carry my Medallion,  
A simple reminder to me  
Of the fact that I'm in recovery  
No matter where I may be

This little chip is not magic  
or is it a good luck charm  
It isn't supposed to protect me  
From every possible harm.

It's not meant for comparison,  
Or for all the world to see,  
It's simply an understanding  
Between my Higher Power and me.

Whenever I doubt the cost  
I paid for recovery,  
I look at my Medallion  
To remember what used to be.

It reminds me to be thankful  
For my blessings day by day,  
and to practice to Principles  
In all I do and say.

It's also a daily reminder  
Of the peace and comfort I share  
Will all who work the Program  
And show they really care.

So I carry my Medallion  
To remind no one but me  
That the Promise will unfold  
If I let God work for me.

- Anonymous



# Announcements



♥ Thank you ♥

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

**CashApp - \$specialevents007 or Venmo - @Natalie-Gitelman**

**C&P Region** is also able to accept electronic donations:

<https://www.cprna.org/contribute-to-cprna/>



## NA NEEDS YOU TO STEP UP!

Currently, we need Regional Subcommittee Chairs or Vice Chairs for our **H&I, Literature, Policy, & Special Events** Regional subcommittees. **Suggested clean time**

**is 2 years.** All Regional Subcommittees are 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

## Group Announcements

**¿Habla Español? Solo Por Hoy** (Thu., 7:15 pm) is having it's 17th year Group anniversary on 1/4!

**Solo Por Hoy** (Thu., 7:15 pm) & **Béisbol** (Mon., 6 pm) need support. **Béisbol** needs a GSR.

**BINGO!** January 20th 5-10pm at Christ the Servant Lutheran Church (Freedom in the Village church) in Montgomery Village. Pizza and snacks provided soda and chips for \$.50

**Spoiler Alert!** Special Events is also planning a game night on February 17th and a St. Patrick's day dance on March 16th. More information to follow soon.


**Area Meeting Lists** can be mailed to you by requesting them from [na-montgomery@cprna.org](mailto:na-montgomery@cprna.org) or may be obtained from Danny O. when you make a literature order. Regional Meetings Lists will be made available when received.

**Another Way** (Wed., 8 pm) needs support.

**NA at Noon** meets Mon-Thurs (hybrid) and Friday (virtual) needs support.

**All About Change** is having its 32 years Group Anniversary on 2/13!

**MONTGOMERY AREA**



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

**NA MEETING LIST**

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](mailto: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/710=literature>

MEETING CHANGE?  
Email meeting changes to: [meetings@cprna.org](mailto:meetings@cprna.org)

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

[Print Montgomery Area meeting list](#)

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

Email [na-montgomery@cprna.org](mailto:na-montgomery@cprna.org) and have a list mailed to you

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

[Find NA meetings around the World](#)

[Download BMLT App to your Phone](#)

But the info is only as good as the members who update it...

PLEASE email meeting changes to: [meetings@cprna.org](mailto:meetings@cprna.org)

**PSST....WCNA 38** information can be found on **page 8** in this Straight Hope newsletter!

# EVENTS

More events can be found at: <https://www.cprna.org/event-calendar/>,  
<https://www.na.org/?ID=events-main> and <https://www.instagram.com/naglobalevents/>



## MID-ATLANTIC REGIONAL LEARNING CONFERENCE XXXIX

Register for MARLCNA online at: <https://www.marscna.org/marlcna-registration/>

*Montgomery Area Special Events Presents:*  
<<<<< A Fundraising Event >>>>>



## New Year Bingo!

Saturday, January 20, 2024  
5:00 pm - 10:00 pm

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

Game sessions at 5:30 to 8:30 pm & 8:45 to 10:00 pm.  
With New Year Prizes for Each Game!!!


Two Games of Blackout Bingo with Two Winners Per Game  
8:45 pm to 10:00 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 - 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



## CPRCNA 38 2025 Limitless Strength


Hosted by Rock Creek Area

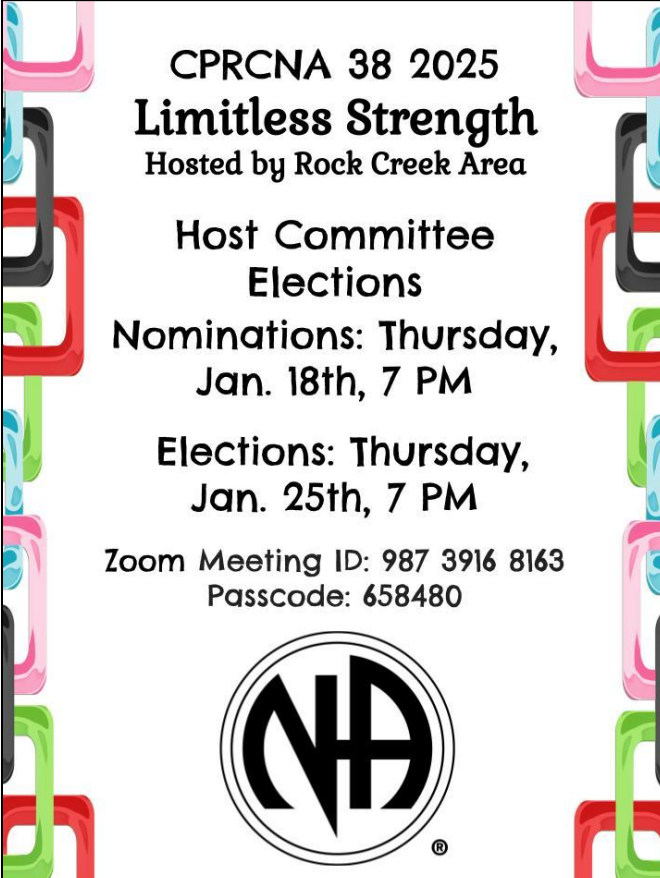
Host Committee  
Elections

Nominations: Thursday,  
Jan. 18th, 7 PM

Elections: Thursday,  
Jan. 25th, 7 PM

Zoom Meeting ID: 987 3916 8163  
Passcode: 658480





Montgomery Area Special Events is also planning a game night on February 17th and a St. Patrick's day dance on March 16th. More will be revealed!

# Convention Corner



WCNA 38 is a registration-required event. Registration badge is required to enter the convention center. All seats to the main meetings and events will be determined by the date of your registration. Your WCNA registration badge gives you admission to the main meetings, coffeehouse events, and dances. All other events require an additional ticket to attend.

WCNA 38 BEGINS THURSDAY MORNING, 29 AUGUST, AND ENDS BY APPROXIMATELY 2:00 PM ON SUNDAY, 1 SEPTEMBER.

## REGISTRATION

Pre-registration	ENDS 31 JULY 2024	\$175
Onsite limited registration		\$185

## MERCHANDISE

Limited quantities and sizes will be available, so please order early! All pre-registration merchandise will be for the current theme, *The Power of Love*, with the exception of the retro T and the pin set illustrating WCNA 15, *Unlabeled and Staying Alive*, held in DC in 1985.

Special Coffee Mug	\$20
Limited edition, uniquely designed mug celebrating <i>Power of Love</i>	
Embroidered T-Shirt	\$25
Screen Printed T-Shirt	\$20
Unisex Long Sleeved Retro T	\$30
Reversible Bucket Hat	\$20
Unisex Zip Up Hoodie	\$40
Boxed Retro Lapel Pin Set	\$15

## CONVENTION EVENTS (limited quantities available)

We are pre-assigning seats for all paid events in the convention center. All seats will be assigned by the date of pre-registration (rather than the date you purchase the tickets). *If you want to sit with friends, you will need to either purchase a table for the food events or purchase tickets on one registration. Otherwise, you will be seated with friends you just haven't met yet!*

WEDNESDAY NIGHT Baseball Game	\$50
THURSDAY Blues Brunch	\$90
Assigned table for 10 at Blues Brunch	\$900

FRIDAY Comedy Show (potentially offensive material)	\$55
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FRIDAY Jazz Brunch	Vegetarian option is available	\$90
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Assigned table for 10 at Jazz Brunch	\$900
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SATURDAY NIGHT Concert (TBD)	
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*Absolutely no cancellations, exchanges, or refunds are offered 30 April for merchandise, or 1 June for registration and events.*

## WCNA HOTELS

While we realize many people book rooms on their own, you really help the convention when you book rooms in our room block. Rates may not be available after 25 July 2024. Online reservations generate an immediate confirmation.

Please help us plan the best WCNA 38 possible by booking your room in our room block! Rooms are assigned when form is received. If first choice is not available, next choice is assigned. Rooms will be added as space is needed.

## HOTEL DEPOSIT

\$200 cash/check deposit or credit card guarantee is required for each room and is charged at the time of cancellation or 30 days before the event. *Any reservation cancelled at any time after the reservation is made will incur a cancellation fee* (deducted from cash/check deposits or charged to the credit card used to hold the reservation), based on the following schedule:

- Hotel reservation cancellations made on or before 1 August 2024 will be assessed a \$50 cancellation fee.
- Hotel reservation cancellations made after 1 August 2024 will be assessed a \$200 cancellation fee.

Go to [WWW.NA.ORG/WCNA](http://WWW.NA.ORG/WCNA) to make your reservations & for most current information.

## WCNA 38 REGISTRATION STARTS 1/9/24!

*The World Convention of Narcotics Anonymous (WCNA) is coming to Washington DC August 29th to September 1st, 2024!*

**REGISTRATION:** WCNA 38 registration begins **Tuesday, January 9th, 2024 at 10 AM EST!** Basic registration starts at \$175.

Go to [www.na.org/wcna](http://www.na.org/wcna) to get the details and register!

## 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 and Newcomer Badges to members with 30 days or less to attend the convention. Our Regional Public Relations Subcommittee is compiling that list. If you know of a facility, please provide A GOOD CONTACT NAME & PHONE NUMBER or EMAIL.

Email facility info to: [wcna38@cprna.org](mailto:wcna38@cprna.org)

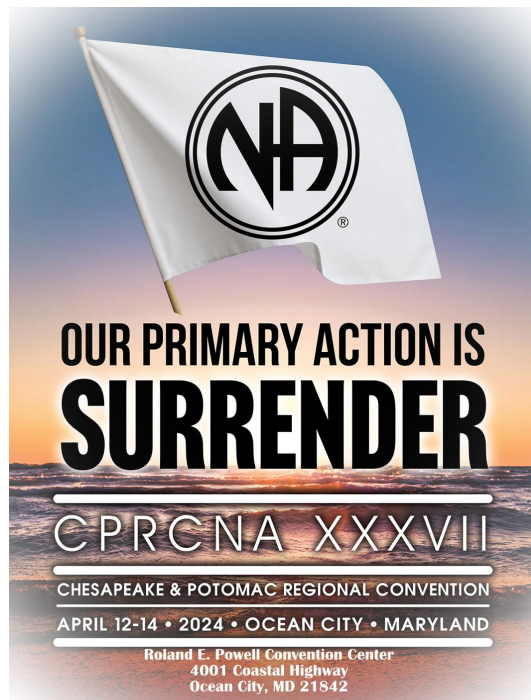
## CPRCNA XXXVII "OUR PRIMARY ACTION IS SURRENDER" OCEAN CITY, MD ~ APRIL 12-14, 2024

**Save Money! Register In Advance:** Take advantage of early registration! Besides saving \$10, when members register and buy event tickets early, we can better plan to meet your needs at the convention. **Early registration (\$30) ends at midnight on 2/12/24.** After 2/12/24, registration increases to \$40.

**Registration Information:** Mail-in registrations must be postmarked by March 13, 2024. **Online registration** is available through April 5, 2024. After April 5th, only on-site registrations will be taken beginning at 10:00 AM on Friday, April 12, 2024 at the Roland E. Powell Convention Center.

Register online at [www.cprcna.org](http://www.cprcna.org)

**Questions?** Contact the Registration Subcommittee: [registration@cprcna.org](mailto:registration@cprcna.org)





# Service Works!

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

Our Area webpage 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 click on all the links 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](mailto: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](mailto:masc@cprna.org)

### Area Subcommittee Meetings

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

Zoom ID: 876 1298 6083; Password: 749698

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

Chair: Jack L.: [montgomeryareahandi@gmail.com](mailto:montgomeryareahandi@gmail.com)

**Literature** – Email requests for orders:

Chair: Danny O.: [obdanny722@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

\$\$ Priceless \$\$

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

**Questions?** Email us! [na-montgomery@cprna.org](mailto:na-montgomery@cprna.org)