

# STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 81

PO Box 8214 Gaithersburg, MD 20898

APRIL 2024



CPRCNA XXXVII

**“OUR PRIMARY ACTION IS SURRENDER”**

OCEAN CITY, MD ~ APRIL 12-14, 2024

**Get your tickets for the Jazz Brunch while still available!**

Online registration is available through April 5, 2024. After 4/5, on-site registration start 10:00 AM on Friday, April 12, 2024 at the Roland E. Powell Convention Center.

**TAKE THE BUS!** Show your convention badge for **unlimited FREE rides** on the Coastal Highway bus lines and avoid the Convention parking lot!

**Marathon Meetings will be on Zoom.** Sunrise meetings and bonfire meetings will be on the beach, weather permitting.



Go to [www.cprcna.org](http://www.cprcna.org) to find out more!

**THIS IS YOUR NEWSLETTER!!!**

“Straight Hope” is the newsletter of Montgomery Area NA. This is YOUR newsletter. If you have:

- \* *Ideas* \* *Articles* \* *Poetry*
- \* *Cartoons* \* *Humor* \*
- Puzzles* \*
- \* *Questions of the Month* \*
- \* *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, interested in helping out, want to learn how to create a newsletter, or provide content, **Please Let Us Know!** [straighthope@cprna.org](mailto:straighthope@cprna.org)



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

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

**Subcommittee meets 4th Sunday @8pm:** Meeting ID: 876 1298 6083 PW:749698

**Straight Hope Contributors** Anne E. - Layout/Content Ben C. - Traditions  
Galen T. - Layout Cedric S. - Step 4 Poem

**SCAN TO GET YOUR COPY OF “STRAIGHT HOPE” ONLINE!!!**

## Step of the Month

### Step 4: “We made a searching and fearless moral inventory of ourselves.”

#### The Fourth Step

A reflection of one's self can be a world of wealth,  
Understanding and realizing who you are at its deepest depths  
If you were a book would you be willing to be picked from a shelf,  
Exposure of your life, what you've done and what you'll take to your death  
A constant reminder that life is a quest,  
Through trials and tribulations you will be put to the test  
In the fourth step, open mindedness, willingness and honesty are the concept  
Searching for a fearless inventory of yourself,  
Starting a new life with the utmost respect

No longer will we confide in that monster inside,  
Where fear and a lack of faith constantly arise  
This inventory will unlock what we subconsciously hide  
when looking in the mirror our true nature is hard to deny  
This self reflection is an image that will change your life  
No longer focusing on the bare minimum and manipulative ways to get by  
We understand that we don't recover overnight  
And that we aren't terrible people even through tremendous plight

We tend to think about all our liabilities,  
But when the pen is put to paper  
we have the advantage of seeing things optimistically  
Which may be hard for most, accepting the fact that we have good qualities  
Assets must also be recognized to the best of our ability  
We look at past performances and present behaviors to a tee  
To see what characteristics to disregard  
And what to keep  
Things such as kindness gratitude and generosity  
But at the same time we aren't forced to give up our misery  
If moral doesn't sit right with you call it a positive or negative inventory  
Good or bad, right or wrong, there will be so much released  
At the end of this journey be prepared to part ways with pain and grief

It can't be denied that you have to go through four to get to five  
so dig deep into yourself, the deepest you'll ever dive  
Into an abyss where egotistic characteristics collide  
And understand that with self healing comes compromise,  
dig deep to the point that you may want to cry  
Knowing that because of society, from this you've been deprived,  
Confront the demons deep down inside that wait, linger and lie,  
The ones behind generational curses that caused a spiritual demise  
The ultimate goal can be considered a consolation prize,  
Dismembering every mask which you hid behind in disguise  
Whatever the situation may be, never fail to realize  
This step in recovery will change your life

- Cedric S.



1. I CAN'T

2. GOD CAN

3. LET GOD

4. LOOK WITHIN

5. ADMIT WRONGS

6. PREPARE FOR CHANGE

7. SEEK GOD'S HELP

8. BECOME WILLING

9. MAKE AMENDS

10. DAILY INVENTORY

11. PRAY AND MEDITATE

12. GIVE IT AWAY

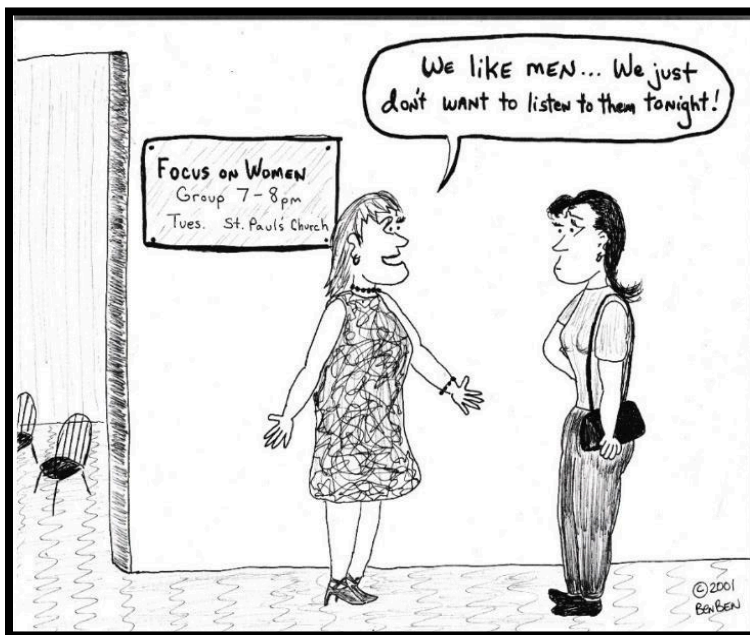
## Tradition of the Month

**Tradition 4: Each group should be autonomous except in matters affecting other groups or NA as a whole.**



The principle of autonomy in Tradition 4 gives each group the freedom to act on their own to express an atmosphere of recovery the way the members of that group choose. Each group is an individual entity from other groups and the program as a whole, relying on its own conscience of its members to guide decisions. Decisions might include diversity in the formats of the meeting, readings, closing prayers, having coffee or other refreshments, and other ways to enhance the atmosphere of recovery. The Fourth Tradition frees us from judging other groups that operate a little differently than we prefer. If the members decide

collectively to manage a meeting in a unique manner, the Fourth Tradition protects this right as long as it's not seen as detrimental to other groups or the program as a whole.



Some groups decide to hold "open" meetings, where anyone is welcome to attend. These may include family, friends, healthcare professionals, and those just interested in learning about the program. There are also meetings designated as "closed" meetings meant for members only. In closed meetings, some members might feel a little safer to share details they might not want to share with those not in the program. There are also special interest groups, those meeting catering to a specific group. For example, there are some women-only meetings as well as men's groups. Here, members might feel better able to share intimate details pertaining to gender. There are even more specific groups, such as Gays in

Recovery, Illness in Recovery, and Young People groups. These groups usually allow anyone to attend but attract those for which the group specifies.

- Ben C.

## Announcements



### ***DONATIONS TO AREA CAN NOW GO ELECTRONICALLY!***

**CashApp:** \$MASCdonate, Name of account is MASC Treasurer

**Venmo:** @MASCdonate, Name of account is Tammy K, last 4 digits of phone# is 3233

**Mail** donations to: **MASC, PO Box 8214, Gaithersburg, MD 20898-8214.**

Please make sure to include your **GROUP'S NAME** on your group donations!

### ***NA Related Announcements***

**Oasis** (Mon 8 pm) & **Another Way** (Wed 8 pm) are in need of members with a lot of clean time. Prince of Peace, 11900 Darnestown Rd, Gaithersburg, MD

**Hope Fiends** (Mon 7 pm) has been struggling to stay open and has a newcomer presence that could use your support!! Meeting ID: 329 527 2677 P/C: 8W2UGA

**Montgomery Area Special Events:** **April 20th** - Sugarloaf Mountain Hike. **June 7-9** + Camping at Little Bennett Campgrounds. 4 sites have been reserved.

**Rock Creek Spiritual Brunch:** **Saturday, April 27th**, 11am-2pm at St. Albans Church

**GROUP VOTE NEEDED:** “**Should the RSC be required to meet HYBRID?**” Vote on this motion at your Home Groups’ group conscience and **LET YOUR VOICE BE HEARD!**

**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.

**NAWS Meeting Finder:** A new way to find meetings: <https://www.na.org/phoneweb/>

### **Convention Corner**

**CPRCNA Stuffing Party:** Saturday, 4/6/24, 10 am - 4 pm, Our Savior Lutheran Church, 13611 Laurel-Bowie Road, Laurel, MD

**The Chesapeake & Potomac Regional Convention (CPRCNA)** is in Ocean City, MD **April 11, 12, & 13**. Online registration ends April 5th! After that, register at the convention [www.cprcna.org](http://www.cprcna.org)

**WCNA 38 for Facilities:** NA World Services will provide **audio streaming** of the main speaker meetings during the World Convention and **Newcomer Badges** to members in Recovery Houses or Treatment Facilities with 30 days or less to attend the convention. Our Regional Public Relations Subcommittee is compiling the facilities list. If you know of a facility, **please provide A GOOD CONTACT NAME & PHONE NUMBER or EMAIL to [wcn38@cprna.org](mailto:wcn38@cprna.org).**

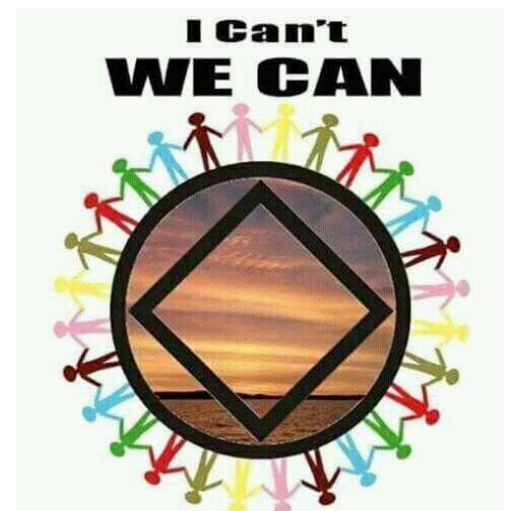
**WCNA 38 for Newcomers:** **Newcomer Badges** will be made available to members with 30 or less at WCNA 38. The number of badges are based on member donations and are not guaranteed.

### **Opportunities to Serve!**

**RSC Nominations/Elections:** All Regional service positions will be up for **nominations 4/20** and **elections 6/8**. Come to the RSC and serve!  
<https://us02web.zoom.us/j/82450894047> Meeting ID: 824 5089 4047, P/C: 12

**Area Service Nominations & Elections:** All Montgomery Area service positions are up for nominations in **June**, elections are in **July**, and new Trusted Servants start in **August**.

**Montgomery Area Public Relations** is looking for members that are available **Friday 4/19** during the day to help out with an NA table at **Seneca Valley HS in Germantown**. Please speak to a PR member, attend the PR meeting, or email [na-montgomery@cprna.org](mailto:na-montgomery@cprna.org) if interested!



## *April's Question of the Month:*

# *“How do you deal with your discomfort in Recovery? Physical? Mental? Emotional? Spiritual?”*

The “Question of the Month” is intended to get **your input and your feedback** on recovery-related topics. Please email your response to [straighthope@cprna.org](mailto:straighthope@cprna.org) or look for the question being passed around at your local meeting.

**May's Question:** *What has been the most enjoyable Special Events activity you have participated in?*

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### **Responses:**

**Galen T.:** I deal with my physical discomfort through stretching and manually correcting my posture as well as taking Tylenol for pain as needed, that and, practicing ample self care like showering, teeth brushing, grooming, etc.; I deal with my mental discomfort through taking my bipolar/autism meds as prescribed, discussing my life with my partner and the rest of my support system, and getting enough sleep and rest; I deal with emotional discomfort through confiding in my best friend, along with a few other close friends, or my immediate family, or else sharing at a meeting and letting myself actually cry and experience pain instead of masking it in some way; and, I deal with spiritual discomfort by making a gratitude list, praying and meditating in ways which work for me, getting honest about something which might be bothering me to my sponsor or sponsor network, and of course being of service to NA and other areas of my life as doing unto others what I would have them do unto me makes me feel more spiritually healthy and whole.

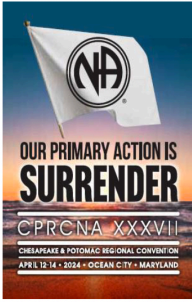
**Anne E.:** Most of my discomfort these days is physical. Getting old isn't for sissies! On a good day, and when I have a lot of time, I exercise, stretch, and walk to keep things moving! I use EFT tapping to help with pain (Google it!). If it gets too bad, it's off to the doctor.

**Rebecca H.:** So before going to rehab, I had to teach myself to sit still. I sort of had to mentally prepare myself to sit and stay calm, so I made myself sit in a dark room without music or other stimulus and find a calm place within myself. Mentally preparing for all the things I wasn't going to be doing and telling myself to just be ok doing nothing for a little bit. A fresh start. Having a solid internal compass and enjoying my own company at the end of the day is how I avoid discomfort. I've always been pretty cognizant of the fact that I'm going to be living with myself for a long time, so following my moral code lets me sleep well and not really worry about things as much. It's like just not being in situations or a part of unpleasant situations is a boon. The most discomfort I've been running into lately is having to follow directions given by people who aren't really doing right. It's kinda crazy when you're targeted because you're clean and the other person is protecting their addiction. My Mom's been a huge stress relief as well as two friends who got clean around the same time as me. Sometimes I feel as if those solid connections are a couple of bouys keeping me from rage.

**Glenn H.:** Here are some tips on how to deal with discomfort in recovery from physical, mental, emotional, and spiritual perspectives. **Physical Discomfort:** Stay hydrated and eat nutritious foods to support your body's healing process. Engage in gentle physical activities like walking or yoga to promote circulation and flexibility. Practice relaxation techniques such as deep breathing or meditation to reduce physical tension. **Mental Discomfort:** Seek support from a sponsor or Homegroup's to address any challenges you may be facing. Practice mindfulness and self-awareness to observe and manage your thoughts and emotions. Set realistic goals and celebrate small victories to boost your confidence and motivation. **Emotional Discomfort:** Express your feelings through journaling, art, or talking to a trusted friend or home group, sponsor and bet-work. Practice self-care activities that bring you comfort and relaxation, such as taking a warm bath or listening to soothing music. Allow yourself to feel and process your emotions without judgment or criticism. **Spiritual Discomfort:** Connect with your spiritual beliefs or practices that bring you peace and comfort. Engage in meditation, prayer, or reflection to nurture your spiritual well-being. Seek guidance from a spiritual leader or mentor to help you navigate challenging times. Remember, it's important to prioritize self-care and seek support when needed. Recovery is a journey, and it's okay to experience discomfort along the way.

## 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/>



**Chesapeake & Potomac Region  
of Narcotics Anonymous**

**CPRCNA XXXVII  
STUFFING PARTY**

**Come out and help assemble  
REGISTRATION PACKAGES for  
the convention!**

**When:** Saturday, April 6, 2024

**Where:** Our Savior Lutheran Church  
13611 Laurel Bowie Road  
Laurel, MD 20708

**Time:** 10:00 AM – 4:00 PM

BE OF SERVICE - HAVE FUN - MAKE NEW FRIENDS - FELLOWSHIP

CONTINENTAL BREAKFAST & LUNCH WILL BE SERVED

We will also be looking for volunteers to work as **Cashiers** during onsite registration – **Training will be provided at the stuffing party.**

For more information contact: [Registration@cprcna.org](mailto:Registration@cprcna.org) or Joe A. - Chairperson (240) 603-4115



**Montgomery Area Special Events**

**Present our Annual  
Meeting on the Mountain  
Sugarloaf Mountain  
Saturday April 20th**

WE will meet in the West View Parking Lot at 2:00 PM,  
WE will Hike to the top together,  
WE will have a Meeting will be at 3:00 PM on the top  
WE can go up the Green Stairs if WE feel strong or go around the  
back on the Blue Trail to the Red Trail

Direction, Drive to 7901 Comus Road,  
Dickerson, MD 20842, Follow the road to the main parking lot,  
Turn to the left for the West View parking lot follow to the end

**Come join us for a day of  
Recovery & Fellowship in the  
Great Outdoors  
Lets go up on the Mountain &  
be the WE that makes NA what  
WE LIVE today**

You Can Always Donate to MASE Via  
Venmo @Natalie-Gitleman or Cash App \$Specialevents007  
Want to Volunteer? Need More information?  
Contact Brad S. 540-272-8899 or Brian L. 240-243-8324



*Jump Start to Recovery Group*



**Call for  
Models & Talent  
Men, Women &  
Children...  
First Practice**

**SATURDAY  
APRIL 28  
6PM-7:30PM**

ST. FRANCAIS XAVIER SCHOOL  
2815 O STREET SE  
WASHINGTON DC

CONTACT: XAVIER 202 431 7949 LINA 301 404 5896 SHERMAN 202 246 3830



**29 AUG  
1 SEPT  
2024  
WASHINGTON DC**

**The World Convention of Narcotics Anonymous  
WCNA 38: The Power of Love**

**The World  
Convention of NA  
is coming to  
Washington DC  
Aug 29 to Sep 1, 2024!**

Scan the QR Code or go to  
<https://www.na.org/wcna>  
To find out more and register!



 **SCAN ME**

## *Living Miracles*

Email anniversaries to [straighthope@cprna.org](mailto:straighthope@cprna.org).

*Although this newsletter is posted online BEFORE Area Service (1st Tuesday of the month), the list is updated a few days later when we get more anniversaries. So....**KEEP COMING BACK!***

<b>Date</b>	<b>Name</b>	<b>Yrs</b>	<b>Group</b>
4/1	Cammy D.	34 yrs	Staying Alive
4/4	Emma F	7 yrs	Empowering Women
4/6	CPRCNA Stuffing Party/Laurel		
4/4	Major A.	34 yrs	Progress in NA
4/18	Nick P.	22 yrs	Thursday Night Candlelight
4/19	Shannon H.	9 yrs	Live and Let Live
4/21	John B.	32 yrs	Talking Heads
4/22	Jordian E.	9 yrs	Illness in Recovery
4/30	Phil W.	3 yrs	All About Change
5/4	Pam R.	30 yrs	Share on Saturday
5/15	Azi F.	12 yrs	Fresh Air Group
5/22	Robert F.	24 yrs	Fresh Air Group



## "NA It Works Index"

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# Service Works!

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

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

## Montgomery Area of Narcotics Anonymous

*NA Meetings located in Montgomery County Maryland*

### Contact Montgomery Area NA

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 & Phonenumber** – 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 go to the back room on the left.  
Chair: Suzanne W. [slwieber@gmail.com](mailto:slwieber@gmail.com)

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

### Donations can now be sent using three methods

**CashApp:** \$MASCdonate, Name: MASC Treasurer  
**Venmo:** @MASCdonate, Name: Tammy K./3233  
**Mail:** MASC, PO Box 8214, Gaithersburg, MD  
20898-8214

Put your **GROUP'S NAME** on your donations!

### MASC Resources

#### \* **2024 ANNUAL INVENTORY** \*

[MASC Google Drive](#)  
[MASC Minutes Archive](#)  
[2023 MASC Policy](#)  
[Literature Order Form](#)  
[Motion Form](#)  
[NA Handbooks](#)  
[Straight Hope Newsletter Archive](#)

# STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

SS Priceless SS

### 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!



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)

**PLEASE DO NOT TAKE SO OTHERS CAN SCAN IT!**

Provided by Montgomery Area of NA Public Relations Subcommittee

### Helpful NA Information

24/7/365 Phonenumber 1-800-543-4670  
[NA Events](#)  
[CPRCNA: C&P Regional Convention](#)  
[FREE Online NA Literature](#)  
[NA World Services](#)

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