



# CENTRAL MARYLAND AREA NA TODAY NEWSLETTER



April 2024

## Living Miracles


STEP  
4

Brenda W —16yrs—4/4

Spiritual Awakening 424 Main St, Laurel

 Michelle I —2yrs—4/5


Empowering Women-9650 Basket Ring Rd,  
Columbia

 Bill G —36yrs—4/6


HOW Group-106 St. Mary's Place, Laurel

Eric P—35yrs Les G—17yrs—4/8


It Works How & Why-6905 Greenbelt Rd,  
Greenbelt

 Chuck H—36yrs—4/16


Serenity on Sandy Spring-7607 Sandy Spring  
Rd, Laurel

 Pat S—26yrs—4/29

It Works How & Why-6905 Greenbelt Rd,  
Greenbelt

 Buster T—6yrs—5/4

Tracks to Recovery-8610 Railroad Ave, Bowie

 Rachael S —5yrs—5/9

Empowering Women-9650 Basket Ring Rd,  
Columbia

The fear of looking **IN** me **AT** me, kept my step four on hold

*I heard all the horror stories about the fourth step and was worried that I would end up being one of those. The fear of looking IN me AT me, kept my step four on hold for six months. And in that six months I got a new boo and lost that boo, got another and lost that boo too. My sponsor hugged me as I cried about being unlovable, and she said.. So how's that fourth step going? Before I could open my mouth, she said maybe we want to start? She told me write until my pen felt heavy and then take a break, she didn't expect me to get it all done at once but write a little every day or every other day just write. I finally started writing and I was able to honestly write through my fourth step until.. Yup, just like many other.. That pen got heavy at sex and became a boulder at relationships again at sex and again at abuse, it was no longer a pen. I couldn't get through these section without getting sick to my stomach and crying. I called my sponsor and she invited me over for coffee. I showed up at her door with book in hand, highlighted sections, sticky notes with questions. I needed to know I wasn't the only one who felt this way. She shared what she felt while going through her fourth step and said, "all you have to do is be honest and continue. What you feel is good, that means that your are waking up" It made sense, and left me with a clam I couldn't explain. I did continue and I cried through it. It was painful, but freeing. What I couldn't put into words for a long time was, the freedom that came from the pain of finally being honest and no longer needing to hide the cloud of shame so deep inside me because of **my part**. I didn't have to scream it from the roof tops, but I no longer had to hide from it. The discomfort and pain that came from it finally coming to the surface was more healing than I understood at that moment. And it gave me the strength to move on too my next step*

Anonymous 4/2024

## Empowering Women

Thursdays 6:00 pm



The Serenity Center  
9650 Basket Ring Rd  
Columbia, MD 21045

## TRADITION FOUR

"Each group should be autonomous, except in matters affecting other groups or NA as a whole."

NA groups have a great deal of freedom. We've already seen in Tradition Three that groups are free of any need to screen their members or set requirements for membership. Our NA groups are free to offer recovery to any addict. The Fourth Tradition enhances that freedom, allowing the rich diversity of our varied experience to help us serve.

## Fourth Concept

Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.

The trust necessary to confidently delegate service authority is founded on the careful selection of trusted servants. In the following paragraphs, we highlight a number of the qualities to be considered when choosing our trusted servants. No leader will exemplify all these qualities; they are the ideals of effective leadership to which every trusted servant aspires. The more we consider these qualities when selecting NA leaders, the better our services will be. Personal background and professional or educational qualifications, though helpful, do not necessarily make for effective leadership. .

## Service Works!

GSRs & Chairs:

Central Area Service

ASC Meets 1st Wednesdays 7-8pm

Church, 6905 Greenbelt Rd, Greenbelt

NOTE: On-line ASC Zoom link

Online: [zoom.us/j/83624520975](https://zoom.us/j/83624520975) PC: 353938



NORTHEAST ZONAL FORUM PRESENTS...  
**NORTHEASTERN STATES SERVICE SYMPOSIUM**  
**NESSNA II**

**GRATITUDE IN ACTION**

**APRIL 26-28, 2024**  
 BOSTON MARRIOTT  
 PEABODY, MA

**NESSNA.ORG**

INFO@NESSNA.ORG  
 SAM L @ 207-485-3133 JAIME V @ 617-515-0797

**Four by Four**  
 Find the Spiritual Principle

Open-Mindedness	Courage
Willingness	Anonymity
Unity	Faith
Trust	Honesty

Can you find them? (repeated on the circle's border)

**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-Gittleman or Cash App \$SpecialEvents007  
 Want to Volunteer? Need More information?  
 Contact Brad S. 540-272-8899 or Brian L. 240-243-8324

P C O U R A G E O U B S Q P Q  
 H U B W M J A Y P D Y R V W F  
 T N B T I H A L E S C U S I M  
 L Z X N K U N N N D H U D L U  
 H R N B F O O D M A O S L L N  
 K O H K J X N J I M N W E I I  
 T E F N A B Y C N W E F N N T  
 R U M W N M M V D T S C E G Y  
 U L W C X B I T E V T C Q N F  
 S J I F A I T H D E Y S H E A  
 T H R N Y N Y Q N C Z I S S D  
 H W F Q O Z J P E S B L T S I  
 A R X W I O V U S I V J T N R  
 M J B R S Y A J S Y M D C Y A  
 U H V L U V O P B S Q Y D M B

**NA Today**  
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NEW MEETING



WRITE TO RECOVER

Tuesdays 5:30 - 6:30 p.m. EST  
starting January 9, 2024

Zoom ID: 727 524 5654 Password:  
249292

Closed Meeting \* Step Writing  
Format \*



*Jump Start to Recovery Group*

**Recovery Talent Show**  
*The Finale*

**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

FROM ADDICTION TO  
**CONNECTION**

**2024 SPIRITUAL  
BRUNCH**

APRIL 27 | 11AM-2PM  
HOSTED BY ROCK CREEK AREA OF NA  
**\$15 PER TICKET**

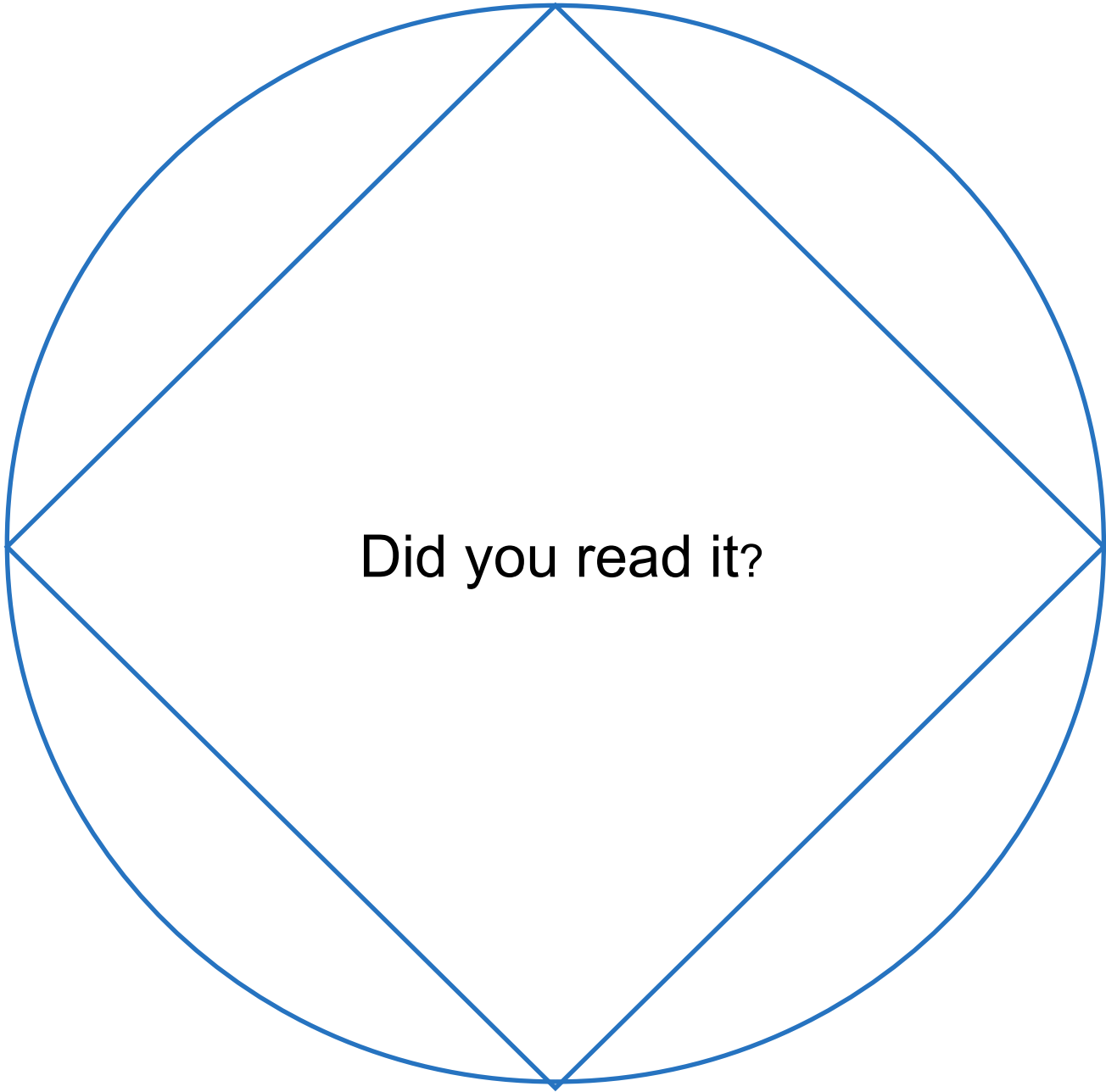
ST. ALBAN'S CHURCH | 3001 WISCONSIN AVE NW

ROCK CREEK SPECIAL EVENTS: DIEGO M. HELLO@CONTACTDIEGO.COM

QUESTIONS  
INSTRUCTIONS  
VOLUNTEERS

[https:// bit.ly/sprunch24](https://bit.ly/sprunch24)





Did you read it?