



CENTRAL MARYLAND AREA NA TODAY NEWSLETTER



May 2024

Living Miracles

STEP 5

Buster T —6yrs—5/4

Tracks to Recovery 8610 Railroad Ave, Bowie

Wayne D —34yrs—5/8

Principles Before Personalities

1300 West St, Annapolis

Rachael S —5yrs—5/9

Empowering Women-9650 Basket Ring Rd,
Columbia

Dana M—11yrs—5/14

Firm Belivers-8600 Glenarden Pkwy, Glenarden

Tyra—2yrs—5/16

Spiritual Awakening-424 Main St, Laurel

Donna B—34yrs—5/19

10:30 Coffee Hour-5656A 3rd Street NE, DC

Jonathan B—37yrs—5/19

Progress in NA-

Zoom ID: 973 466 3601 Passcode: 875711

Tony A 17yrs &

Reggie G 13yrs—5/20

It Works How & Why-6905 Greenbelt Rd
Greenbelt

Aly S —3yrs—5/21

Just Relationships-901 Main St, Laurel

Frank G —20yrs—5/25

Welcome Home-4916 Franconia Rd, Alexandria

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

With my initial introduction to the 12 steps, the step that I feared the most was step 5. I'm the type of person who likes to take an intellectual approach to things (in recovery this has not always served me well) and at first glance steps 4 & 5 seller daunting. I understood why this might be therapeutically helpful in a generalized sense, but taking a moral inventory was not something I had done in any sort of capacity in years, outside of an inner monologue of self defeating shame.

In the process of steps 1-3 though I gained some acceptance of who I was, some faith in a process that may help me become who I was supposed to be, and a relationship with people who loved me and a god who for the first time wasn't punishing. And through that process I became willing to write an inventory and even accept that there might be some assets on their a well. But share this with another human being? Hell no! At least not completely was my thought process on my first 5th step. It wasn't that I didn't trust my sponsor, it was that I had planned to go to my grave with some of these secrets. Assuredly he would not understand, how could anyone? I was still so terminally unique that my stuff had to be darker than everyone else's. So my plan was to read most of what I had written, but not all.

But when I met with my sponsor on the dreaded day that was to be the action part of my 5th step something happened. We sat down and before we began we prayed for openness and to allow our higher powers (both of them) into the conversation we were about to have. And something told me that if I shared honestly and completely, I'd be ok. There were needless to say awkward pauses and things I stuttered to get out. But at each turn I was met with a compassionate response, and often times it was "your not alone, I complete relate".

The action of this step was indeed a pressure release valve, but as I share often not in some grand fashion as I've heard it has been for others the first time they worked this step, and that's ok. Having worked this step a couple times now I can say that each time a work it a little more freedom has been granted. I have chosen to share portions of my fifth step with people who aren't my sponsor in the most recent years, and found great relief in ridding myself of some childhood trauma, pain that I thought would never be lessened. Step 5 above all for me has been an awakening to levels of trust that were long lost in active addiction as a necessary survival skill. But in this new and better way of life I don't have to do it alone, and I can share the results of a searching inventory so that today I can be a better version of who I was truly put on this earth to be.

Anonymous 5/2024

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 PC: 353938

TRADITION FIVE

"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 enances that freedom, allowing the rich diversity of our varied experience to help us serve.



I liw#r qfhsw#

For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.

In defining a single point of decision for each service assignment, we eliminate confusion about who has authority to do what. We also clarify accountability for our services: whoever is given the authority for a particular task will be held accountable for the fulfillment of that task.

D.C. Area Special Events Presents 

A Memorial Day Weekend Sponsor/Sponsee Brunch
Saturday May 25th 2024
 10am-3pm

St. Martin's of Tours Church
 The Pioneer Room
 1908 North Capitol St NW, Washington, DC 20002

COST: \$25

Guest Speakers, Fellowship, Music & Fun!!!

For Tickets Contact:
 Eloise G 202-215-2020, Frances W 202-491-9504, Rodney T 202-580-0336
 Barry J 202-758-9328, Roger W 202-876-5486, Luther L 202-6501372



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Can you find them?

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Montgomery Area Special Events
WE ARE GOING CAMPING!!
Little Bennet Campground

23701 Frederick Road Clarksburg, MD 20871

June 7th to the 9th

Check in begins at 1:00 PM Friday June 7th
 Check out is at 11:00 AM Sunday the 9th

Camp Sites 88, 89, 90 & 91. 2 Tents per site
 \$35 for both nights \$20 for 1 night please
 send to MASE Venmo or Cash app info below
 We have a large Cabin tent for anyone that
 wants to spend the night but does not have
 a tent. Bring your own chair & some food to
 share if you can



Schedule of events;
Friday June 7th, 1:00 PM Check in/camp set up
6:00 PM Pot luck dinner, Grill & Camp Stove available
8:00 PM Campsite Fireside Meeting
9:00 PM SMORE'S!! & Fellowship 

Saturday June 8th
8:00 to 10:00 AM Eggs & pancake breakfast at Big tent site
12:00 PM to 2:00 PM- Nature Hike
6:00 to 8:00 PM Community Dinner, Hotdogs & Hamburgers
8:00 to 9:00 PM Speaker Meeting 
9:00 PM SMORE'S!! & Fellowship 
10:00 PM to 12:00 AM BIGFOOT HUNTING 

Sunday Morning Camp Break down 

You Can Always Donate to MASE Via
 Venmo @Natalie-Gitleman or Cash App \$Specialevents007
 Want to Volunteer? Need More information? Contact
 Suzanne W. 240-793-1799 or Brad S. 540-272-8899




NA Today
 Editor/Publisher: Amanda K
 NAT Contact Info: aalbizu333@gmail.com



NORVANA Special Events 

Start of Summer Dance

Saturday MAY 11 * 8PM-Midnight

\$10 Advance, \$15 at the Door
(newcomers under 6 months free)

Unitarian Universalist Church of Arlington
4444 Arlington Blvd, Arlington, VA 22204

Tickets available from special events committee members or via Cash App, \$JonesKwarteng, note name and "Dance."

Questions? Call/text Louis T. (703)625-8917

DJ NICE

Sunday, May 19, 2024
Berkeley County
War Memorial Park
Martinsburg, WV
off Memorial Park St
State Farm Pavilion
War Memorial Park
N Tennessee Ave,
Martinsburg, WV 25401

33rd Spring Fling  Narcotics Anonymous

Picnic

Hosted by
New Hope
and
Start to Live Groups

Time: 12-5:00 pm
Please bring your favorite side dish
Furnished: Hamburgers, Hot Dogs

Volley Ball
available
Basket Ball
Courts
Playground Equipment

Help Shake that Cabin Fever

 **Montgomery Area Special Events** 

Presents Memorial Day Cookout

Monday May 27th 12:00 to 6:00 PM

Izaak Walton League Park

8721 Snouffer School Rd.
Gaithersburg MD 20879

Directions: At the stop light on Snouffer School RD turn onto Turkey Thicket Dr. Follow Turkey Thicket Dr. until you see training facility on left, take the gravel road on the right. Turn to the left at corner follow directional signs to the Pavilion parking lot. For a ride from Snouffer School RD call Layla R Or Suzanne W and someone will come pick you up from 12:00 to 2:00PM.

Meetings will be at 12:30, 2:00 & 3:30 PM





Horseshoes Volleyball Soccer Badminton

FABULOUS  **RAFFLE**  Drawing at 5:00 PM

Please bring a dish or dessert if you can

You Can Always Donate to MASE Via Venmo @Natalie-Gitleman or Cash App \$Specialevents007
Want to Volunteer? Need More information? Contact Layla R. 240-793-6059 or Suzanne W. 240-793-1799

SOUTH POTOMAC AREA SPECIAL EVENTS FUNDRAISER

FUN AND FELLOWSHIP

Game Day!!

SPADES, BOARD GAMES, 50/50 RAFFLES

FREE ENTRY BUT THE BID WHIST TOURNAMENT IS \$5 PER PERSON AND STARTS AT 3:00 PM!

MAY 18, 1:00-7:00 PM

Food for Purchase: FISH, CHICKEN, POTATO SALAD, MORE!

BRING A NEWCOMER!!

HENSEN VALLEY CHRISTIAN CHURCH
1900 TUCKER RD
FORT WASHINGTON, MD 20744

FOR MORE INFO CALL
PARRIS A. CHAIR @ 301.755.6085
OR PAUL M @ 240.645.2255

SUMMER DANCE COMING JUN 22, 2024!!



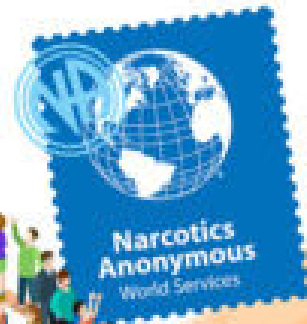
Who is PR?

YOU ARE! I AM! THEY ARE! Every member of Narcotics Anonymous is a Public Relations member. If you have any doubts, watch "The Surrender": <https://drive.google.com/file/d/1bkJauliAstprdWOqfvynzThSPmm-SBSd/view?usp=sharing>, a video which shows how NA resources help a struggling addict become an NA member.

And attend the [6th Annual CPRNA Regional "We ALL are PR!" Celebration and Cookout](#) at Cabin John Regional Park in Bethesda!

PR Week

2-8 June
2024



Every area, region, and zone is encouraged to commit to at least one activity during PR week.

We All Are PR

How will your public relations team come together to increase awareness of PR service and the NA recovery program?

For more information and activity ideas go to www.na.org/pr_act.

Please send flyers, ideas, or photos of your events to pr@na.org

"We All Are PR"
note cubes available
www.na.org/webstore
item #9601

