

STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 82

PO Box 8214 Gaithersburg, MD 20898

MAY 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>

"The Surrender" shows how NA resources help a struggling addict become an NA member. You can also come out on **6/2** and attend the [6th Annual CPRNA Regional "We ALL are PR!" Cookout](#) at Cabin John Regional Park in Bethesda!

6th Annual CPRNA Regional "We ALL are PR!" Celebration

"How can YOU Carry the Message?"

Regional PR Day Cookout!

Sunday, June 2nd 2024

Noon - 6 PM

Cabin John Regional Park, Bethesda, MD

FREE! * FOOD! * FUN! * FELLOWSHIP!

Speakers on the hour from 1 pm - 5 pm

Cabin John Regional Park

10900 Westlake Drive

Bethesda, MD 20817

Westlake Drive Entrance
Picnic Shelter I (eye)
Next to the Dog Park

Contact PR: Lauren M. 571-408-5168 * Anne E. 301-979-1072
Special Events: Eloise C. 202-215-2920

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



Email Art, Articles, Anniversaries & NA Announcements to: 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

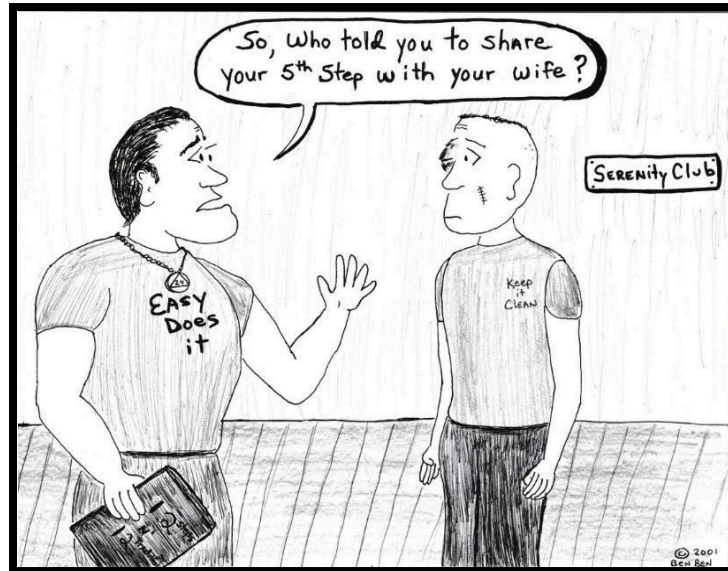
Straight Hope Contributors Anne E. - Layout/Content Ben C. - Steps & Traditions
Galen T. - Layout

SCAN TO GET YOUR COPY OF "STRAIGHT HOPE" ONLINE!!!

Step of the Month

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

After finishing my written inventory in Step 4, it was time to proceed without delay to Step 5. I had to let go of any of my fears about sharing intimate details about my past with my sponsor, whom I asked to listen to my Fifth Step.



Tradition of the Month

Tradition 5: Each group has but one primary purpose—to carry the message to the addict who still suffers

Our primary purpose as individuals is to stay clean and help others, whereas the primary purpose of the group is to carry the message of hope to anyone who still suffers.



For the Newcomer (and everyone else!)

“The Five Minute Rule”

I realized early in my recovery that I couldn't stand people who shared too long at meetings. I was told that if I found something that really bothered me about someone, I should take a good look at myself, and I might find that character trait in me. Low and behold, there it was! I realized I would share too much, hoping something I would say would sound funny, profound, or at least memorable. I would sit there in meetings, just waiting for you to stop talking because what I had to say was far more important.

So, I decided to change. In changing, I developed what I call **“The Five Minute Rule”**. “The Five Minute Rule” allows me five minutes to share at any meeting I choose to. Before I start to share, I look at the clock and note what time I start sharing. By giving myself a specific amount of time (five minutes), I don't bore the group with the trivial stuff that has happened in my life since the last time I shared. I don't need to rehash stories about “how it was” to people who have heard my story over and over again. I try to get right to the point, telling people what's going on with me, and I move on.

When a person shares more than five minutes, people tend to lose interest, and the person who is sharing is basically talking to themselves. I would rather get to the point right away and have people hear what I'm saying rather than having them sit there with glazed eyes, waiting (praying) for me to shut up. I feel sharing in this manner shows respect to the members and the group as a whole; it allows more time at the meetings for everyone else to share.

Thanks for letting me share!

Anne E.

HEARD IT IN A MEETING

I am in ACTIVE recovery!

When you surrender you get your peace back.

When your yesterday tries to jump into today and become your tomorrow.

God does things for me, I do things to me.

If you're laughing, you're living.

Self sabotage is misguided self love

Do you believe in God or do you believe God?

We can back ourselves into a corner that we can't get out of clean.

Not only are we not alone, we've NEVER been alone.

You've been hurt, but it wasn't us.

When I respond to my emotions, I end up apologizing.

Get to a Meeting!

- **Want a printable meeting list? Click:** <https://www.cprna.org/?current-meeting-list=8>
- **Want the online meeting list? Click:** <https://www.cprna.org/our-areas/meetings/montgomery-area/>
- **Find Meetings Everywhere: Click:** <https://www.na.org/phoneweb/>
- **Meeting Information Change? Email:** meetings@cprna.org



Announcements



DONATIONS TO AREA CAN BE MADE 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

New Meeting! NA in the Galaxy, Sundays 5 pm-6:15 pm. Galaxy Apartments, 8025 13th Street, Silver Spring, MD, 20910. Free parking in the back!

Get Down Group needs support: Friday @ 8:30 pm, Zoom ID: 86570165126; Passcode: getdown

Women Do Recover needs support: Tuesday @ 7 pm, Montgomery Hills Baptist Church, 9727 Georgia Avenue, Silver Spring, MD Rear Door, Room 133

Area Meeting Lists can be printed off our webpage <https://www.cprna.org/?current-meeting-list=8>, mailed to you by requesting them from na-montgomery@cprna.org, or may be obtained from Danny O. when you make a literature order.

Regional Meetings Lists can be printed off the webpage <https://www.cprna.org/na-meetings/>, mailed to you by requesting them from na-montgomery@cprna.org, or may be obtained from Danny O. when you make a literature order as well.

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

Convention Corner

WCNA 38 for Newcomers! NA World Services will provide **Newcomer Badges** to members in Recovery Houses or Treatment Facilities to attend the convention. Our Regional Public Relations Subcommittee has compiled a list of facilities. **IF YOU CAN HELP CALL THE FACILITIES TO GET NEWCOMERS TO WCNA, PLEASE EMAIL wcna38@cprna.org.**

CPRCNA 38 (April 11th-13th, 2025) For the significantly reduced cost of \$25, you can pre-register for next year's Chesapeake and Potomac Region Convention of Narcotics Anonymous. The convention will be hosted by the Rock Creek Area with the theme of "Limitless Strength" which comes from the 11th step in our basic text:

*We know that if we pray for God's will, we will receive what is best for us, regardless of what we think. This knowledge is based on our belief and experience as recovering addicts. Prayer is communicating our concerns to a Power greater than ourselves. Sometimes when we pray, a remarkable thing happens: we find the means, ways and energies to perform tasks far beyond our capacities. We grasp the **limitless strength** provided for us through our daily prayer and surrender, as long as we keep faith and renew it. (Basic Text p.75)*

Pre-registration will be open until **May 13th**, less than 500 of these pre-registrations are still available - first come, first serve - so don't hesitate...lock it in now before it's too late! Here is the pre-registration link: [cprcna.org](https://www.cprcna.org)

Opportunities to Serve!

RSC Nominations/Elections: All Regional service positions were up for **nominations 4/20** and **elections will be held 6/8 @ 1 pm**. 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**.

Newsflash!

The Regional Subcommittee Meetings are going live starting August 2024! Montgomery Area is the first Area to host the meeting. More will be revealed...

Question of the Month:

“What has been the most enjoyable Special Events activity you have participated in?”

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 or look for the question being passed around at your local meeting.

June’s Question: Gratitude Month! “What are you most grateful for today?”

Responses:

Mike M. - The Memorial Day picnic because there are great speakers and it's the beginning of the summer! :)

Anne E. - I love NA campouts! I love smelling bacon cooking outside. Even better if someone else is cooking it ❤️ If you don't have a shovel, sleeping bag, or tent, someone else can lend you one!

Ellen S. - Pool parties

JB - Bowling party

Anonymous - NA Picnic

Anonymous - NA Dances at the Bauer Rec Center.

Anonymous - Conventions

Galen T. - NA Hikes up Sugarloaf Mountain and Memorial Day BBQ's!

Deb S. - Thanksgiving Dinner (free!). Bingo & Picnics. Omg...I almost forgot White Water Rafting (aka Drowning)!!

Candy - Christmas with my “adopted” family.

Barbara B. - Camp out

Beth C. - Meeting on the Mountain!

James W. - Health Forum @ Seneca Valley High School. It was a PR event and it was great!!!

Steve M. - Loved the Halloween Dance!

Matthew V. - Enjoyed the Meeting on the Mountain this month!

Layla R. - For me, it is our Special Events Boutique. We started the Boutique because Theresa was collecting clothes for Avery House. When she went to deliver them to Avery House, they said they didn't have room. Theresa said she was going to donate them to Goodwill. At that moment my God voice said give them away at some of the events held at Freedom in the Village. It was very important to Theresa and I that they weren't in black trash bags. I remember how I felt looking through the bags for clothes, when I first came to NA. So we set the room up as a Boutique. The first time we did the Boutique, a newcomer addict found a pair of shoes that fit his feet. That was a God moment for me because the shoes he was wearing had cardboard inserts. He asked how much, I said they are free. He said why are they free? I said because NA really is a “We Program”.

Brad S. - I was the cook at my first Thanksgiving at Hughes Methodist Church. I had such a great time! A member came up and said “Wow, did you make that macaroni and cheese? That was BETTER than crack!” On that day, “**CRACK MAC**” was born!

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/>

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

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

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

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

POWER OF LOVE

2024

WASHINGTON DC

29 AUG - 1 SEPT

38

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.

*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!***

Date	Name	Yrs	Group
5/3	Evan W.	34 yrs.	Squeaky Clean
5/4	Pam R.	30 yrs.	Share on Saturday
5/5	Kabir S.	13 yrs.	Talking Heads
5/7	Kat	1 yr.	Glad to Be Alive
5/8	Christian F.	2 yrs.	The Gentlemen's Club
5/8	Hammad M.	7 yrs.	The Gentlemen's Club
5/8	Taylor L.	13 yrs.	The Gentlemen's Club
5/8	Andrew W.	7 yrs.	People's Recovery
5/8	Matt L.	8 yrs.	People's Recovery
5/11	Shaun C.	24 yrs	A Good Deal
5/15	Azi F.	12 yrs.	Fresh Air Group
5/15	Azelia P.	5 yrs	Miracle of Women
5/18	Jessica G.	2 yrs.	Saturday Night Living Clean
5/18	Maxine K.	36 yrs.	Ladies in Recovery
5/19	Jonathan B.	37 yrs.	Progress in NA
5/22	Robert F.	28 yrs.	Fresh Air Group
5/24	Chemayne G.	31 yrs	Recovery Alley
5/24	Mark M.	39 yrs.	One Step at a Time
5/26	Norm F.	7 yrs.	Today's Recovery
5/30	Todd S.	37 yrs.	Making a Difference
5/31	Suzanne W.	10 yr.	Live & Let Live
6/2	Tammy K.	7 yrs.	Talking Heads
6/2	Kelsey M.	7 yrs	Talking Heads
6/6	Kathy B.	1 yr	Off the Beaten Path
6/13	Glenn P.	16 yrs.	Serenity in the Park
6/14	Cat M.	1 yr.	Live & Let Live
6/18	Eric S.	22 yrs.	All About Change
6/20	Steve M.	1 yr.	Serenity in the Park
7/11	Greg C.	28 yrs.	Serenity in the Park
7/18	James W.	38 yrs.	Serenity in the Park



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Service Works!

All you need to know about Montgomery Area NA

<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

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: 876 1298 6083; Password: 749698
[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 & 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

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

Meeting Change? Email meetings@cprna.org

Questions? Email us! 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

[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](#)

[NA Meetings Around the World](#)

[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 Phonenumber 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 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