



# CENTRAL MARYLAND AREA NA TODAY NEWSLETTER



SEPTEMBER 2024

## Living Miracles <sup>STEP</sup> 9

### A New Plateau of Freedom

Charles S—29yrs-Sept 5th-6:45pm

Spiritual Awakening

424 Main St, Laurel, MD



Tiffany M—3yrs-Sept 10th -7:00 pm

The Last Shall Be First

124 15th St. SE, Washington, DC



Susell Bill—10yrs-Sept 10th -7:00 pm  
AWOL Group Greenbelt Club

143 Centerway Rd., Greenbelt



Yolanda L—17yrs-Sept 14th-7:00 pm

Speakeasy

8900 Georgia Ave, Silver Spring

Paulette T—26yrs-Sept 23th-7:00 pm

It Works How and Why

6905 Greenbelt Rd, Greenbelt



Flemmie—25yrs-Sept 20th-8:30 pm

STAR Group

5312 Connecticut Ave NW, DC



Mel B—16yrs Sept 22nd-11:00am

Starting Over

9650 Basket Ring Rd, Columbia



Kim F—23yrs-Oct 6th-8:30 pm

Savage Survivors

9050 Baltimore St, Savage

*"We made direct amends to such people wherever possible, except when to do so would injure them or others."*  
Step 9, NA Basic Text.

In my experience. The Ninth Step has added posture and stability to my life.

By working on the pain that I have caused and the harm that I have done to myself and society, I have come to enjoy and appreciate the gifts of dignity and respect. The freedom of forgiveness and the willingness to be willing has "grown me up" to accept and be responsible for the part in each hurt that I have caused.

Timing and discretion are so essential as is counsel with a sponsor.

Getting past the victim piece was vital for me also, for I was a chronic blamer. Step 9 is not about "the blame game."

I never thought that paying the IRS \$100 per month for three years would be so helpful in learning discipline and responsibility.

My children and other family members are very pleased with me now--all of whom saw the destruction of my disease. I am so thankful for the life-long process of the Ninth Step in my life. Here is where the fruit of our message comes to life; here is where a promise is fulfilled. Most importantly is that I not cause any new harm; however, being human it's going to happen. Thank God for Step 10 to deal with those new wrongs.

Practicing the principles of Step Nine have brought me to a new plateau of freedom, and for that I am truly grateful!

Anonymous

September, 2024

#### TRADITION NINE

"NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve."

#### Ninth Concept

*All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.*

To check judgment, to guard against hasty or misinformed decisions, and to invite the sharing of new ideas, our services must consider all viewpoints when making plans. This is essential to the development of a fair, wise, balanced group conscience.

## Service Works!

GSRs & Chairs:

Central Area Service

ASC Meets 1st Wednesdays 7-8pm

Church, 6905 Greenbelt Rd, Greenbelt

NOTE: On-line ASC meetings were originally a pandemic response. For those that can't attend in person:

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



# The Virtual Ties That Binds Us Together AREA

**Every 1st Wed.**

**6:20PM**

ZOOM MTG ID#

355-252-5167

PW: 9XPDej



Policy  
Subcommittee  
**Every 4th Fri.**  
7:30PM-9PM

H & I Subcommittee  
**Every 3rd Tues.**  
7PM-8PM

Special Events  
Subcommittee  
**Every 1st Sun.**  
10AM-12:00PM

Public Relations  
Subcommittee  
**Every 3rd Tues.**  
7PM-8PM

**SERVICE IS A POSTURE OF THE HEART  
CELEBRATION OF SERVICE**

**September 21, 2024**

**Time: 11am to 4pm**

**Address: Holy Trinity Lutheran  
Church**



**7607 Sandy Spring Rd  
Laurel Maryland 20707**



**Food, Fun and Fellowship**

**Come out and join the Blessings of  
Service**

**Contacts**

**Eddie B. 240-320-3902 PR Chair**

**Jody J. 240-204-7045 H&I Regional Chair**

WOODBRIDGE NA  
GROUPS

# NA COOKOUT

1:30 - 5PM | FREE  
FOOD | FUN | FELLOWSHIP  
SPEAKER

AT VETERANS MEMORIAL PARK  
14300 VETERANS DR. WOODBRIDGE VA

CONTACT - PAUL W. 571.552.5625  
CHARLES G. 240.644.7850

# NA Today



**Editor/Publisher:** Amanda K

**NAT Contact Info:** aalbizu333@gmail.com



O	E	E	R	H	U	M	I	L	I	T	Y	F	S
P	F	S	P	Y	N	D	I	E	P	N	N	O	E
E	C	N	E	I	T	A	P	N	I	I	O	R	L
N	M	S	E	L	C	E	D	T	V	E	E	G	F
M	D	I	E	E	N	H	F	O	A	C	D	I	L
I	P	R	U	D	E	N	C	E	A	D	D	V	E
N	N	F	Y	V	I	S	I	N	N	E	E	E	S
D	S	I	D	E	M	L	E	N	O	C	Y	N	S
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N	U	L	E	P	V	F	T	E	M	R	S	S	S
E	E	I	M	Y	O	O	S	E	I	E	E	R	S
S	Y	T	O	E	L	E	S	E	T	S	E	N	F
S	O	Y	Y	D	E	S	O	I	Y	E	O	L	E



**NORVANA Special Events**

# GAME NIGHT

**SATURDAY, SEPTEMBER 21**  
**7:30 PM-11 PM**

**FREE EVENT**

Play classic card\* or board games provided,  
 or bring your favorites with you!  
 Free snacks and beverages, 7th Tradition welcome.

♠ ♣ **50/50 Raffle** ♥ ♦

Bush Hill Presbyterian Church (side entrance)  
 4916 Franconia Rd, Alexandria, VA 22310

Questions or to volunteer: Matthew B. 571.330.1671 or  
 events.norvana@gmail.com  
 (\*No betting/gambling)

**NA in Del Ray Annual Cookout**

Food, Fun, Fellowship!  
**Free!**  
 Speaker!  
 DJ!  
 On the grill: Burgers! Hot dogs!

**When:** Sunday, September 22, 2024  
 10:00 am - 6:00 pm

**Where:** Ben Brenman Park, 4800 Brenman Park Dr., Alexandria, VA 22304

**Events and Times:**  
**Meeting:** 10:00 - 11:30  
**Eatin' Time:** starts at 12:00  
**DJ:** 12:00 - 3:00  
**Speaker:** 4:00 - 5:00

Zoom ID: 873 4446 3412  
 Passcode: 1991

Questions? Cecil R., (703) 599-3143  
 Thomas P., (703) 930-2525

Going west on Duke: Left on Cameron Station  
 Right at first stop sign  
 Go around the circle  
 Make the next right  
 Then right on Summerville St. at the stop sign  
 Take the next left; that goes into the park, then  
 go straight up to parking lot  
 Going east on Duke: It's the opposite of west-bound directions



# Who Needs Your Support?

## Special Events

No Clean Time Requirements

## Salvation Army H&I

In Need of **Male** Panel Leaders (contact Bakri if interested)

