



Living Miracles ^{STEP} 10



Scott P_31 yrs_ Oct 5th

Lisa G_5yrs_ Oct 5th

HOW group

106 St. Mary's Place, Laurel

Kim F 23 yrs Oct 6th

Savage Survivors

950 Baltimore St, Savage

Jeff K 30 yrs Oct 9th

Women Do Recover

9050 Baltimore St, Savage

Pam L 35yrs Oct 11th

Back to Basics

9727 Georgia Ave, Silver Spring

Tyler b 10 yrs Oct 12th

Fear to Faith

11416 Cedar Lane, Beltsville

Sarah C_1yr- Oct 17th

Empowering Women

9650 Basket Ring Rd, Columbia

Yvonne W—23yrs-Oct 8th

Women's Living Clean the Journey

Continues

Zoom: 876 8758 1084—Passcode: 766458

Jason K_5yrs-Oct 14th

IT Works How and Why

6905 Greenbelt Rd, Greenbelt

Judy O_28yrs-Oct 22th

Women's Living Clean the Journey

Continues

Zoom: 876 8758 1084—Passcode: 766458

Tony B_36yrs-Oct 24th

More Will be Revealed

6600 Laurel-Bowie Rd, Bowie

Amanda K_21yrs – Oct 28th

It Works How and Why

6905 Greenbelt Rd, Greenbelt

When I actually got to the 10th Step I understood a lot more about being human than I did with a few days clean.

You can work a 10th Step right now. Did I get high today? Did I go to a meeting? Did I call another addict? Am I too hungry, angry, lonely or tired? Am I taking myself too seriously?

You can also 10th step on things that are not directly connected to recovery from drug addiction. You can 10th step calories, or dollars, TV time — you can 10th step most anything and get clarity on a problem and be mindful of it.

Since my sponsor led my work on the 12 Steps, I will start with what he told me about Step 10 early on. He said, You can work any step that begins with one — Steps 1, 10, 11, and 12, out of order. You can work them whenever you want.

And my sponsor proceeded to illustrated working the 10th Step for me every time I called him to say my ass had fallen off.

Hello, sponsor my ass just fell off and I'm about to have a baby and it's the end of the world.

He would say, Did you get high today? I would say, No.

My sponsor would say, Then it's a good day. Sometimes he would hang up. Sometimes he would listen to me yap and whine about all the legion things making it impossible to live life like everybody else in the world.

But that thing about getting high today, it always gave me pause. We recovering drug addicts are at a considerable disadvantage to people who never wasted days, weeks, months and years getting high instead of learning to live life on life's terms. But we have advantages, too. Like knowing what it is to live in hell. When you mention to me, even amidst all the inconveniences, and stressors, and even downright pain of the average day, Did you get high today? I gotta take a pause, and I gotta pinch myself, and I gotta smile a little bit inwardly that hey, this drug addict didn't use drugs today, and hey, given how life used to be, I'm doing pretty well no matter what happens.

Continue on page 3

TRADITION TEN

“Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.”

Tenth Concept

Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.

The Tenth Concept is our fellowship's guarantee of respect for the individual trusted servant. This concept may seem self-evident, but our belief in the principle involved is so strong that we want to say it loudly and clearly. Narcotics Anonymous is a spiritual society, with high ideals for how we treat each other. Our members, however, are only human, and we sometimes mistreat one another. The Tenth Concept is our spiritual society's promise that if one of us is wronged in the service environment, the aggrieved trusted servant may ask that the wrong be made right.

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 PC: 353938



STEP 10 When I actually got to the 10th Step I understood a lot more about being human than I did with a few days clean.

Cont..

So the 10th Step reads, We continued to take personal inventory, and when we were wrong promptly admitted it. When I actually got to the 10th Step I understood a lot more about being human than I did with a few days clean. Most importantly for the working of it, I had done a Fearless moral inventory 4th Step, which taught me about writing a dispassionate, even objective moral inventory (just the facts, like Joe Friday used to say on Dragnet), and a 6th Step, where We humbly asked God to remove all these defects of character, and of course the 9th Step, We made amends to them all, except when to do so would injure them or others. I come into the 10th Step knowing how important it is to clean up after myself promptly. I have felt the relief of working a 9th Step, and I want to keep my newfound relief from a life characterized by regret and remorse.

With an inventory I can get a clearer look at a situation or set of behaviors than I can see just thinking or talking about them. And those defects of character, the ones I found from doing the fearless and searching moral inventory in the first place, are provisionally quelled from time to time; they are eased and quieted. But in the excitement of a moment, plagued as I still sometimes am with self-centered fear. I can act out in ways that are downright humiliating, not to mention shameful and embarrassing. And the 10th Step doesn't make it a maybe or a possibly sometimes. The 10th Step promises we will be wrong, there is no question about it. The question is whether we will promptly admit when we are wrong and take a bad situation and make it better instead of sitting on it, and doubling down on it, and making it worse.

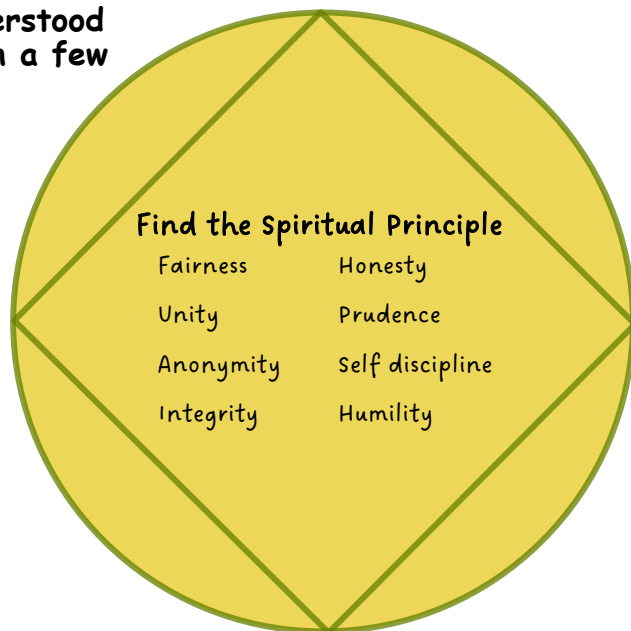
The approach to working the 10th Step that I agreed on with my sponsor was to select from questions from information pamphlet #9, Living the Program, and answer them every day for ninety days. If I missed a day, then I had to start over. We chose ninety days because it takes three months to form a new habit. And I was learning a new language back then, one that my sponsor and you guys had started teaching me at the first NA meeting I ever went to.

It is an affirmative language that begins with, Did I use drugs today? I am clean. Did I go to a meeting today? Yes, I am a member of Narcotics Anonymous. Did I call another addict today? Yes, I am practicing these principles. Did I help someone today? Yes, I am practicing these principles in all of my affairs. Did I pray? Did I meditate? And when I do all of this, and can tell myself that I did all of this, the affirmative changes in my life are manifest, and they give me impetus to keep on, to not be the person I was but to become the person who is defined by my pursuit of recovery.

The last part, the part about when I am wrong promptly admitting it, is achieved with this impetus. I do not want to go back. I do not want to be obsessed with resentment. So I try to do right, and I make mistakes as everyone does, and I make amends for this mistakes promptly, so they do not take over my life. Then comes the 11th Step, my humanity and where I want it to go.

Anonymous

October, 2024



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D	S	I	T	T	R	P	I	N	I	S	Y	O	A
S	P	E	I	N	I	E	T	E	S	I	N	N	S
N	E	I	R	E	A	T	Y	D	C	N	O	E	E
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NA Today

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Northeast Zonal Forum

of Narcotics Anonymous

Hosted by the
New Jersey Region



October 25th - 27th, 2024

DoubleTree
2349 Marlton Pike W
Cherry Hill, NJ 08002
(888) 582-2057
\$139/night



Zoom ID : 859 5086 2091
Password : NEZF

Meeting In Person
and Virtually!



Friday : 7PM - 10PM

Business, Regional Reports

Saturday : 9AM - 6PM

Strategic Planning

EVERYONE HAS A VOICE!

Sunday : 9AM - 1PM

Business

Contacts

Wilvena G :- chair@nezf.org

James P :- vicechair@nezf.org

Lou E :- elvespo@gmail.com

This is a "save the date" flyer - Times are subject to change

Still in need of a service
position?

See

Central MD Special Events
Contact
Tony or James A

H&I Panel Leaders
Male Only
Contact
Bakri



Dulles Corridor Fall Hike

**BEARS DEN: Easy 1.9 mile with
scenic overlook on the AT**

Bring Your Own Bag Lunch/Picnic Supplies
Saturday, Oct. 19th 10-1 pm

Meet in the Parking Lot at 10:00 am
We will start the hike at 10:30 am

18393 Blueridge Mountain Rd. Bluemont, VA 20135
Please carpool to save parking and gas!

What to Bring:

- Water!
- A Bag Lunch
- Picnic Blanket
- Bug Spray
- Walking Shoes



Brought to you by the
Special Events Committee of
**Dulles Corridor Area
Narcotics Anonymous**



Save the Date

Free State Regional Service Center
of Narcotics Anonymous
presents their

First Annual

CRAB FEAST

Friday
October 25, 2024

Rosedale Gardens

8037 Philadelphia Road

Baltimore, MD 21237

More information and
tickets to follow.



REGIONAL SERVICE COMMITTEE MEETING



CPRNA



Saturday, Oct 12 9am-6pm

OUR AGENDA

- 9-10am Breakfast
- 10am-12pm Subcommittee meetings
- 12-1pm Lunch
- 1-6pm CPRNA Regional Service Committee meeting

Bush Hill Presbyterian Church
4916 Franconia Road
Alexandria, VA 22310

MORE INFORMATION: Walter D 571.369.7718/ Cheryl D 202.812.4171

South Potomac Area

Special Events Presents

Our Annual Mini Convention!

"THE LIE IS DEAD, WE DO RECOVER"

SATURDAY, OCTOBER 12TH 2024

Speaker Jam 1pm-7pm
Talent Show & Dance

8pm-Midnight

DANCE

\$10 in advance,
More at the door

Would you like to be in the talent
show? Contact Marie B. or
Nikki T. by October 1st!

Food, fun & fellowship

Henson Valley
Christian Church
1900 Tucker Rd, Fort
Washington MD

Chair: Paul M. (240) 645-2255
Vice Chair: Nikki T. (240) 320-7757
Talent Show: Marie B (202) 560-8005

ALL NEWCOMERS GET IN FREE!



NORVANA
Special Events



Halloween Dance

Saturday, October 26 * 8:30PM - Midnight

DJ top dance hits, Halloween candy, beverages, 50/50 raffle
(Rock a costume or come as you are)

Costume
Contest!
\$5 to enter,
\$50 prize

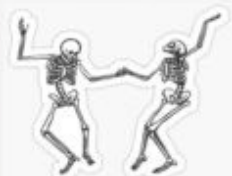
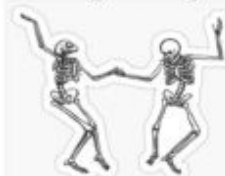
Tickets \$12 advance, \$15 at door
(Venmo @norvanaspecialevents or Cash App #norvanaspecialevents
and add your name and "dance" in the note)

Our Lady of Lourdes Catholic Church, 800 23rd St. South,
Arlington, VA 22202, (Parish Hall building, enter through front door)



Questions? Newcomer and need assistance?
Call/text Matthew B. 571.330.1671 or email events.norvana@gmail.com

Montgomery Area Special Events Presents:



BOO-gy Down Dance

With Music by DJ Big Poppa

SATURDAY OCTOBER 26, 2024

6:00 pm - 11:00 pm

Commotion Dance Studio
18012 Matney Road
Germantown, MD

Music, Finger food, Dessert & Drinks All Provided!

Costume Contest at 9:00 pm with
Three Gift Card Winners!!!

\$10 Donation at the Door
Free for people in Treatment Centers

DONATIONS CAN BE SENT VIA
VENMO @NATALIE-GITELMAN OR CASH APP \$SPECIAL EVENTS007

For Information contact:
BRAD S. 540 272-8899 or Suzanne W. 240 793-1799