



Living Miracles ^{STEP} 11

John W—34 yrs—Nov 3rd

Easy Like Sunday Morning

2000 Marbury Dr, District Heights

Lamont W—26 yrs—Nov 3rd

Starting Over

8650 Basket Ring Rd., Columbia

Dean F—22yrs—Nov 10th

Earl L—1yr—Nov 11th

It Works How and Why

6905 Greenbelt Rd, Greenbelt

Odell C—33—Nov 13th

STAR Group

424 Main St, Laure

Cesar B—4yr—Nov 29th

Friday Nite Live

6905 Greenbelt Rd, Greenbelt

Eric M. 31 yrs. Dec. 7th

Kuert 15 yrs Dec. 7th

HOW group

106 St. Mary's Place, Laurel

Carolyn J—24—Dec 23rd

It Works How and Why

6905 Greenbelt Rd, Greenbelt

This Step asks me to quiet my mind and listen.

Through sitting still and quieting my busy mind I'm more aware of what God's will for me is

When asked to write a short piece about the 11th Step I did what every good addict would do. First I procrastinated, next I way overthought what I "should" say and then...after a long pause...I said a prayer and asked God to speak through me.

This Step asks me to quiet my mind and listen. My mind, like most, thinks a thousand thoughts in the blink of an eye. As a recovering addict I've laid a foundation for my journey which consists of surrender, open mindedness and willingness. Over time and through stepwork I have the opportunity to meet myself (as I continue my journey through the Steps). By the time I work my way to the 11th Step I've gained insight into who I am and what I need to live life as an addict in recovery, free from active addiction...a life filled with peace and joy.

Through sitting still and quieting my busy mind I'm more aware of what God's will for me is----doing the next right thing for the next right reason. For me, sitting quietly (in prayer and meditation) and focusing on my breathing, helps me center and allows me the ability to listen and feel. Some days are easier than others. There are days when I'm gently aware of HP's will for me and I have a connection and a knowing of how to follow spiritual direction. It's a daily practice of taking time to sit still and meditate (or partake in a rhythmic activity like walking or swimming). This special time in one's day allows a focus time for seeking the conscious contact talked about in the 11th step..

TRADITION Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Anonymous
November, 2024

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



Eleventh Concept

NA funds are to be used to further our primary purpose, and must be managed responsibly.

NA members around the world contribute money to help our fellowship fulfill its primary purpose. It is incumbent upon every element of our service structure to use those funds to carry the NA recovery message as far as possible. To do that, our service bodies must manage those funds responsibly, accounting fully and accurately for its use to those who have provided it.



**PHONE
LINE
TRAINING**

**NOV 9TH
4-5 PM EST**

**ZOOM ID# 889 6094 3392
PW: PHONE**

Contact: Tammy G 419.699.1563
or Frank G 703.598.0459



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



NORVANA SPECIAL EVENTS 

THANKSGIVING MARATHON

NOVEMBER 28 • 10:00 AM–7:00 PM
REFRESHMENTS SERVED, POTLUCK WELCOME
45-MINUTE MEETINGS EVERY HOUR ON THE HOUR

BUSH HILL PRESBYTERIAN CHURCH 4306 FRANKONA RD, ALEXANDRIA, VA 22304
(SAME ROOM AS SO HAPPY IT'S THURSDAY, WHICH WILL MEET AT 10PM)

FREE EVENT – 7TH TRADITION APPRECIATED

 [WWW.NA.ORG/EVENTS](http://www.na.org/events)
 [CASH APP: @NORVANAFOUNDA](https://cash.app/@norvanafoundation)
 [JOIN THE FACEBOOK GROUP](https://www.facebook.com/norvanafoundation)

QUESTIONS OR TO VOLUNTEER: MATTHEW B. 571.330.1671

NA Today

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





LIVE PERFORMANCES!!

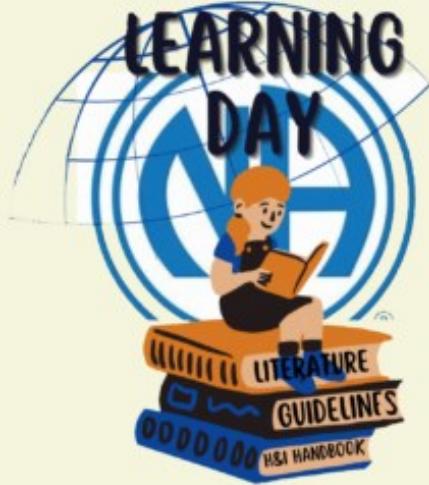


SPEAKERS!!



POTLOCK!!

Presented By
Hospitals & Institutions
Subcommittee



Good Samaritan Presbyterian Church
13025 Good Samaritan Dr
Waldorf, MD 20601

November 9th
12 pm-3pm

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



“Limitless Strength”

38

CPRCNA
2025
XXXVIII

APRIL 11-13, 2025

CHESAPEAKE & POTOMAC
REGIONAL CONVENTION

OCEAN CITY, MARYLAND

www.CPRCNA.org



Free gift for registrations purchased
by February 9th, 2025!



“Limitless Strength”



**Central Maryland
Special Events
Hosts**

The Gift Of Recovery Speaker Jam

**December 21st
12pm-6pm
Holy Cross Lutheran
Church
6905 Greenbelt Rd.
Greenbelt, MD. 20770**

**A New Speaker Every Hour
Free Refreshments
Fun & Fellowship**