

# STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 97

PO Box 8214 Gaithersburg, MD 20898

AUGUST 2025

## THE "ARE YOU WEARING A BRA?" HUG

The hugger rubs his hands up and down the huggee's back, usually a bit longer than the huggee is entirely comfortable with.



## "I LOVE YOU BUT . . ."

Approach slowly and rather reluctantly. Hug with the arms and shoulder area only, carefully keeping the pelvis at least a foot away from the other person. Break away as quickly as possible.



## THE ONE-ARMED SERVICE HUG

This one is common to GSRs, group secretaries, and other service junkies who are usually lugging a briefcase in one hand and a cup of coffee in the other. Warning: This can be dangerous if the cup of coffee is as hot as NA coffee usually is. It is best to let your targets empty their hands before hugging.

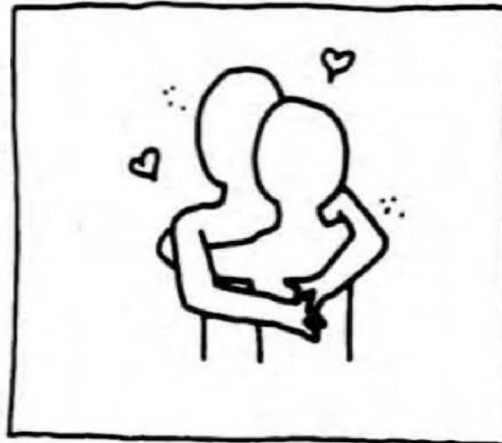
## THE NA Way<sup>®</sup> MAGAZINE

January 1996 \$1.75 US \$2.50 Canadian

January 1996

## A Guide to Hugs in Narcotics Anonymous

There exist around NA many different types of hugs. Below are helpful descriptions that should give both newcomers and old-timers one of the most helpful guides ever published. Included in the descriptions are suggestions for use, warnings, and possible side effects



## A SIMPLE, LOVING HUG

This is the only hug described in our Basic Text, so it's highly recommended. Hold each other for a moment gently but firmly, thus expressing the love you feel for each other as addicts; no posturing, patting, slapping, or rubbing, just hugging. This one makes all the difference.

*Anonymous*

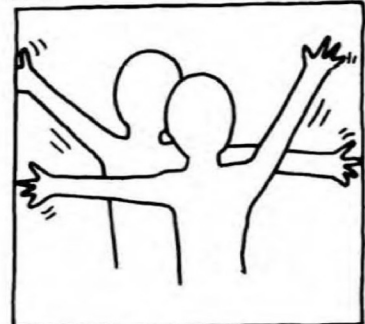


## THE MACHO

Despite its name, this hug is not restricted solely to the male gender. It is performed by two people who seem to be trying to find out who can thump the other's back harder while hugging. This hug should be avoided during sunburn season.

## THE WINDMILL

Approach with one arm stretched out to the side, the other up in the air, switching arm positions as often as necessary until both people participating have the same arms in the neck-hugging position at the same time.



## THE UNWILLING

Stand perfectly still with your arms at your sides while allowing the other person to hug you. This hug is often performed by newcomers who are *really* in pain, usually right before they surrender. Keep coming back, it gets easier.

## Step of the Month

**Step 8: “We made a list of all persons we had harmed, and became willing to make amends to them all.”**



With my written list in front of me to review, I could no longer deny the degree that my behaviors, especially while using drugs, hurt many people. The harm included physical, mental, emotional, and spiritual damage I inflicted on others. My family members were at the top of my list. I hurt my parents and siblings, my ex-wife, and others repeatedly as they worried about me destroying my health and my life. ~ Ben C.

## Tradition of the Month

**Tradition 8: “Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”**

I worked for 12 years as a clinical research nurse at a treatment center for the National Institutes of Health (NIH). There, we provided detox and treatment to addicts and enrolled these patients in different research protocols. Although I was recovering myself, I tried not to claim any inside knowledge of how to get clean. We had a couple of other nurses who were also recovering who also maintained their anonymity. ~ Ben C.

## Living Miracles

8/1 Travis W. 2 yrs Up County NA  
8/2 Jerry F. 42 yrs Gut Bucket  
8/6 Veronica H. 35 yrs Gut Bucket  
8/8 Chasity V. 5 yrs Upcounty NA  
8/4 Brad W. 1 yr Oasis  
8/4 Jen S. 1 yr Steps at Glenmont  
8/4 Ryan 2 yrs Illness in Recovery  
8/8 Chasity V. 5 yrs Up County NA  
8/11 Amy B. 8yrs Illness in Recovery  
8/15 Correy D. 1 yr Up County NA  
8/18 Crystal C 1 yr Oasis  
8/25 Bryan L. 1 yr Illness in Recovery  
8/30 Darlene C. 16 yrs Ladies in Recovery  
9/27 Stephanie S. 1 yr Ladies in Recovery

# MWBR!





## NA Related Announcements

### GROUP & MEETING ANNOUNCEMENTS

Montgomery Area Service is in need of the following service

**positions:** Treasurer, RD Alt, Literature, Meetings, and Special Events.

Come to the next ASC & volunteer! **Tuesday, Sep 2, 7:30 pm**, Zoom ID: 876 1298 6083; P/C: 749698

**How will we go about satisfying the impending concerns regarding Literature? Should Area Service be In-Person or Hybrid???** Talk to Todd S. [yamakatodd@gmail.com](mailto:yamakattodd@gmail.com) or 301-996-7969

**A New Way of NA** has changed it's time to **6 PM on Tuesdays!**

**August 9th Regional Committee Meeting:** 10 AM: Subcommittee Meetings, 12 PM: Lunch, 1 PM: Regional Meeting. Manassas Church of the Brethren, 10047 Nokesville Road, Manassas, VA

**GSR Workshop** on Zoom: **Sunday, August 24, 1 pm-2 pm**, Zoom ID: 202 999 2020, P/C: hope

**Sep 6 - Sep 7 World Unity Day!** Join addict around the world to say the Serenity Prayer for the addict who still suffers and to celebrate the miracle of recovery. You can join the **24-hour celebration** anytime from **12 am EST, Sep 6 to 12 am EST, Sep 7th**. The Serenity Prayer will be at **12 noon, Sept 6th**. Go to [www.na.org](http://www.na.org) for more information.

*If you go the the Montgomery County Fair, look for our banner!*



### NA in the DMV!

Washington DC, Maryland, & Virginia

**Problem with Drugs?**

**Narcotics Anonymous**

*Our Message is HOPE!*



**¿Problema con Drogas?**

**Narcóticos Anónimos**

*¡Nuestro mensaje es ESPERANZA!*

800-543-4670

[info@cprna.org](mailto:info@cprna.org)

[www.cprna.org](http://www.cprna.org)

## Carrying the NA Message in 105 languages

Members are welcomed to NA with keytags in 68 languages.

**IP #1, Who What, How, and Why?** provides essential NA information in 61 languages.

The Basic Text in 39 languages offers addicts the opportunity for a new way of life.

Afrikaans  
American Sign Lang. (ASL)  
Amharic  
Anglicized English  
Arabic  
Armenian  
Assamese  
Azerbaijani  
Bengali  
Bengali (Bangladesh)  
Blackfoot  
Bosnian  
Brazilian  
Bulgarian  
Catalan  
Cebuano  
Chinese  
Chinese Traditional  
Croatian  
Czech  
Danish  
Dari  
Dzongkha  
English  
Estonian  
Farsi  
Filipino  
Finnish  
French  
Georgian  
German  
Greek  
Gujarati  
Hawaiian  
Hebrew  
Hindi  
Hungarian  
Icelandic  
Indonesian  
Innu-aimun  
Irish (Gaelic)  
IsiXhosa  
IsiZulu (Zulu)  
Italian  
Japanese  
Kannada

Kazakh  
Khmer  
Korean  
Latvian  
Lithuanian  
Malayalam  
Malay/Bahasa Melayu  
Maltese  
Manipuri  
Maori  
Marathi  
Mizo  
Mongolian  
Nederlands/Dutch  
Nepali  
Norwegian  
Odia  
Papamentu  
Pashto  
Polish  
Portuguese  
Portuguese (Brazilian)  
Punjabi  
Romanian  
Russian  
Rwandan/Kinyarwanda  
Sardinian  
Sateré-Maué  
Serbian  
Sesotho  
Setswana  
Seychellois Creole  
Shona  
Sinhala  
Slovak  
Slovenian  
Spanish  
Swahili  
Swedish  
Tagalog  
Tamil  
Telugu  
Thai  
Turkish  
Ukrainian  
Urdu  
Uzbek  
Vietnamese  
Visayan/Bisaya  
Welsh  
Yupik

This color indicates the countries where there are no NA meetings.  
Translations play a huge role in growing NA. NA literature is translated by local translation committees, or LTCs, made up of committed members who are native speakers. NA World Services supports the LTC, coordinates professional services, and publishes translated materials.

**Key**  
• Keytag(s) produced in this language  
• IP #1 is published in this language  
• Basic Text is published in this language  
• Recovery meeting, PSA, website, helpline, or local outreach occurs in this language

### HOT OFF THE PRESS!

Some of our latest translations!

IP #9 Ukrainian

IP #6 Czech

Armenian keytags

Just For Today Greek

IP #10 Hindi

IP #2 Hindi

IP #20 Indonesian

AVAILABLE NOW!

Some of our latest translations!

NA nariy TEVAMS or GLOBESAMS

IP #27 Lithuanian

Blackfoot welcome keytag



BATTLEFIELD AREA HOSTS

## CPRNA RSC MEETING

SATURDAY, AUGUST 9TH  
FROM 10:00 AM-6:00 PM

MANASSAS CHURCH  
OF THE BRETHREN  
10047 NOKESVILLE RD  
MANASSAS, VA 20110

SUBCOMMITTEES:  
10:00AM-12:00 PM

BUSINESS MEETING:  
1:00 PM-6:00 PM

QUESTIONS? CONTACT:

BATTLEFIELDASCSECRETARY@GMAIL.COM

THE SOUTH POTOMAC AREA PRESENTS

## THE FOUNDATION OF OUR SERVICE STRUCTURE: GROUP SERVICE REPRESENTATIVE (GSR) TRAINING



Did you know service can  
help you stay clean?  
Are you curious about what  
a GSR does..but don't know  
what's involved?

Join us to learn all  
about being of  
service as a GSR!

Date and Time:

Sunday, August 24th  
at 1:00-2:00 PM ET

Virtual Info:

Zoom ID: 202 999 2020  
Password: hope

SATURDAY • 6 SEPTEMBER 2025 • 9:00 am PDT (16:00 GMT)  
Serenity Prayer



## WORLD UNITY Day

No matter what conflicts are unfolding in the world at large,  
we aspire to an ideal of unity: Our common welfare should come first.

Basic Text, Preface

Every year, we come  
together to say the Serenity  
Prayer for the addict who  
still suffers and to  
celebrate the miracle of  
recovery. There are so many  
ways to celebrate—attend a  
local Unity Day event or  
meeting, gather with  
friends in person or  
virtually, or join us ...

Around the clock,  
from around the world!



9:00 pm 5 September – 9:00 pm 6 September

24-hours of speakers, videos,  
workshops, and more!

Members from different zones and  
NA World Services are creating and curating  
content to share.

There's no wrong time to tune in!

Details will be posted at:  
[WWW.NA.ORG/ANNUALEVENTS](http://WWW.NA.ORG/ANNUALEVENTS)

<https://na.org/naws-events/annual-events/>

NORVANA Special Events

## BONFIRE MEETING SUMMER SERIES

The Last Saturday of Each Month

May 31 • June 28 • July 26 • August 30

7:30-8pm = Fellowship & S'mores, 8-9pm = Meeting

Bring a camp chair!

Meet at the fire circle in the woods behind the church  
Bush Hill Presbyterian, 4916 Franconia Rd. Alexandria, VA 22310

Questions? Call/text Matthew B. 571.330.1671

Free Event - 7th Tradition Appreciated



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Ben C. - Steps/Traditions

Email Us! [straighthope@cprna.org](mailto:straighthope@cprna.org)

Scan the QR Code to get Straight Hope Online or go to:

<https://www.cprna.org/our-areas/news/montgomery-area/>

