



WELCOME TO OUR

# NA Today Newsletter

*Just for Today*

## LIVING MIRACLES

DAVID K. - 8 YRS- 11/7  
KEEP IT REAL

NICK T. - 11 YRS - 11/9

JOE G. - 11 YRS - 11/14  
IN THE WIND

LAMONT - 27 YRS- 11/16  
STARTING OVER

KATIE Q. - 13 YRS - 11/17  
LOST AND FOUND

CAESAR B. - 5 YEARS - 11/24  
IT WORKS HOW & WHY

KAREY L.- 6 YRS - 11/30  
STARTING OVER

*"We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only knowledge of His will for us and the power to carry that out."*

### -Step Eleven

PRAYER AND ESPECIALLY MEDITATION DID NOT COME EASILY FOR ME. I NEEDED THE PREVIOUS STEPS AND A LOT OF PRACTICE TO UTILIZE THESE ASPECTS IN MY LIFE AND MY RECOVERY. I TRY TO PRAY EVERY DAY. OFTEN, IN THE MORNING, IT IS A PRAYER OF THANKS. IT IS A SIMPLE PRAYER TO MY HIGHER POWER FOR THANKS FOR THE BLESSING OF ANOTHER DAY OF LIFE AND ANOTHER DAY OF RECOVERY. THIS SIMPLE MORNING PRAYER GIVES ME CONSCIOUS CONTACT WITH MY GOD TO HELP ME START MY DAY OFF ON THE RIGHT NOTE. I OPEN MY MIND, LIFE, AND DAY TO THE BLESSINGS OF LIFE AND THE BEAUTY OF THE DAY. SOMETIMES THIS PRAYER TAKES PLACE IN MY BED, SOMETIMES IT TAKES PLACE IN THE SHOWER, SOMETIMES IT'S WHEN I LOOK OUT MY WINDOW ENJOYING A CUP OF COFFEE, SOMETIMES IT IS WHEN I LISTEN TO MUSIC IN THE MORNING. WHEREVER AND WHENEVER IT OCCURS, IT PUTS ME IN TOUCH WITH MY HIGHER POWER, GIVING ME A CONNECTION.

I TRY NOT TO GO THROUGH THE DAY WITH ONLY ONE PRAYER OF THANKS. I HAVE FOUND THAT TO IMPROVE MY CONSCIOUS CONTACT, I NEED TO PRAY MORE THROUGHOUT THE DAY. BY PRAYING MORE, I AM IMPROVING MORE. ESPECIALLY IF MORNING TRAFFIC IS A NIGHTMARE! MY MORNING SERENITY CAN FLY AWAY IN A HEARTBEAT ON SOME DAYS, AND I NEED TO ASK MY HIGHER POWER FOR PATIENCE, TOLERANCE, AND CALMNESS. I AM PRETTY CERTAIN THAT GOD'S WILL FOR ME IS NOT TO RUN SOMEONE OFF THE ROAD. PRAYER DURING THE DAY IMPROVES MY CONNECTION WITH GOD, SO I DON'T TAKE MY HIGHER POWER FOR GRANTED. IT IS EASY DURING THE HUSTLE AND BUSTLE OF THE DAY TO JUST GO ABOUT MY BUSINESS WITHOUT THINKING OF GOD'S WILL FOR ME. I HAVE TO REMEMBER TO STOP AND PRAY AND ASK IF I AM DOING THE RIGHT THING FOR THE RIGHT REASON. THIS DOES NOT COME NATURALLY FOR ME, EVEN WITH 32 YEARS CLEAN. I NEED TO PRACTICE TO IMPROVE. HOW DO YOU GET BETTER? PRACTICE, PRACTICE, PRACTICE.

I HAVE HEARD THAT WITH PRAYER, YOU TALK TO GOD, AND WITH MEDITATION, YOU LISTEN TO THE ANSWER. MY MEDITATION TAKES PLACE WHEN I MAKE TIME TO DO IT. PRAYER TIME COMES EASIER THAN MEDITATION TIME FOR ME, BUT I DO THE BEST I CAN. GOD'S WILL FOR ME IS TO NOT USE, HELP OTHERS, AND BE KIND.

BY: SCOTTY P.

## You're Welcome Here: A Personal Look at Tradition Three

**"THE ONLY REQUIREMENT FOR MEMBERSHIP IS THE DESIRE TO STOP USING"**  
-TRADITION THREE, BASIC TEXT, PAGE 94

For many of us, that simple statement was life-changing. It meant we didn't need to have it all figured out. We didn't need to be clean already, act a certain way, or meet anyone's expectations. All we needed was the smallest spark of willingness —**the desire to stop using**.

When I first came to NA, I was scared, ashamed, and unsure if I belonged. But Tradition Three reminded me that I did. It reminded me that NA is a place for people like me, people who just want to stop using and find a new way to live. No matter where we come from or what we've done, this tradition opens the door for all of us.

It's not about perfection—it's about connection. Tradition Three keeps the heart of NA open and beating strong, one newcomer at a time.

THIS MONTH, WE'RE HONORED TO SHARE THE EXPERIENCE, STRENGTH, AND HOPE OF TWO FELLOW ADDICTS, WHOSE JOURNEY REMINDS US THAT RECOVERY IS POSSIBLE, ONE DAY AT A TIME.

WE ASKED A NEWCOMER AND A PREDECESSOR:  
*"WHAT WOULD YOU TELL SOMEONE WHO'S JUST  
WALKED INTO THEIR FIRST NA MEETING?"*

**FROM THE NEWCOMER:**

ATTENDING YOUR FIRST NARCOTICS ANONYMOUS (NA) MEETING CAN FEEL OVERWHELMING. THAT IS COMPLETELY NORMAL. FIRST AND FOREMOST, I WANT YOU TO KNOW THAT YOU ARE NOT ALONE. EVERYONE IN THAT ROOM HAS FACED STRUGGLES WITH ADDICTION. NA IS A PLACE WHERE PEOPLE COME TOGETHER NOT TO JUDGE, BUT TO SUPPORT ONE ANOTHER. I DO ENCOURAGE YOU TO RAISE YOUR HAND AND SHARE YOUR FIRST NAME WHEN THEY ASK IF THERE ARE ANY NEWCOMERS IN THE MEETING. THIS MAKES YOU THE MOST IMPORTANT PERSON AT THE MEETING. YOU DON'T HAVE TO SHARE AT YOUR FIRST MEETING IF YOU ARE NOT READY. WHEN YOU ARE READY, THERE WILL BE PEOPLE THERE READY TO LISTEN WITHOUT JUDGMENT. NO MATTER WHAT YOUR PAST LOOKS LIKE, YOU DESERVE TO HEAL AND GROW. YOU ARE WORTHY OF RECOVERY! YOU WILL MEET PEOPLE WHO HAVE BEEN WHERE YOU ARE AND WHO HAVE FOUND HOPE. IF THE FIRST MEETING DOESN'T FEEL RIGHT, KEEP COMING BACK. THE MORE YOU SHOW UP, THE MORE YOU WILL START TO FEEL AT HOME. RECOVERY DOESN'T HAPPEN OVERNIGHT, BUT EVERY MEETING IS A STEP FORWARD. YOU'RE DOING SOMETHING BRAVE. YOU ARE CHOOSING TO FIGHT FOR YOURSELF, AND THAT IS SOMETHING TO BE PROUD OF.

BY: A FELLOW ADDICT

**FROM THE PREDECESSOR:**

WELCOME AND GIVE YOURSELF A BREAK  
PLEASE COME IN, YOU ARE WELCOME, EVERYONE IS WELCOME HERE. IF YOU WONDER IF YOU ARE AN ADDICT THEN PLEASE HAVE A SEAT AND LISTEN. ALL THE PEOPLE YOU SEE SITTING HERE IN THE MEETING HAVE BEEN WHERE YOU ARE. THEY MAY NOT LOOK EXACTLY LIKE YOU. THEY MAY NOT HAVE DONE THE SAME DRUGS AS YOU OR BE FACING THE SAME CONSEQUENCES BUT WE ALL KNOW THE PAIN YOU MIGHT BE IN. MAYBE YOU HAVE NOWHERE ELSE TO TURN, YOU ARE COMING FOR A FAMILY MEMBER OR YOU ARE HERE ON A COURT SLIP. THE REASON DOES NOT MATTER. WHAT MATTERS IS THAT YOU ARE HERE. WE ARE HERE TO HELP. GIVE YOURSELF A BREAK. THIS IS HARD, IT TAKES SO MUCH COURAGE TO MAKE, PERHAPS ONE OF THE BIGGEST DECISIONS IN YOUR LIFE, TO WALK IN THOSE DOORS. WHAT WE HAVE TO OFFER YOU IS OUR EXPERIENCE- WE ARE ADDICTS ONCE LIKE YOU, NOW IN RECOVERY, OUR STRENGTH-TO STOP AND LOSE THE DESIRE TO USE, AND HOPE THAT THIS TOO COULD WORK FOR YOU. PLEASE COME IN, SIT AND STAY TO HEAR OUR MESSAGE.

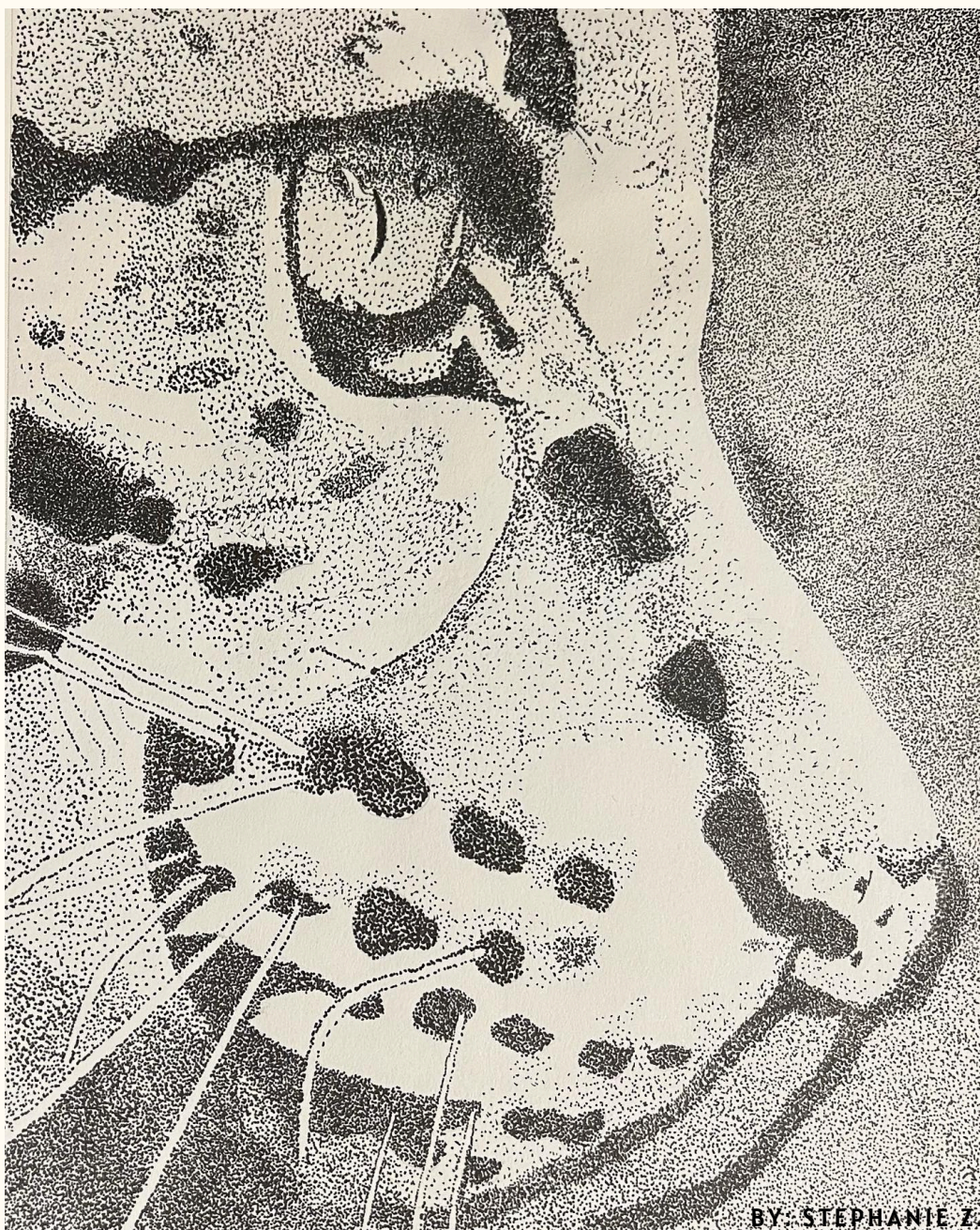
BY: CRISTEN M.





## THE CREATIVE CORNER: WHERE RECOVERY FINDS ITS VOICE

THIS CORNER IS WHERE OUR INNER ARTISTS, POETS, AND DREAMERS COME TO LIFE—  
PROOF THAT HEALING CAN BE MESSY, BOLD, BEAUTIFUL, AND LOUD. HERE, WE  
HONOR THE CREATIVE SPIRIT THAT THRIVES IN RECOVERY.



THE DRAWING OF AN ANIMAL EYE CAN SYMBOLIZE THE DEEP AWARENESS AND STRENGTH FOUND IN RECOVERY. JUST AS AN ANIMAL'S EYE REFLECTS INSTINCT, RESILIENCE, AND THE WILL TO SURVIVE, RECOVERY CALLS FOR THAT SAME FIERCE FOCUS—SEEING CLEARLY THROUGH THE CHAOS, STAYING ALERT TO WHAT TRULY MATTERS, AND TRUSTING YOUR INNER VISION TO GUIDE YOU FORWARD. IT'S A REMINDER THAT HEALING ISN'T ABOUT PERFECTION, BUT ABOUT REGAINING THE CLARITY AND COURAGE TO SEE YOURSELF AGAIN.



*Creative Corner Submission*  
Or email your  
submission  
to the committee





## Submit Today

WE WANT TO HEAR FROM YOU!

Have an upcoming NA event? A flyer to share? News from your area? Looking for trusted servants or support? Whether it's announcements, or service opportunities we'd love to include it.

📧 Submit your contributions and help keep our NA community informed, inspired, and united in recovery. Together, we carry the message!



[Contribute Here!](#)

## Join us today

### CENTRAL MARYLAND AREA MEETINGS

Meetings are where the healing starts. Together, with the help of a Higher Power and the support of this fellowship, we learn to live clean, one day at a time. You don't have to do this perfectly—just keep showing up. You're in the right place.



*Everyone is Welcomed*

## NA TODAY NEWSLETTER

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# LET'S HAVE SOME FUN!

LET'S DO THE SLOGAN SHUFFLE!!

UNSCRAMBLE THE FOLLOWING SENTENCES.

ANSWERS WILL BE PROVIDED IN THE NEXT ISSUE OF THE NEWSLETTER.

1. EKEP TI PSLIME
2. TEAK TI ENO YDA TA A MITE
3. SLTENI DAN ELANR
4. HTIS OTO LSHLA APSS
5. LTE GO NDA TEL DOG
6. FINNDGI A WEN YWA OT EVIL
7. OENYHTS SI EHT KYE
8. USTJ OFR YOTAD
9. OENYHTS, PNEO-MDNEIDNSS, SNLESGLINWI
10. OMETONSI REA EIHTERN HIGTR ORN RGWON

NOW, LET'S SOLVE SOME RECOVERY RIDDLES!!

ANSWERS WILL BE PROVIDED IN THE NEXT ISSUE OF THE NEWSLETTER.

I WAS LOST, NOW I'M FOUND.  
I USED TO HIDE WHEN YOU CAME AROUND.  
NOW I SPEAK IN MEETINGS, CLEAR AND FREE—  
WHAT AM I THAT HELPS SET YOU FREE?

I'M NOT A PLACE, BUT I HELP YOU BELONG.  
I'M WHERE YOU GO WHEN THINGS GO WRONG.  
YOU'LL FIND LOVE, HOPE, AND UNITY TOO.  
WHAT AM I THAT WELCOMES THE REAL YOU?

I CAN'T BE BOUGHT, I MUST BE EARNED.  
YOU'LL FIND ME WHEN THE CORNER'S TURNED.  
I GROW WHEN SHARED, I SHRINK WHEN KEPT.  
WHAT AM I THAT HELPS YOU ACCEPT?

I DON'T SPEAK, BUT I GUIDE YOUR WAY.  
I GROW STRONGER WITH EACH CLEAN DAY.  
I ASK NO PRICE, BUT I'M WORTH A LOT.  
WHAT AM I THAT CAN'T BE BOUGHT?

I'M INVISIBLE BUT FELT IN THE ROOM.  
I REPLACE THE FEAR AND CHASE OUT GLOOM.  
I START WITH AN H AND GROW WITH GRACE.  
WHAT AM I THAT BRINGS LIGHT TO THIS PLACE?

