



WELCOME TO OUR

# NA Today Newsletter

*Just for Today*

## LIVING MIRACLES

LOOPEE S. - 2 YRS - 10/4  
SATURDAY NIGHT LIVE

KURT R. - 40 YRS - 10/5  
SAVAGE SURVIVORS

ALYSSA - 1 YR - 10/7  
CHOOSE LIFE

JEFF K. - 31 YRS - 10/8  
BACK TO BASICS

LIAM C. - 1 YR - 10/8  
GENTLEMEN'S CLUB

KIRSTYN K. - 5 YRS - 10/9  
SPIRITUAL AWAKENING

CHRISTOPHER B. - 1 YR - 10/10  
KEEPING IT REAL

KIM F. - 24 YRS - 10/12  
SAVAGE SURVIVORS

LINDA C. - 41 YRS - 10/15  
SOME ARE SICKER THAN OTHERS

LANCE W. - 44 YRS - 10/17  
CATONSVILLE GROUP

TYLER B. - 11 YRS - 10/18  
FEAR TO FAITH

**"We continued to take personal inventory and when we were wrong promptly admitted it."**

### -Step Ten

STEP TEN IS ONE OF THE KEYS TO MAINTAINING LONG-TERM RECOVERY, BECAUSE IT HELPS US STAY ACCOUNTABLE, BALANCED, AND SPIRITUALLY CONNECTED DAY AFTER DAY. WITHOUT ONGOING SELF-REFLECTION, SMALL PROBLEMS CAN BUILD INTO RESENTMENTS OR SLIPS IN BEHAVIOR. MANY OF US THINK OF INVENTORY AS A LONG, BURDENSOME WRITING ASSIGNMENT EVERY NIGHT, BUT THAT'S NOT WHAT KEEPS RECOVERY ALIVE. STEP TEN IS ABOUT BUILDING A HABIT WE CAN ACTUALLY LIVE WITH. IF IT'S NOT PRACTICAL, IT'S NOT SUSTAINABLE—AND IF IT'S NOT SUSTAINABLE, IT'S NOT TRULY SPIRITUAL.

THE *LIVING THE PROGRAM* INFORMATIONAL PAMPHLET PAINTS A POWERFUL PICTURE OF ONGOING INVENTORY. IT TALKS ABOUT WATCHING OUR MOTIVES, ADMITTING WHEN WE'RE WRONG, AND STAYING AWAKE TO DENIAL. IT'S A GREAT RESOURCE, BUT FOR MANY OF US, IT CAN FEEL LIKE TOO MUCH TO REALISTICALLY APPLY EVERY SINGLE DAY. RECOVERY IS MEANT TO BE LIVED, NOT JUST STUDIED. WHEN OUR TOOLS BECOME SO HEAVY THAT WE STOP USING THEM, WE LOSE THE SPIRIT OF THE STEP.

THAT'S WHY MY SPONSOR HAS SHOWN ME A WAY TO BREAK IT DOWN INTO FOUR SIMPLE QUESTIONS

TO MAKE STEP TEN APPROACHABLE:

1. WHAT DID I DO FOR SOMEONE ELSE TODAY?
2. WHAT DID I DO TODAY THAT I LIKE MYSELF FOR?
3. WHAT DID I DO TODAY THAT I REGRET, OR WHAT DID I PUT OFF?
4. WHAT DID I DO FOR MY RECOVERY TODAY?

THESE REFLECTIONS CAN BE SPOKEN, WRITTEN, OR QUIETLY THOUGHT THROUGH IN A COUPLE MINUTES BEFORE BED. THE POINT IS CONSISTENCY, NOT LENGTH. BY PRACTICING INVENTORY IN A WAY THAT FITS REAL LIFE, WE CAN MAKE IT MORE SPIRITUAL, BECAUSE SPIRITUALITY SHOWS UP IN ACTION, NOT THEORY. STEP TEN THEN BECOMES A DAILY MAINTENANCE TOOL THAT PROTECTS OUR FREEDOM AND GROWTH, ONE DAY AT A TIME.

ONE ADDICT'S EXPERIENCE WITH THE 10TH STEP  
BY: A FELLOW ADDICT IN RECOVERY

## The Power of One Addict Helping Another

**"THE THERAPEUTIC VALUE OF ONE ADDICT HELPING ANOTHER IS WITHOUT PARALLEL."**

**-TRADITION FIVE, BASIC TEXT, PAGE 97**

In NA, the phrase *"the therapeutic value of one addict helping another is without parallel"* reflects a core belief of the program. It means that there is a unique and unmatched healing power when addicts support each other in recovery. Because we share similar experiences—we can connect on a level that others, including professionals, often cannot. There's no hierarchy—just one addict helping another, which creates a safe space for honesty and growth. The act of helping others also strengthens our own recovery. By being of service, we reinforce our commitment to stay clean and connected.

**Together, we heal in ways we never could alone.**

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

WE ASKED ELIZABETH:

"HOW HAS THE NA COMMUNITY SUPPORTED YOU IN YOUR RECOVERY?"

NARCOTICS ANONYMOUS IS A "COME AS YOU ARE" (USUALLY STILL IN ACTIVE ADDICTION!) FELLOWSHIP THAT LIVES UP TO ITS PROMISE TO HELP ANYONE STOP USING, LOSE THE DESIRE TO USE AND FIND A NEW WAY OF LIFE. YEARS INTO RECOVERY, I CAN LOOK BACK TO WHEN I TURNED MYSELF IN AND SEE HOW OUR FELLOWSHIP SUPPORTED ME WHEN I HADN'T A CLUE ABOUT ADDICTION BEING "ARRESTED NOT CURED" : I FIGURED I'D DO THE PROGRAM FOR A YEAR AND THEN BE ABLE TO USE MANAGEABLY-HAPPILY EVER AFTER. IT WAS THE HONESTY OF THE SHARES THAT OPEN MY EYES AND MY HEART TO THE THE DAMAGE THAT MY ADDICTION HAD DONE TO ME AND THOSE IN MY LIFE. THE DENIAL AND DELUSION FELL AWAY. EARLY RECOVERY/WITHDRAWAL FROM ACTIVE ADDICTION WAS PHYSICALLY PAINFUL AND AN EMOTIONAL ROLLERCOASTER DURING MY EARLY YEARS IN RECOVERY AND I FELT HELD IN THE FELLOWSHIP AND THE PROMISE THAT IT DOES/I DO GET BETTER.

NA GROUPS/MEETINGS ARE THE LIVING WATERS, THE BEATING HEART OF OUR FELLOWSHIP. PARTICIPATION OPPORTUNITIES ARE THERE RIGHT FROM THE 1ST MEETING; TO VOLUNTEER TO DO A GROUP READING, TO SHARE WHERE YOU'RE AT, TO HELP SET UP A MEETING, TO FIND AND COMMIT TO A HOMEGROUP, TO BUILD AND USE A NETWORK OF OTHERS IN RECOVERY. LEARNING HOW TO SUPPORT WHAT IS SUPPORTING ME.

SURRENDERING TO A PROGRAM OF RECOVERY MEANS ACCEPTING A LIFELONG JOURNEY; TO KEEP GROWING OUT OF NOT ONLY ACTIVE ADDICTION, BUT ALSO THE SMALL, DAMAGED SELF I HAD BECOME BEFORE DOING THE WORK OF RECOVERY.

HAVING A SPONSOR TO GUIDE ME IN DOING STEP WORK AND THEN BECOMING A SPONSOR TO GUIDE OTHERS, IS AN OPPORTUNITY FOR BOTH PERSONS TO CONTINUE GROWING AS FULL, PRESENT HUMAN BEINGS UNBURDENED BY THE FOG OF ADDICTION.

DOING SERVICE AT MORE COMPLEX LEVELS OF OUR FELLOWSHIP (AREA, H&I, PR/PI, REGION, ZONAL, WORLD SERVICE) BRINGS OTHER GIFTS. GIFTS LIKE THE OPPORTUNITY TO CARRY OUR MESSAGE OUT IN OUR COMMUNITY. LEARNING HOW TO WORK WELL/PLAY WELL WITH OTHERS AS WE PARTICIPATE IN THESE PROJECTS. STRETCHING MYSELF TO FIND WAYS TO EXPRESS MY GRATITUDE FOR THE RECOVERY IN MY LIFE.. GIVING BACK WHAT WAS GIVEN TO ME .

BY: ELIZABETH L



**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.

## STEP TEN: KEEPING IT CLEAN EVERY DAY



STEP 10 IS ABOUT SELF-AWARENESS, NOT PERFECTION.



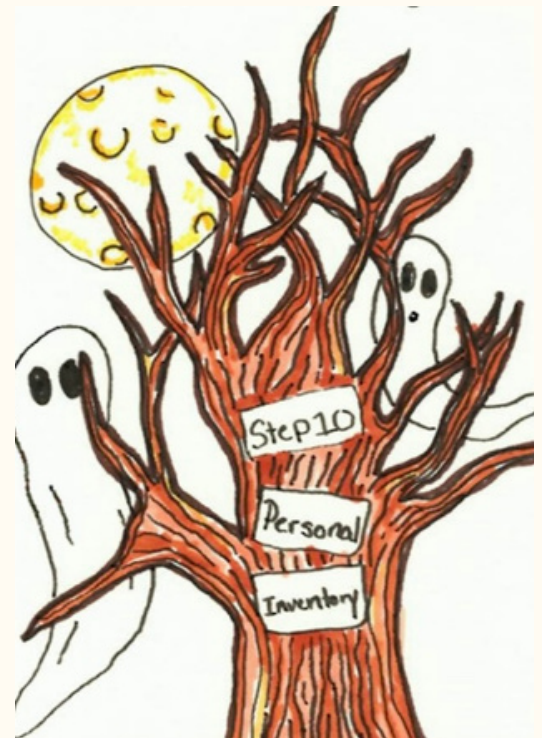
WHEN I'M WRONG, I ADMIT IT.



PROMPTLY ADMITTING MISTAKES KEEPS RELATIONSHIPS HEALTHY.



DAILY HONESTY = DAILY FREEDOM.



*Creative Corner Submission*

Or email your submission to the committee





# LET'S GET TOGETHER!

Central Maryland Special Events presents

## BOWLING PARTY

**\$20** per person

**October 19th 2025**  
**1:30pm-3:30 pm**

Includes:

- 2 hours of bowling
- Shoe rental
- Pizza and drinks

**AMF Capital Plaza Lanes**  
4601 Cooper Lane Hyattsville, MD 20784

Contact any Special Events Committee member for tickets:

Tony A (240)304-8026, James A (301)919-0925,  
Dor L (240)271-0899, Peter C (410)707-8923,  
Randy T (240)492-9927, Leif Y (571) 471-9285,  
Lisa F (240) 840-7247 Jaz F (443)306-4431



Hosted by the Chesapeake & Potomac Region

## Service with a Slice

*Come for the service. Stay for the slice.*

**Save the Date!**

**Saturday November 1, 2025**  
**10 AM - 6 PM**



### PLANNERS NEEDED!

Trinity Lutheran Church  
6600 Laurel-Bowie Rd.  
Bowie, MD 20715

**Contact:** Dan S. 703-785-0638 / Robert F. 240-372-5072  
Email [rd@cprna.org](mailto:rd@cprna.org)

Free State Regional Service Center  
of Narcotics Anonymous

presents their

## Second Annual CRAB FEAST

**Saturday, October 11, 2025**  
**7:00 p.m. - 11:00 p.m.**

**Rosedale Gardens**  
8037 Philadelphia Road | Baltimore, MD 21237

— DJ and Dancing —

**ALL-YOU-EAT MENU**

Steamed Crabs - Fried Chicken - Beef B-B-Q - Maryland Style Crab Soup  
Macaroni & Cheese - Corn-on-the-Cob - Oven Baked Beans - Homemade Cole Slaw - Pasta Salad & Potato Salad - Assorted Cheese Display with Crackers & Dip - Assorted Vegetable Display with Dip  
Chips & Pretzels - Watermelon & Sheet Cake - Dinner Rolls & Butter  
Soft Drinks, Iced Tea, Coffee & Hot Tea

**Ticket: \$65.00 adv. / \$75 at door**

You may purchase a table of ten (10 persons to a table) for \$650.  
That table will be reserved in your name. Otherwise,  
general seating is available.

For ticket info, call the Service Center 410-566-4022 during the  
regular hours: Mon. & Fri. 12 noon - 4 pm and Sat. 10 am - 4 pm



## 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

Editors|Publishers: NAT Newsletter Committee –  
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Creative art – Victorianna, Leon & Jared

**For an electronic version of the NA Today Newsletter, email your request to:**

[Contact info: natnewslettercommittee@gmail.com](mailto:natnewslettercommittee@gmail.com)



# LET'S HAVE SOME FUN!

## ANSWERS TO LAST MONTH'S TRIVIA AND CROSSWORD

1. WHAT DOES NA STAND FOR? **ANSWER: NARCOTICS ANONYMOUS**
2. WHAT IS THE FIRST STEP IN THE 12 STEPS OF NA?  
**ANSWER: "WE ADMITTED THAT WE WERE POWERLESS OVER OUR ADDICTION, THAT OUR LIVES HAD BECOME UNMANAGEABLE."**
3. WHAT IS THE NAME OF THE PRIMARY BOOK READ IN NA MEETINGS?  
**ANSWER: THE BASIC TEXT**
4. WHAT DOES THE WHITE KEYTAG REPRESENT?  
**ANSWER: SURRENDER / JUST FOR TODAY (USUALLY GIVEN ON THE FIRST DAY CLEAN)**
5. WHAT DO NA MEMBERS CALL THE ANNIVERSARY OF THEIR CLEAN DATE?  
**ANSWER: "NO ADDICT SEEKING RECOVERY NEEDS EVER DIE WITHOUT HAVING HAD A CHANCE TO FIND A BETTER WAY OF LIFE."**
6. IN WHAT YEAR WAS NA FOUNDED? **ANSWER: 1953**
7. WHERE WAS THE FIRST NA MEETING HELD? **ANSWER: SUN VALLEY, CA**
8. WHAT BOOK CONTAINS DAILY MEDITATIONS FOR RECOVERING ADDICTS?  
**ANSWER: JUST FOR TODAY: DAILY MEDITATIONS FOR RECOVERING ADDICTS**
9. WHAT IS A "HOME GROUP"?  
**ANSWER: THE NA GROUP A MEMBER REGULARLY ATTENDS AND PARTICIPATES IN.**
10. WHAT KEY PHRASE IS OFTEN SAID AT THE END OF NA MEETINGS?  
**ANSWER: "KEEP COMING BACK—IT WORKS IF YOU WORK IT!"**

## Living Clean

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

