



WELCOME TO OUR

# NA Today Newsletter

*Just for Today*

## LIVING MIRACLES

SHELBY M. - 5 YRS - 9/4  
EMPOWERING WOMEN

JOHN P. - 2 YRS - 9/5  
DRAWN TOGETHER

LAUREN B. - 1 YR - 9/7  
STARTING OVER

BRIDGETTE R. - 2 YRS - 9/10  
BACK TO BASICS

JOEY O. - 14 YRS - 9/14  
SAVAGE SURVIVORS

KARIN B. - 20 YRS - 9/17  
BACK TO BASICS

MICHELLE P. - 2 YRS - 9/18  
EMPOWERING WOMEN

SCOTT P. - 32 YRS - 9/27  
HOW GROUP

STEPHANIE Z. - 1 YR - 9/27  
LADIES IN RECOVERY

JULIE F. - 37 YRS - 9/27  
TRACKS TO RECOVERY

*"We made direct amends to such people wherever possible, except when to do so would injure them or others."*

### -Step Nine

I have been a member of Narcotics Anonymous since the late 1980's. I stayed clean until I had a relapse in 2007. I got clean again in 2009 and have been clean since then. My addiction had been doing push-ups, and I picked up exactly where I left off. My behavior during my relapse caused my husband and children a lot of grief and worry.

Once I got clean again in 2009 my main goal was to make amends to my family. This meant to stop with the anger outbursts and over reactions to minor inconveniences. This has been my main recovery goal for the last 16 years, besides staying clean.

It took me a few years to work through the first 8 steps before I recently got officially to the 9th step. I have been making a living amends to my family and now it was time to make an official amends. I was able to do that with my youngest child, who seemed to really appreciate my formal amends and apology to him. My oldest son and husband are more leery of apologies. They've heard it all before, and are not as trusting of words as they are of actions. I've worked hard to prove to them that I've changed. I've been working with my sponsor on the manner and timing of my formal amends to them.

As a friend of mine always says, "Recovery is a process, and not an event." Through this process, I have been able to work with my higher power to incorporate my higher power into my life and address my character defects. Awareness and personal inventory are essential to repairing my relationships and maintaining good relations with others.

By: Oliver H.

## Welcome Newcomers

**"WE DIDN'T BECOME ADDICTED IN ONE DAY,  
SO REMEMBER—EASY DOES IT."**

**-HOW IT WORKS, BASIC TEXT, PAGE 45**

You've taken one of the bravest steps you'll ever take, and that matters more than you know. In this journey, perfection isn't the goal—progress is. Give yourself the grace to be human, to stumble, to feel, and still keep going. Recovery isn't about having all the answers; it's about showing up, one day at a time, and making the decision—just for today—not to pick up. Some days will feel heavy, while others will feel lighter, but every single clean day is a miracle in motion. You're not alone.

**Keep coming back—you're worth it.**

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

With 29 years clean, Ellsworth started his journey to recovery back in 1986 with a pregnant girlfriend sitting at home and him at the club getting drunk. On his drive back home, he wrapped his car around a tree and somehow walked away with only some minor bruising. When his girlfriend saw the state of his car, she cried. It took the mechanic sitting Ellsworth down to explain why she was crying and that Ellsworth needed to get help. This began a 10 year journey of going in and out of the rooms. Hearing the message of hope but not believing that it applied to him.

In 1996, Ellsworth was living with his parents but mainly staying at the crack house. His father wouldn't let him back in the house because of all the broken promises and burnt bridges. This might have been one of the first true moments of honesty that Ellsworth experienced when he finally told his father that he was on crack and his father, in a colorful variety of words, said that Ellsworth needed to go back to treatment. Ellsworth called the treatment center and had to explain to them why they should allow him back in. And at that point, in that blessed point of desperation, all that Ellsworth could say was that he was tired. That admission of being at the end of the road has led Ellsworth through to fully committing to a life in recovery.

In recovery, he has gotten married and made amends to the mother of his kids for all of the trauma he has caused in her life. To him "When he gives back to the program, you give back to the outside world." Some of the biggest revelations he has had while in recovery is to maintain a relationship with a god of his understanding and that everything starts and ends with NA. Three things that he prays for daily is for peace, purpose, and presence.

About 6-7 years into recovery, Ellsworth began to get in service bringing his recovery to another level. He has done every position on the group level, ranging from coffee maker to speaker seeker. At the area level, has held positions like policy chair and public relations. He has worked steps and now sponsors about 10 guys that really want to do the work.

With 20+ years in recovery, Ellsworth says that life gets better but not easier. "I got a lot of things in my life that can distract me from staying clean. But it helps to remind myself to keep following the principles. Try to keep to the basics of helping others with no strings attached. It's about working the program and working with the new comers"

From this writer's experience, Ellsworth is a pinnacle of integrity and hard work. Ellsworth's work as Central Maryland's Public Relations Chair was nothing short of inspiring as he was often the sole asset and facilitator of an entire area's Public Relations commitments. Ellsworth went above and beyond, not only consistently educating himself on how to do his role but coming up with creative solutions to complex problems.

Written by Luis V.



**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.

**Hard Never Comes Easy.**

*We believe...*

Easier is to throw scripture, positive affirmations, uttering words and sentences meant to be believed and being effortlessly selfish.

Harder is being empathetic, having devoted, unapologetic time and being intentionally silent to listen.

We can say that despair and desperate cries are best to hear from the original source in the now. But the real story disguised as the eulogy is truly the only instant desire to now listen because it comes with the acknowledgement that what would have been hard, would have been easy.

*We still believe...*

Easier is to take for granted a broken soul, a heartless cry, and a sadden reflection that is witnessed only in their mirror.

Harder is to readily be the net bringing safety, unquestionable support,  
and having an unoccupied hand ready to hold yours.

*Now believe...*

That these tricks a person carries in the mind knows not what is easy versus hard.

That the disease that a person suffers with knows not what is hard versus easy.

It is the understanding not in the difference between easy versus hard that brings peace,  
but that what's hard, never comes easy.

By: Stephanie Z




*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!

ANSWER THE FOLLOWING QUESTIONS TO THE BEST OF YOUR ABILITY AND FIND THE WORDS FROM OUR LITERATURE "LIVING CLEAN".  
THIS IS A FUN WAY TO LEARN MORE ABOUT NA AND CELEBRATE RECOVERY.

(ANSWERS WILL BE PROVIDED IN THE FOLLOWING NAT NEWSLETTER)

1. WHAT DOES NA STAND FOR?
2. WHAT IS THE FIRST STEP IN THE 12 STEPS OF NA?
3. WHAT IS THE NAME OF THE PRIMARY BOOK READ IN NA MEETINGS?
4. WHAT DOES THE WHITE KEYTAG REPRESENT?
5. WHAT DO NA MEMBERS CALL THE ANNIVERSARY OF THEIR CLEAN DATE?
6. IN WHAT YEAR WAS NA FOUNDED?
7. WHERE WAS THE FIRST NA MEETING HELD?
8. WHAT BOOK CONTAINS DAILY MEDITATIONS FOR RECOVERING ADDICTS?
9. WHAT IS A "HOME GROUP"?
10. WHAT KEY PHRASE IS OFTEN SAID AT THE END OF NA MEETINGS?

## 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 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



Conscious Contact	Ties that Bind	Reconciliation
Fellowship	Spirituality	Higher Power
Commitment	Anonymity	Awakenings
Journey	Amends	