



WELCOME TO OUR

NA Today Newsletter

Just for Today

LIVING MIRACLES

ELAINE K. - 9 YRS- 12/7
STARTING OVER

SENYO - 2YRS- 12/10
ELLCOTT CITY GROUP

BONNIE A. - 32 YRS - 12/9
RECOVERY FOR LIFE

MELVIN W. - 3 YRS - 12/10
STAR GROUP

ERIC M. - 32 YRS - 12/13
HOW GROUP

KUERT W. - 16 YRS - 12/13
HOW GROUP

GAIL P. - 5 YRS- 12/14
STARTING OVER

JOHNATHAN - 24 YRS- 12/29
LOST AND FOUND

EDDIE V. - 3 YRS- 1/3
HOW GROUP

SERVICE SHOUT-OUT

WE WANT TO TAKE A MOMENT TO RECOGNIZE THE TRUSTED SERVANTS WHO KEEP OUR FELLOWSHIP STRONG. FROM THE COFFEE MAKERS AND GREETERS WHO CREATE A WELCOMING SPACE, TO THE MEETING CHAIRS, SECRETARIES, LITERATURE VOLUNTEERS, AND GSRS WHO HELP OUR GROUPS FUNCTION, YOUR DEDICATION MAKES RECOVERY POSSIBLE FOR ALL OF US.

THANK YOU FOR SHOWING UP, GIVING YOUR TIME, AND DEMONSTRATING WHAT SERVICE IN ACTION LOOKS LIKE.

YOUR EFFORTS—BIG AND SMALL—TRULY MAKE A DIFFERENCE.



"We Do Recover"

"WHEN AT THE END OF THE ROAD WE FIND THAT WE CAN NO LONGER FUNCTION AS A HUMAN BEING, EITHER WITH OR WITHOUT DRUGS, WE ALL FACE THE SAME DILEMMA...."

- "WE DO RECOVER" READING

To anyone still suffering — please don't give up. No matter how far down you've gone, no matter how hopeless it feels, recovery is real. We've been there — lost, broken, ashamed, and afraid. But we found a new way to live, and so can you.

In Narcotics Anonymous, we learn that we're never alone again. Together, we find freedom from active addiction, one day at a time. The pain we carry becomes a source of strength; our past becomes a message of hope for someone else.

We do recover.

Those words aren't just a slogan — they're a promise. Every clean day, every honest step, every moment of connection proves that change is possible. You don't have to be perfect — just willing. If you keep showing up, keep reaching out, and hold onto your faith (even when it's hard), you'll see your life begin to heal in ways you never imagined.

There is life beyond the using. There is peace beyond the chaos.

And it starts with a simple truth: **You are worth recovery.**

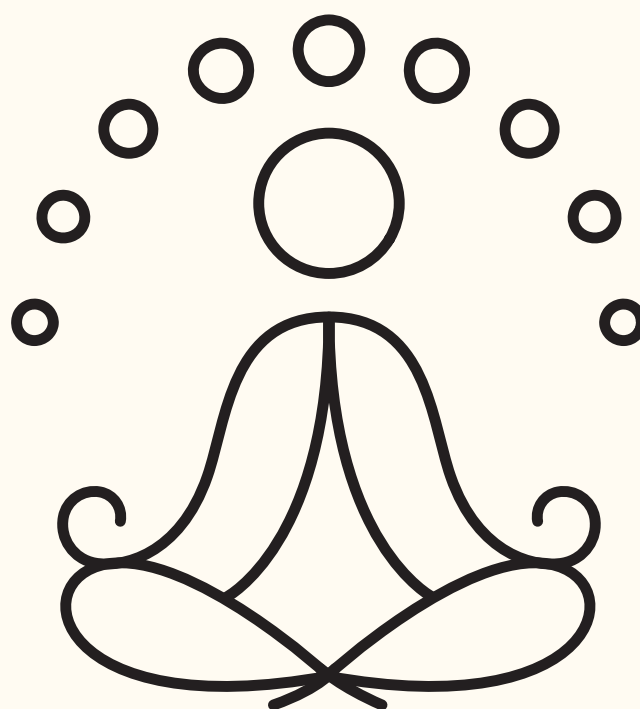
THIS MONTH, WE'RE HONORED TO SHARE THE EXPERIENCE, STRENGTH, AND HOPE OF A FELLOW ADDICT, WHOSE JOURNEY REMINDS US THAT RECOVERY IS POSSIBLE, ONE DAY AT A TIME.

By working the twelve steps of Narcotics Anonymous, I have started the process of becoming a spiritual being. I have created the happy and healthy person that I envisioned I could be before working the steps.

Now, I am able to live and conduct my life in a spiritual manner as I continue to help other addicts by making myself available and showing up through both the good and bad moments of life.

I continuously strive to live by the spiritual principles of the NA program and help others by being of service either at my home group or in a service position at an area level.

-Anonymous



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.

CREATIVE RECOVERY CHALLENGE

This month, write down 3 ways your life has changed since you
got clean — and share one at your next meeting.

QUOTE OF THE MONTH

"NO ADDICT SEEKING RECOVERY NEED EVER DIE FROM THE HORRORS OF ADDICTION."

— NA BASIC TEXT

REFLECTION:

EVEN IN OUR DARKEST MOMENTS, NA SHOWS THAT RECOVERY IS POSSIBLE. EACH MEETING, EACH
CONNECTION, EACH HONEST STEP FORWARD BUILDS A LIFE WORTH LIVING.

THE NARCTOTICS ANONYMOUS SYMBOL

THIS SYMBOL IS RICH IN MEANING, AND EVERY PART OF IT IS DESIGNED TO
REPRESENT THE CORE PRINCIPLES OF THE FELLOWSHIP.

HERE'S A BREAKDOWN:

1. THE CIRCLE

THE CIRCLE REPRESENTS WHOLENESS, UNITY, AND INCLUSIVITY.

IT SYMBOLIZES THE FELLOWSHIP AS A WHOLE—NO MATTER WHO YOU ARE OR WHERE
YOU COME FROM, IF YOU'RE STRUGGLING WITH ADDICTION, YOU BELONG.

IT ALSO REFLECTS THE IDEA OF A CONTINUOUS JOURNEY, AS RECOVERY IS ONGOING
AND THERE IS NO REAL "END POINT."

2. THE TRIANGLE

INSIDE THE CIRCLE IS USUALLY A TRIANGLE, REPRESENTING THE THREEFOLD
FOUNDATION OF NA RECOVERY:

UNITY — THE FELLOWSHIP AND SUPPORT OF NA MEMBERS.

SERVICE — GIVING BACK TO THE GROUP AND HELPING OTHERS.

RECOVERY — THE PERSONAL WORK OF OVERCOMING ADDICTION AND LIVING CLEAN.

THE TRIANGLE ILLUSTRATES THAT ALL THREE ARE EQUALLY IMPORTANT, AND
MAINTAINING BALANCE AMONG THEM IS CRUCIAL TO ACHIEVING A LASTING
RECOVERY.

3. THE CIRCLE AND TRIANGLE TOGETHER

THE TRIANGLE WITHIN THE CIRCLE SIGNIFIES THAT OUR PERSONAL RECOVERY
(TRIANGLE) IS SUPPORTED AND SUSTAINED BY THE FELLOWSHIP (CIRCLE).

IT'S A VISUAL REMINDER THAT RECOVERY ISN'T DONE IN ISOLATION — UNITY
STRENGTHENS US, AND SERVICE AND RECOVERY FEED ONE ANOTHER.



Creative Corner Submission

Or email your
submission
to the committee



EVENT CORNER
ITS THE HOLIDAYS!



JOIN US FOR A

HOLIDAY MARATHON

HOSTED BY EMPOWERING WOMEN
ALL ARE WELCOME!

DECEMBER 25TH 2025
FROM 12 PM TO 7PM

The Serenity Center
9650 Basket Ring Rd, Columbia, MD 21045

Six back-to-back meetings!

Holiday attire is encouraged but not required

Optional:
Bring a dish to share
Bring a gift for a fellow addict

Whether you're dropping in for one meeting or
staying for the whole marathon, there's a place for
you at the table.




*Happy
holidays*

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 KEY)

HERE ARE THE ANSWERS TO LAST MONTHS SLOGAN SHUFFLE.

1. KEEP IT SIMPLE
2. TAKE IT ONE DAY AT A TIME
3. LISTEN AND LEARN
4. THIS TOO SHALL PASS
5. LET GO AND LET GOD
6. FINDING A NEW WAY TO LIVE
7. HONESTY IS THE KEY
8. JUST FOR TODAY
9. HONESTY, OPEN-MINDEDNESS, WILLINGNESS
10. EMOTIONS ARE NEITHER RIGHT NOR WRONG

HERE ARE THE ANSWERS TO LAST MONTHS RECOVERY RIDDLES!!

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?
ANSWER: HONESTY

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?
ANSWER: FELLOWSHIP

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?
ANSWER: GRATITUDE

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?
ANSWER: RECOVERY

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?
ANSWER: HOPE

