

# STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

Volume 102

PO Box 8214 Gaithersburg, MD 20898

\$\$ Priceless \$\$

JANUARY 2026

## NOTICE!

NA Literature prices  
have increased  
effective

**January 1, 2026**

New Literature Order  
Form is on the Area  
webpage



Montgomery Area  
Special Events

A FUN + FESTIVE  
FUNDRAISING EVENT

**WINTER DAYS  
BINGO**

Friday, January 23rd  
5:00 PM – 10:00 PM

**Flyer on page 4**

**Montgomery Area Webpage:** <https://www.cprna.org/our-areas/info/montgomery-area/>

## For the Newcomer

*How do I Stay Clean? It's in our Literature!*

### DON'T USE... GO TO A MEETING

Basic Text Page 10: "We suggest that newcomers keep coming back and come back clean."

### GET AND USE A SPONSOR

IP #16 "For The Newcomer": "We suggest you look for a sponsor as soon as you become acquainted with members in your Area."

### GET A HOMEGROUP

Basic Text Page 54: "We find our place in the fellowship, and we join a group whose meetings help us in our recovery."

### KEEP COMING BACK, IT WORKS

IP #22 "Welcome to Narcotics Anonymous": "KEEP COMING BACK - IT WORKS!"

### 90 MEETINGS IN 90 DAYS

Basic Text Page 53: "A meeting a day for the first ninety days is a good idea."

### USE THE PHONE

Basic Text Page 54: "...get and use telephone numbers..."

## CPRCNA XXXIX

"The Steps Are Our  
Solution"  
APRIL 10-12, 2026



THE CHESAPEAKE &  
POTOMAC REGIONAL  
CONVENTION OF  
NARCOTICS ANONYMOUS

ROLAND E. POWELL CONVENTION CENTER  
4001 COASTAL HWY  
OCEAN CITY, MD 21842

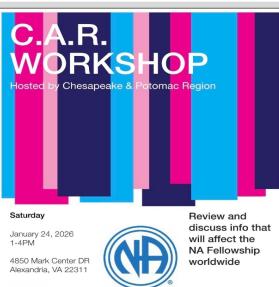
REGISTER:  
[www.cprcna.org](http://www.cprcna.org)

Online Early  
Registration ends  
**2/10/26**

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



Conference  
Agenda Reports  
are here!  
See Page 3



C&P Region is hosting a

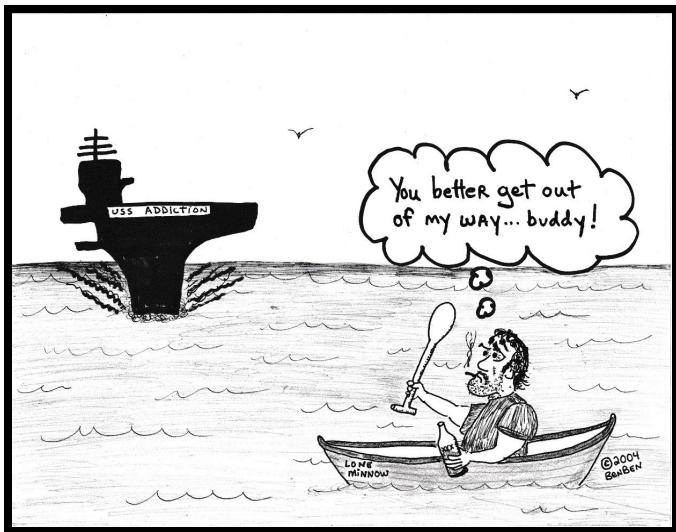
## C.A.R. Workshop!

Saturday, 1/24, 2026, 1-4PM  
Alexandria, VA

See Page 3 for more info

## Step of the Month

**Step 1: "We admitted that we were powerless over our addiction, that our lives had become unmanageable."**



There is a saying in the NA program, "An addict alone is in bad company." I could never get or stay clean on my own, not that I tried that often. Relying on my own thinking was not working very well. Getting a sponsor and then relying on his guidance has been vital for me to put Step 1 into action in my life. The few times I tried to clean up on my own didn't last very long, maybe a day or two. Before I knew it, I found myself driving to the liquor store or smoking some pot, desperately trying to change the way I felt. Surviving my thoughts and emotions seemed unbearable without chemical assistance. I looked at switching and avoiding certain substances as evidence that I had some control. The truth was I was just switching seats on the Titanic! It didn't matter what substances I avoided, I still drank or used something to escape my feelings and the boat was still going down. ~ Ben C.

## Tradition of the Month

**Tradition 1: "Our common welfare should come first; personal recovery depends on NA unity."**

Hanging out with each other before or after meetings can help me get to know people beyond just seeing and hearing them share at meetings. I notice members' personalities come alive during these informal gatherings at the local coffee shop, away from the formal atmosphere of the meetings. Inviting newcomers to these gatherings is a great way to get to know them and for them to get to know us. It is important to give newcomers a warm welcome and initial support to help them feel included in the group. ~ Ben C.

## Living Miracles

- 1/3 Hot Rod 34 yrs A New Way of NA
- 1/9 Ben C 38 yrs Older Toddlers
- 1/12 Brad S. 2 yrs Oasis Group
- 1/13 Tessa V. 9 yrs All About Change
- 1/14 Kelli M. 5 yrs People's Recovery
- 1/15 Brad S. 2 yrs Crossroads
- 1/18 Richard B. 14 yrs Squeaky Clean
- 1/18 Jon A. 39 yrs Sun Morn Spiritual
- 1/20 Karl S. 4 yrs All About Change
- 1/21 Dara P. 20 yrs Fresh Air
- 1/22 Grace H. 18 yrs Life on Life's Terms
- 1/22 Shabazz 18 yrs Life on Life's Terms
- 1/22 Mike M. 10 yrs Crossroads
- 1/23 Alfonzo H. 34 yrs Friday Nite Llive
- 1/23 Anne E. 36 yrs Older Toddlers
- 1/24 AJ 32 yrs Speakeasy
- 1/26 Calvin K. 2 yrs Illness in Recovery
- 1/29 Alex L. 17 yrs Stepping Free
- 1/30 Tammy F. 21 yrs One Step at a Time
- 1/30 Bill S. 40 yrs Older Toddlers
- 1/30 Bobby P. 40 yrs Older Toddlers
- 2/2 Rob D. 4 yrs Steps at Glenmont
- 2/3 Marion G. 1 yr All About Change
- 2/4 Christine Z. 2 yrs Fresh Air
- 2/5 Dave D. 32 yrs Crossroads
- 2/6 Diane L. 14 yrs Older Toddlers
- 2/23 Frances P. 4 yrs Steps at Glenmont
- 3/2 Ben G. 1 yr Steps at Glenmont



## NA-Related Announcements

**NOTICE!** NA Literature prices have increased effective **January 1, 2026**. New Literature Order Form is on the Area webpage!

**Montgomery Area Service open service positions:** Vice Chair, Treasurer, Phoneline Liaison. , and Area Liaisons. Come to the next ASC & volunteer! **Tuesday, Feb 3, 7:30 pm**, Zoom ID: 876 1298 6083; P/C: 749698

**Donations to Area** can be sent using two methods. **CashApp:** \$MASCdonate, Name: MASC Treasurer or by **US Mail:** MASC, PO Box 8214, Gaithersburg, MD 20898-8214

**1/24: C.A.R WORKSHOP:** **Saturday, Jan 24, 1-4PM**, 4850 Mark Center Dr, Alexandria, VA, (flyer is posted below).

**1/16-1/18: MARLCNA XLI** (Mid-Atlantic Region Learning Conference of NA): Lancaster, PA. Registration: <https://marscna.org/marlcna-registration/>

**1/23: Bingo!** **Saturday Jan 23, 5-10pm**. Christ the Servant, Montgomery Village, MD

**1/27: All About Change's 37th Anniversary - Eating Meeting!** **Tuesday, Jan 27, 7:30 pm**, Seneca Creek Community Church, 13 Firstfield Rd., Gaithersburg, MD

**2/10: CPRCNA** (4/10-4/12) in Ocean City. Early registration closes **Tuesday, Feb 10** <https://www.cprcna.org>

**2/14:** Our next **Regional Committee Meeting** will be hosted by the Dulles Corridor Area on **Saturday, Feb. 14** at St. Matthew's Episcopal Church, 201 E Frederick Drive, Sterling, VA. Subcommittees 10 AM, Lunch Noon, Regional 1 PM.

[This card saves lives!](#)

**DRUG PROBLEM?**



**Call Narcotics Anonymous**

Meetings in Washington DC, Maryland, & Northern Virginia

**1-800-543-4670**

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

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

The Montgomery Area Public Relations (PR) Subcommittee provides life-saving literature, like this little business card, to our community! Help distribute NA literature to various places throughout the county - *think parole offices, police stations, rehabs, libraries, etc.* PR meets the **1st Tuesday of each month**

**@ 6:30 PM!** Zoom ID: 876 1298 6083; Password: 749698



## C.A.R. WORKSHOP

Hosted by Chesapeake & Potomac Region

Saturday

January 24, 2026  
1-4PM

4850 Mark Center DR  
Alexandria, VA 22311



Review and  
discuss info that  
will affect the  
NA Fellowship  
worldwide

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

## Conference Agenda Report 2026

What is the Conference Agenda Report (CAR)? It is a publication that consists of business and issues that will be considered during the World Service Conference (WSC) meeting. The CAR is released prior to the WSC in order for members (YOU!) to discuss, provide feedback, and vote on issues that affect NA as a whole. The CAR is available at no charge on the web at <https://na.org/conference/>.

### Upcoming CAR Workshops

**1/16-1/18/26**, MARLCNA, Lancaster, PA,  
<https://marscna.org/marlcna-registration/>

**1/24 1pm-4pm, C&P Region CAR Workshop**, 850 Mark Center Dr, Alexandria, VA, (1st floor meeting room near Lobby).

<https://www.cprna.org/event/car-workshop/>

**2/28 1-4PM**. Hybrid. Rockville Courthouse, 30 Courthouse Square G-1, Rockville, MD - Enter lower level on Maryland Avenue. Zoom info TBA!

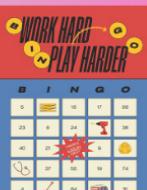
**Questions?** Contact our C&P Regional Delegates  
Robert F. 240-372-5072 or Dan S. 703-785-0638  
[rd@cprna.org](mailto:rd@cprna.org)

## NA Events

More NA events can be found at <https://www.cprna.org/event/>

**Montgomery Area Special Events Presents:**  
A FUN + FESTIVE FUNDRAISING EVENT

**WINTER DAYS BINGO!**  
Friday, January 23rd  
5:00 PM – 10:00 PM  
CHRIST THE SERVANT LUTHERAN CHURCH  
9801 CENTERWAY RD  
MONTGOMERY VILLAGE, MD  
GAME SESSIONS:  
6:30 PM – 8:30 PM  
8:45 PM – 10:00 PM  
PRIZES ALL NIGHT LONG!  
SPECIAL BLACKOUT BINGO GAMES  
TWO Games of Blackout Bingo  
TWO WINNERS per game  
EACH BLACKOUT WINNER RECEIVES A \$25 GIFT CARD!  
Bingo Card Prices:  
1 Card - \$1 : 6 Cards - \$5 : 12 Cards - \$10  
Blackout Bingo Cards - \$2 each  
FREE Pizza & Snacks Provided!  
Please bring food or snacks to share if able!  
SUPPORT THE CAUSE – DONATIONS GREATLY  
APPRECIATED!  
Donate Easily Via:  
• VENMO: @Natalie-Gitelman  
• CASH APP: @atomache  
• For Info - Call or Text:  
Andrew G – 240-739-0632



<https://www.cprna.org/event/mase-bingo/>

**JUMP START TO RECOVERY**  
presents  
**SWEET 16 GROUP ANNIVERSARY**  
**THE MAGIC IS STILL REAL**

12:00-2:30 pm  
Dinner Mystery

12:30-1:00 pm  
Cylinder 2: Happy 30!  
From Straight to Magic

1:00-2:00 pm  
Ron Mattox (2) Murphy  
The Magic of the Golden Reward

1:30-2:30  
Ocean Beach Coastal Down

**FREE GIVEAWAYS**  
Roses for everyone 25 years & over  
Books for the NEWCOMERS  
NA T-Shirt  
NA Coffee Mugs & more  
Food Hugs, Music, Fun, Fellowship

**M.L.K MONDAY**  
**JANUARY 19**  
**12 NOON TO 4:00PM**

Incarnation Catholic Church (Candle Light Room)  
8800 Eastern Ave NE, Washington, DC 20090



<https://www.cprna.org/event/jump-start-anniversary/>

**NORVANA Special Events**

# Trivia Night

Saturday, January 24 • 8-10pm



\$5 to play • Go solo, bring a team or be grouped onsite!

<https://www.cprna.org/event/norvana-trivia/>

## CONVENTIONS IN 2026!

**MARLCNA XLI**  
January 16, 17, 18, 2026



**MARLCNA \* January 17-19**

Wyndham Lancaster Resort and Convention Center, 2300 Lincoln Highway East, Lancaster, PA

<https://www.marscna.org>



**AVCNA 42 \* January 23-25**

Hotel Roanoke & Conference Center, Curio Collection by Hilton, 110 Shenandoah Ave NE, Roanoke, VA  
[www.avcna.org](http://www.avcna.org)

**XXVII**

LEAP OF FAITH  
OCEAN GATEWAY AREA  
CONVENTION  
OF NARCOTICS ANONYMOUS

JANUARY 29-30, 2026  
Registration: \$30.00  
No Credit Card  
Breakfast Buffet: \$20.00

Cash App:  
ocean gateway area  
Subject Line: REGISTRATION

HOTEL INFORMATION:  
Cost: \$99  
Hilton Doubletree Hotel  
2117 W. Fort Macon Rd  
Atlantic Beach NC 28512  
252-240-1155  
Email: [registrations@ocean-gateway-area.org](mailto:registrations@ocean-gateway-area.org)

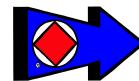
**OGACNA \* January 23-25**

Clarion Resort Fontainebleau Hotel, 10100 Coastal Highway, Ocean City, MD

<https://www.ogacna.com>

**The Road Home Convention \*  
January 23-25**

Hilton Doubletree Hotel, 2117 W. Fort Macon Rd, Atlantic Beach NC



Scan to get Straight Hope Online



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**Heard It In a Meeting:** **F.I.N.E.** - Feelings In Need of Exploration