

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
9901 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: @Metallic-Gitman
• CASH APP: Satomochi
• For Info - Call or Text:
Andrew G - 240-739-0632

WORK HARDER PLAY HARDER

<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
Bingo Session
12:30-1:00 pm
Coffee & Lady's Day
From Trunk to Stage
1:00-2:30 pm
New Music Showcase
The Magic of the Group Report
1:30-2:30 pm
Chair Time Craft Show

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

M.L.K. MONDAY
JANUARY 19
12 NOON TO 4:00PM
Innovation Catholic Church (Candle Light Room)

<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/>

Straight Hope Contributors: Anne E. - Layout/Content
Galen T. - Layout
Ben C. - Steps/Traditions

Email straighthope@cprna.org

CONVENTIONS IN 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

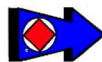
Hotel Roanoke & Conference Center, Curio Collection by Hilton, 110 Shenandoah Ave NE, Roanoke, VA
www.avcna.org

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



Heard It In a Meeting: F.I.N.E. - Feelings In Need of Exploration 4

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
39
THE CHESAPEAKE & POTOMAC REGIONAL CONVENTION OF NARCOTICS ANONYMOUS
ROLAND E. POWELL CONVENTION CENTER
4001 COASTAL HWY
OCEAN CITY, MD 21842
REGISTER:
www.cprcna.org

Online Early Registration ends
2/10/26

www.cprcna.org

Conference Agenda Report
WAC 2026: 3-7 May
Our Common Welfare
50 years of the World Service Conference
1976-2026

Conference Agenda Reports are here!
See Page 3

C.A.R. WORKSHOP
Wednesday, Chesapeake & Potomac Region
January 24, 2026
1-4PM
Review and discuss info that will affect the NA Fellowship worldwide

C&P Region is hosting a

C.A.R. Workshop!

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

See Page 3 for more info

Heard It In a Meeting: F.I.N.E. - Feelings In Need of Exploration 1

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.

2/14: Valentine's Dance! **Saturday, Feb. 14** at Commotion Dance Studio, Germantown, MD

This card saves lives!

DRUG PROBLEM?



Call Narcotics Anonymous
Meetings in Washington DC, Maryland, & Northern Virginia
1-800-543-4670
www.cprna.org 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



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

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



C.A.R. WORKSHOP

Hosted by Chesapeake & Potomac Region

Saturday
January 24, 2026
1-4PM

4850 Mark Center Dr
Alexandria, VA 22311

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