



## 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

## 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

## 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.cprcna.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)

## 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)

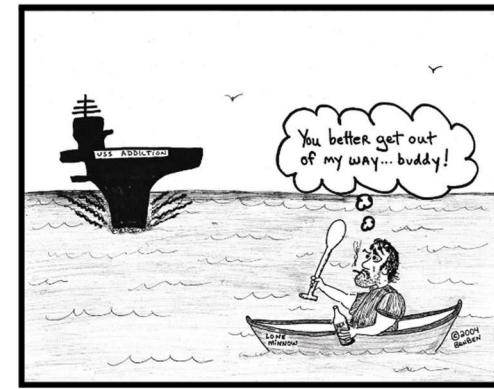
The Montgomery Area Public Relations (PR) Subcommittee provides life-saving literature, like this little business card, to our community! Help distribute NA literature to various places throughout the county - *think parole offices, police stations, rehabs, libraries, etc.* PR meets the **1st Tuesday of each month @ 6:30 PM!**

Zoom ID: 876 1298 6083; Password: 749698



## 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 Live  
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

