



WELCOME TO OUR

NA Today Newsletter

Just for Today

LIVING MIRACLES

COLE B. - 12 YRS - 1/11
SAVAGE SURVIVORS

DEVONTE R. - 1 YR - 1/13
LIVING A DREAM

MYRA P. - 25 YRS - 1/15
SPIRITUAL AWAKENINGS

KATIE F. - 8 YRS - 1/15
EMPOWERING WOMEN

ALLIE B. - 15 YRS - 1/15
HAMPDON GROUP

DION S. - 40 YRS - 1/15

DAVID C. - 1 YR - 1/16
KEEP IT REAL

NICK S. - 13 YRS - 1/17
FEAR TO FAITH

TERRI H. - 30 YRS - 1/22
EMPOWERING WOMEN

JOEY S. - 8 YRS - 2/2
WORK STEPS & LIVE

"WE ADMITTED WE WERE POWERLESS OVER OUR ADDICTION, THAT OUR LIVES HAD BECOME UNMANAGEABLE."

-STEP ONE

THE FIRST STEP WAS REALLY EASY FOR ME WHEN I FIRST GOT CLEAN. I COULD CLEARLY SEE HOW MUCH DRUGS HAD IMPACTED MY LIFE AND ALL THE DAMAGE AND DESTRUCTION THEY CAUSED. MY LIFE DURING ADDICTION WAS INCREDIBLY UNMANAGEABLE, SO BECAUSE OF THAT, WORKING THE FIRST STEP CAME PRETTY NATURALLY TO ME.

THE REAL WORK STARTED WHEN I REALIZED THAT DRUGS WEREN'T ACTUALLY THE PROBLEM—I WAS. ONE OF THE BIGGEST THINGS THE FIRST STEP HAS TAUGHT ME IS THAT I'M POWERLESS OVER SO MUCH AROUND ME. SOMETIMES I'M EVEN POWERLESS OVER MY OWN THOUGHTS. I AM RESPONSIBLE FOR MY ACTIONS, THOUGH. ONCE I STARTED ACCEPTING THAT POWERLESSNESS, ESPECIALLY WHEN IT COMES TO OTHER PEOPLE, I FOUND A REAL SENSE OF FREEDOM IN IT. KNOWING I CAN'T CONTROL EVERYTHING AROUND ME, AND THAT THE ONLY THING I CAN TRULY CONTROL IS MYSELF, HELPS ME BE MORE ACCEPTING IN EVERYDAY LIFE. AS LONG AS I KEEP STEP ONE UP FRONT, IT HELPS MY LIFE IN RECOVERY STAY MANAGEABLE.

BY: TARA B

Why Fellowship Matters in Narcotics Anonymous

THE FIRST TRADITION—"OUR COMMON WELFARE SHOULD COME FIRST"—REMINDS US THAT THE FELLOWSHIP MUST REMAIN STRONG FOR INDIVIDUAL MEMBERS TO RECOVER. IT ALSO SAYS THAT UNITY AND CONNECTION WITH OTHERS IN THE PROGRAM HELP MEMBERS STAY CLEAN AND FEEL A SENSE OF BELONGING.

- "IT WORKS: HOW AND WHY"

Fellowship is a vital part of NA because recovery thrives in connection, not isolation. When we show up for one another—sharing honestly, listening with compassion, and offering support—we strengthen the foundation of one addict helping another. In this unity, we find hope, belonging, and the reminder that none of us has to do this alone. Together, we grow and stay clean one day at a time.

THIS MONTH, WE'RE HONORED TO SHARE THE EXPERIENCE, STRENGTH, AND HOPE FROM THE PERSPECTIVE OF A PEER SUPPORT SPECIALIST, REMINDING US THAT RECOVERY IS POSSIBLE, ONE DAY AT A TIME.

WE ASKED A PEER RECOVERY SPECIALIST:

"AS A PEER RECOVERY SPECIALIST, WHAT IS ONE PRACTICE OR INSIGHT YOU RELY ON MOST TO SUPPORT OTHERS IN BUILDING HOPE AND STABILITY IN THEIR RECOVERY?"

MANY OF US IN RECOVERY HAVE LIKELY HEARD THE WORD "PEER", CHANCES ARE WE KNOW SOMEONE WHO WORKS AS A PEER, BUT WHAT IS THAT? A PEER REFERS TO A PEER RECOVERY SPECIALIST OR A PEER RECOVERY COACH; BOTH ARE TRAINED PROFESSIONALS. A PEER RECOVERY COACH IS THE TITLE AWARDED AFTER THE INITIAL STAGE OF COURSES AND A SPECIALIST HAS COMPLETED STATE MANDATED TRAINING REQUIREMENTS, TESTING, AND RECEIVED CERTIFICATION. YOU MAY BE THINKING WELL THAT STILL DOESN'T EXPLAIN WHAT A PEER IS, A PEER IS A PERSON IN RECOVERY THAT HAS MET THE TRAINING REQUIREMENTS AND NOW ASSISTS OTHERS WITH THEIR GREATEST TOOL BEING THE OWN "LIVED EXPERIENCE" IN THE FIELDS OF ADDICTION AND MENTAL HEALTH PRIMARILY. PEER WORK HAS EXPANDED GREATLY IN RECENT YEARS YOU MAY ENCOUNTER A PEER IN AN ADDICTION TREATMENT SETTING, HEALTH DEPARTMENTS, HOUSING OR COMMUNITY PROGRAMS, CORRECTIONAL INSTITUTIONS, MENTAL HEALTH CLINICS, DOCTOR'S OFFICES, CRISIS RESPONSE TEAMS, HOSPITALS AND THE LIST GOES ON, SOME ARE PAID OTHERS VOLUNTEER. WE IN NARCOTICS ANONYMOUS UNDERSTAND WELL THE VALUE OF ONE ADDICT SHARING THEIR EXPERIENCE, STRENGTH AND HOPE WITH ANOTHER, MOST OF US ARE LIVING PROOF THAT THIS WORKS TO SAVE LIVES. THE UNDERSTANDING THAT COMES FROM LIVED EXPERIENCE IS THE GREATEST ASSET OF PEERS, ADDICTION CAN BE STUDIED FROM BOOKS AND LECTURES, BUT IT CAN'T BE FELT NO MATTER HOW EMPATHETIC YOU ARE. THE TRAINING THAT GOES INTO THESE TITLES INCLUDES ETHICAL RESPONSIBILITY, ADVOCACY, MENTORING/EDUCATION AND RECOVERY/WELLNESS AND THESE SERVE TO HELP THE PEER BEST ASSIST THE INDIVIDUALS THEY WILL BE HELPING. THE EXACT RESPONSIBILITIES OF THE PEER WILL DEPEND ON THE ORGANIZATION THEY ARE WORKING WITH. I HAVE SPENT THE LAST 15 MONTHS WORKING IN A LONG-TERM RESIDENTIAL TREATMENT FACILITY. IN THIS ENVIRONMENT YOU BECOME WELL ACQUAINTED WITH THOSE YOU SERVE, YOU MAY SEE SOME INDIVIDUALS EVERY SHIFT FOR UP TO A YEAR. I RELY HEAVILY ON HUMILITY IN MY WORK, THOSE OF US WORKING THE NA PROGRAM KNOW THAT WE DO NOT HAVE IT ALL TOGETHER OR THE STEPS WOULD BE A ONE AND DONE TASK. BEING HONEST THAT I DON'T HAVE IT ALL FIGURED OUT THAT I AM STILL LEARNING, STILL HAVE THE OCCASIONAL CRAVING, DON'T ALWAYS APPLY SPIRITUAL PRINCIPLES, ETC. ISN'T A FAILING IT'S A LIVING EXAMPLE OF GROWTH. I FIND IT IMPORTANT TO SHARE ALL THE GREAT THINGS THAT HAVE HAPPENED IN MY LIFE SINCE GETTING CLEAN, THERE IS ALSO VALUE IN SHARING WHAT I DIDN'T DO THAT LED TO RELAPSES, MISTAKES MADE CLEAN AND USING ALIKE, THE AWFUL EXPERIENCES THAT I'VE MADE IT THROUGH WITH MY CLEAN TIME INTACT, ADMITTING WHEN I'M WRONG EVEN THOUGH ITS NOT ENJOYABLE, I EVEN ADMIT THAT ITS NOT ENJOYABLE TO ADMIT IT. WHERE HUMILITY ALSO APPLIES HEAVILY IS ACCEPTING MY PATH WORKED FOR ME BUT MAY NOT WORK FOR EVERYONE, WE PEERS CAN'T MAP OUT A HOW-TO GUIDE FOR AN INDIVIDUAL ANY BETTER THAN MY SPONSOR CAN FOR ME. PEERS ARE A RESOURCE NOT THE MAIN CHARACTER, WE PRACTICE OPEN-MINDEDNESS AND ACT AS A LAYER OF SUPPORT FOR THOSE WE SERVE, MOST OF ALL WE LISTEN.

BY: VICTORIANKA M.



EVENT CORNER



*More Convention
info here!*



CPRCNA • XXXIX

COMMITTEE MEETINGS

OCEAN CITY, MD — APRIL 10-12, 2026

'THE STEPS ARE OUR SOLUTION'

HOST COMMITTEE
2ND THURSDAY, 7:00 PM
ZOOM ID: 849 1472 8396
PW: 123456

Additional Needs
2nd Wednesday, 7:00 pm
Zoom ID: 862 4318 3984
PW: 123456

Convention Information
3rd Sunday, 5:00 pm
Zoom ID: 844 6042 6116
PW: 4636

Merchandise
2nd Sunday, 4:00 pm
Zoom ID: 891 0131 6962
PW: 123456

Entertainment
2nd Sunday, 4:00 pm
Zoom ID: 893 9698 2557
PW: 123456

Program
2nd Tuesday, 7:00 pm
Zoom ID: 864 4944 6940
PW: 123456

Arts & Graphics
1st Saturday, 3:30 pm
Zoom ID: 874 2297 1591
PW: 123456

Hospitality
2nd Tuesday, 7:00 pm
Zoom ID: 848 1458 7421
PW: 092666

Registration
2nd Saturday, 6:00 pm
Zoom ID: 822 4047 6200
PW: 123456

For Additional Information go to CPRCNA.org

CENTRAL MARYLAND SPECIAL EVENTS PRESENTS...

SWEETHEART VALENTINE'S DANCE

Dress to
IMPRESS!

02.14.26
8 PM - 12 AM

TICKETS:
\$10 in advance
\$15 at the door

Food and Entertainment Services
provided by:
DJ "D-Nice"
Reese Catering Services

★ BRING A NEWCOMER FOR FREE ★
WITH A PAID TICKET

Join us as we celebrate
love in the sweetest way!

Location:
Trinity Lutheran Church
6600 Laurel Bowie Road Bowie, MD 20715
*Smoking prohibited on property

Contact any Special Events Committee member for tickets:
Tony A (240)504-8026, Jones A (501)919-0925,
Dor L (240)271-0899, Peter C (410)707-8925,
Randy T (240)492-9927, Leif Y (571) 471-9285,
Lisa F (240) 840-7247, Jaz F (443)506-4451



SERVICE OPPORTUNITIES - "SERVICE KEEPS US CLEAN."

In NA, service helps keep you clean by keeping you connected. Showing up to help gets you out of self-centered thinking, builds accountability, and lets you live the principles of recovery. By giving back what was freely given to you, you strengthen your own recovery and help carry the message to the next addict. Lets be of service!

Howard County Detention Center

Mondays at 6:30 PM

Third and Fifth week open

Requirements:

1 year clean

Background check

Orientation

Attend one H&I subcommittee meeting

Highland house in Columbia

Second Tuesday at 7 PM

Requirements for Panel Leader:

Six months clean time

Attend one H&I committee meeting to qualify

H&I Subcommittee

Secretary is needed

Requirements:

No clean time requirement

Meets on Zoom, second Sunday at 6pm



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 Welcome

NA TODAY NEWSLETTER

Editors|Publishers: NAT Newsletter Committee –
Luis V., Stephanie Z., & Victorianna M., Ally B., Leon & Jared

To subscribe to the NA Today Newsletter, email your request to:

Contact info: natnewslettercommittee@gmail.com



LET'S HAVE SOME FUN!

Recovery Pictionary

Using the images below, in each box, shout out your idea/guess as to what the drawing is! Solo play or play in groups!
(Answers will be provided in the next Newsletter)

Clue: Your recovery starts here, where fellowship feels like family.



Clue: I mark the day you chose to start anew



Clue: Where you find peace in acceptance, courage in action, and wisdom in every choice.



Clue: Return, reconnect, recover—one meeting at a time.

