



WELCOME TO OUR

NA Today Newsletter

Just for Today

LIVING MIRACLES

JENNY H. - 6 YRS - 2/5
EMPOWERING WOMEN

KELLEY G. - 5 YRS - 2/5
EMPOWERING WOMEN

CHERYL L. - 24 YRS - 2/7
LADIES IN RECOVERY

CHRSISTINA T. - 12 YRS - 2/9
WORK STEPS & LIVE

JOHN C. - 33 YRS - 2/20
WALK THE WALK

JOE H. - 8 YRS - 2/20
FREEDOM GROUP

SARAH L. - 22 YRS - 2/26
HAMPDEN GROUP

OLIVER H. - 17 YRS - 3/1
CLEAN ON THE HILL

KENNETH S. - 31 YRS - 3/18
NEW WAVE GROUP

"THREE BASIC SPIRITUAL PRINCIPLES ARE HONESTY, OPEN-MINDEDNESS, AND WILLINGNESS. THESE ARE THE HOW OF OUR PROGRAM."

"HOW IT WORKS" / CHAPTER 9: "JUST FOR TODAY – LIVING THE PROGRAM"

IN NARCOTICS ANONYMOUS, OPEN-MINDEDNESS, WILLINGNESS, AND HONESTY ARE CORE SPIRITUAL PRINCIPLES THAT SUPPORT RECOVERY AND PERSONAL GROWTH.

OPEN-MINDEDNESS MEANS BEING WILLING TO LISTEN TO NEW IDEAS AND ACCEPT THAT WHAT WE TRIED BEFORE DIDN'T WORK. MANY MEMBERS COME IN WITH FIXED BELIEFS ABOUT THEMSELVES, ADDICTION, OR RECOVERY. OPEN-MINDEDNESS ALLOWS US TO HEAR SUGGESTIONS, TRY THE PROGRAM, AND ACCEPT HELP—EVEN WHEN IT FEELS UNCOMFORTABLE OR UNFAMILIAR.

WILLINGNESS IS THE ACTION THAT FOLLOWS OPEN-MINDEDNESS. IT MEANS BEING READY TO DO WHAT IS SUGGESTED, EVEN WHEN WE DON'T FULLY UNDERSTAND IT OR FEEL AFRAID. WILLINGNESS SHOWS UP AS GOING TO MEETINGS, WORKING THE STEPS, GETTING A SPONSOR, AND MAKING CHANGES IN OUR DAILY LIVES. IT REFLECTS A DESIRE TO RECOVER MORE THAN A DESIRE TO STAY THE SAME.

HONESTY IS THE FOUNDATION OF RECOVERY. IT BEGINS WITH ADMITTING WE ARE ADDICTS AND CONTINUES WITH BEING TRUTHFUL WITH OURSELVES AND OTHERS. HONESTY HELPS US RECOGNIZE OUR PATTERNS, TAKE RESPONSIBILITY FOR OUR ACTIONS, AND BUILD TRUST. WITHOUT HONESTY, DENIAL KEEPS US SICK; WITH HONESTY, HEALING BEGINS.

TOGETHER, THESE PRINCIPLES HELP MEMBERS LET GO OF OLD BEHAVIORS, ACCEPT GUIDANCE, AND BUILD A NEW WAY OF LIFE IN RECOVERY.

The "Blue Book" is a guide—not a rulebook.

The NA Basic Text ("Blue Book") is important because it explains that addiction is a disease, not a moral failure, and that recovery is possible for anyone willing to seek help. It emphasizes that no one recovers alone; unity, shared experience, and mutual support are essential parts of staying clean. The book introduces the Twelve Steps as a practical way to change thinking, behavior, and spiritual outlook, not just a set of ideas. It also teaches the value of honesty, open-mindedness, and willingness, which are necessary for growth. Most importantly, the Blue Book is not meant to be read once and set aside; it is a living guide meant to be revisited and applied daily, helping members build a new way of life based on freedom, responsibility, and hope.

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

WE ASKED:

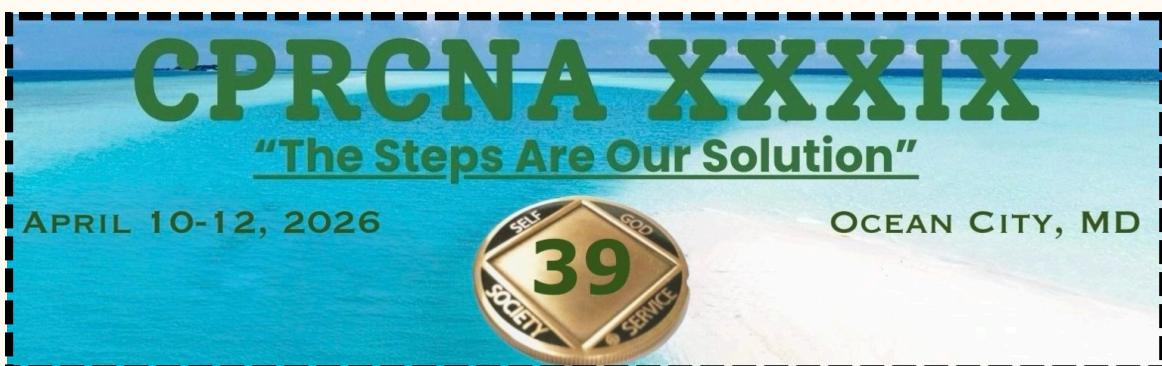
"HOW HAS YOUR UNDERSTANDING OF HONESTY, OPEN-MINDEDNESS, OR WILLINGNESS CHANGED SINCE STARTING NA?"

HONESTY AND OPEN MINDEDNESS ARE NOT TERMS I WAS FAMILIAR WITH BEFORE COMING TO NA. I WAS A VERY CLOSED OFF PERSON WHO LIED BECAUSE I WAS TRYING TO LIVE A DOUBLE LIFE, AND ACT LIKE I WAS OK WHEN I WAS DYING INSIDE. BEING OPEN TO CHANGE WASN'T SOMETHING I WAS INTERESTED IN BECAUSE I THOUGHT I HAD ALL THE ANSWERS. IT WASN'T UNTIL I STARTED ATTENDING MEETINGS THAT I REALIZED I FELT LIKE I WAS DYING BECAUSE I WAS, NOT ONLY A SLOW PHYSICAL DEATH, BUT A SPIRITUAL AND MENTAL ONE TOO. I HEARD PEOPLE SHARE OPEN AND HONESTLY ABOUT THEIR FEELINGS AND EXPERIENCES, THEN I REALIZED I WASN'T ALONE. FOR THE FIRST TIME IN A LONG TIME I HAD HOPE I COULD CHANGE AND THAT LIFE COULD GET BETTER. I JUST HAD TO BECOME WILLING TO CHANGE. I HAD TO ADMIT AND ACCEPT THAT I DIDN'T HAVE ALL THE ANSWERS, AND THE ONES I DID HAVE WERE KEEPING ME SICK. I HAD TO LEARN HOW TO ASK FOR HELP AND HOW TO TAKE SIMPLE SUGGESTIONS LIKE WORKING THE STEPS. SINCE BEING HERE, I WISH I COULD SAY I HAVE ALWAYS BEEN HONEST AND WILLING, BUT THAT'S NOT MY TRUTH. I STILL HAVE FREE WILL AND CAN TAKE MY WILL BACK AND ACT OUT ON OLD BEHAVIORS OR NEW NEGATIVE ONES. RECOVERY ISN'T LINEAR, IT HAS UPS AND DOWNS, BUT I HAVE BEEN COMMITTED TO IT SINCE THE DAY I GOT CLEAN. WHEN I AM NOT WORKING A PROGRAM, I STILL FIND THE GREATEST RESOURCE I HAVE IS TO GET HONEST ABOUT IT. IF I AM LIVING IN A NEGATIVE SPACE AND THE DISEASE IS LOUD I CAN GO TO A MEETING, SHARE HONESTLY, BE OPEN TO SUGGESTIONS, AND CALL MY SPONSOR. THESE ACTIONS SHOW MY WILLINGNESS TO STAY CLEAN AND BE INVOLVED IN RECOVERY. I HAVE ACCEPTED THIS NEW WAY OF LIFE FOR ME IS FOR THE REST OF MY LIFE AND I AM GRATEFUL FOR NA EVERYDAY.

BY: ALLY B.



EVENT CORNER



*More Convention
info here!*

A circular graphic with a grid pattern, serving as a background for the committee meeting information.

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

ALL SUBCOMMITTEES
MEET MONTHLY &
VIRTUALLY (EST)

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

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

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

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

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

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

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

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

For Additional Information go to CPRCNA.org



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

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

To submit any service opportunities for the NA Today Newsletter,
email your request to:

Contact info: natnewslettercommittee@gmail.com



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

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LET'S HAVE SOME FUN!

Recovery Pictionary

Answers to last month's recovery pictionary are below!

How many did you get right?

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

Answer: Home Group



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

Answer: Serenity Prayer



Clue: I mark the day you chose to start anew

Answer: Clean Date



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

Answer: Keep Coming Back

