

STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 104

PO Box 8214 Gaithersburg, MD 20898

MARCH 2026



Is your group sitting on a pot of gold? Donate to Area, we can really use it! Donations to Area can be sent using two methods.

CashApp: \$MASCdonate, Name: MASC Treasurer

US Mail: MASC, PO Box 8214, Gaithersburg, MD 20898-8214

CPRCNA XXXIX
"The Steps Are Our Solution"
April 10 - 12, 2026

Chesapeake & Potomac Regional Convention of Narcotics Anonymous

Roland E. Powell Convention Center
4001 Coastal Hwy
Ocean City, MD 21842

12 - SERVICE
11 - DISCIPLINE
10 - INTEGRITY
9 - LOVE
8 - WILLINGNESS
7 - HUMILITY
6 - PATIENCE
5 - HONESTY
4 - COURAGE
3 - FAITH
2 - HOPE
1 - ACCEPTANCE

Come down to the ocean hon for some RECOVERY!
Roland E. Powell Convention Center * 4001 Coastal Hwy * Ocean City, MD

The CPRCNA 39 is hosted by the Norvana Area!

"The Steps Are Our Solution"

"As a result of attending a few meetings, we begin to feel like we finally belong somewhere. It is in these meetings that we are introduced to the Twelve Steps of Narcotics Anonymous. We learn to work the steps in the order that they are written and to use them on a daily basis. The steps are our solution. They are our survival kit. They are our defense against addiction which is a deadly disease. Our steps are the principles that make our recovery possible." (Chapter Four: How It Works, Basic Text 6th edition p. 19).

April 10 - 12, 2026

For more convention information go to: www.cprcna.org

Montgomery Area Inventory

The Montgomery Area Service Committee (MASC) would love to hear from your group to know how they have been serving. Let the MASC know what they're been doing well and

how they can improve.

Click on the below inventory link and answer **18 QUICK questions!**

Submit Inventory by 4/1/2026!

[Click this link to do the MASC Inventory](#)

Montgomery Area

Info Meetings News

Montgomery Area

[CLICK HERE for NA Meetings located in Montgomery](#)

Contact Montgomery Area NA

PO Box 8214
Gaithersburg, MD 20898-8214
na-montgomery@cprna.org

Montgomery Area Service Comm

Montgomery Area Service Committee (MASC) – 1s
7:30 PM
Zoom ID: 876 1298 6083; Passcode: 749698
Join the MASC! Passcode 749698
Chair: Tasha G. * Vice Chair: Dave S. * Secretary: And
Secretary: Kim M. * RCM: Azi F. * RCM Alt: Carol S. –
masc@cprna.org

Newsflash! The new Literature Order Form and the Area Inventory can be found on the Montgomery Area webpage on cprna.org.

Donations can be sent using two methods
CashApp: \$MASCdonate, Name: MASC Treasurer
Mail: MASC, PO Box 8214, Gaithersburg, MD 20898-8214
Put your **GROUP'S NAME** on your donations!

MASC Resources

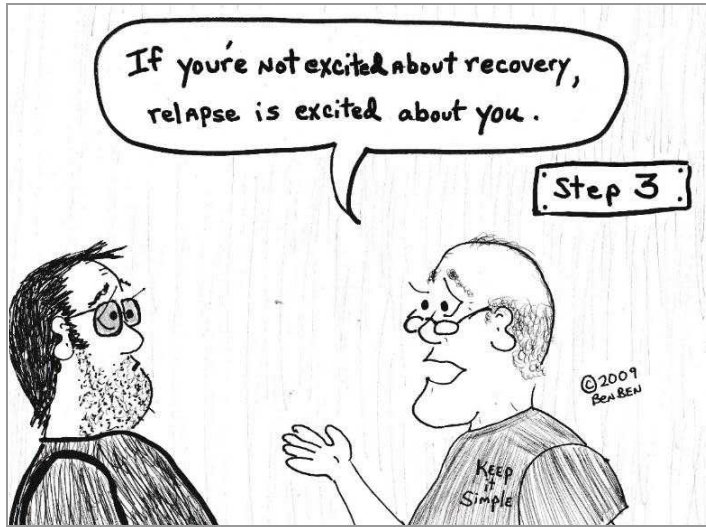
*** NEW * 2026 Literature Order Form (Excel) or (PDF) * NEW ***

*** NEW * 2026 Montgomery Area Inventory * NEW ***

MASC Policy

Step of the Month

Step 3: *"We made a decision to turn our will and our lives over to the care of God as we understood Him."*



The discipline to earnestly work Step 3 in my life has given me confidence that I can succeed. I've come to believe that my Higher Power can guide me in all areas of my life, not just with the program. I can apply the willingness and effort I've learned in my career and my social life. When I was drinking and drugging, I was always confused and out of step with everyone. As a result of working on Step 3 and striving to do the next right thing, I receive further guidance through my intuition. Things just seem to occur to me; to make a phone call, to go for a walk, then later, I realize the benefits of acting on these instincts. If I handle situations when I think of them or make a list so that I don't forget, my life becomes better organized. I have come to believe that it is God's will for me to feel good about myself, to be clean, and truly happy.

~ Ben C.

Tradition of the Month

Tradition 3: *"The only requirement for membership is a desire to stop using."*

This requirement is unconditional without any catches. Identity and membership are the principles of the Third Tradition; you are a member when you say you are, period. You do not have to have a sponsor, do the 12 Steps, believe in a Higher Power, or follow any other suggestions. Having a desire to stop using begins your membership. Even if unsuccessful, members are strongly encouraged to keep coming back and keep trying. Many of us tried and failed several times before recovery really began to stick. Open-mindedness, willingness, faith, and courage in our ability to love and carry the message to everyone is the basis of the Third Tradition.

~ Ben C.

Living Miracles

3/1 Justin M. 5 yrs The Alternative
3/1 Beth C. 41 yrs The Alternative
3/1 Dave M. 41 yrs The Alternative
3/2 Ben G. 1 yr Steps at Glenmont
3/2 Jimi S. 38 yrs Living Proof
3/2 Kevin H. 1 yr Oasis
3/5 Ninette 1 yr Freedom/Village Noon
3/6 Willie L. 1 yr Older Toddlers
3/6 Brie S. 28 yrs Live and Let Live
3/7 Al G. 9 yrs Share on Saturday
3/7 Linda D. 42 yrs Uptown NA
3/8 Ben F. 8 yrs Today's Recovery
3/9 Abby A. 5 yrs Oasis
3/9 Mirieli G. 12 yrs Illness in Recovery
3/11 Alvetta C. 5 yrs Wed Willingness
3/11 Layla R. 23 yrs Freedo/Village Noon
3/13 Barbara B. 39 yrs Freedom/Village Noon
3/14 Thom E. 33 yrs Gut Bucket
3/14 Claude F. 35 yrs Gut Bucket
3/14 Eileen S. 41 yrs Off the Beaten Path
3/15 Davis W. 2 yrs Living Life on Life's Terms
3/15 Renee W. 38 yrs Sunday Morn Spiritual
3/15 BC 45 yrs Just acknowledging
3/16 Joe W. 5 yrs Illness in Recovery
3/16 Kim L. 29 yrs Steps at Glenmont
3/16 Donna T. 38 yrs Monday Night Candlelight
3/18 Bunny R 28 yrs Wednesday Willingness
3/18 tom P. 14 yrs Fresh Air
3/18 Moe 1 yr Freedom/Village Noon
3/22 Derek C. 4 yrs Today's Recovery
3/22 Perry G. 22 yrs Illness in Recovery
3/28 Rich M. 25 yrs Every Step Counts
3/28 Cyndi RW 40 yrs Ladies in Recovery
3/30 Kyle M. 5 yrs Illness in Recovery
4/8 Connor C. 1 yr. Gentleman's Club



NA-Related Announcements

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

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

NA at Noon (M-F) is now only meeting online. **Zoom ID:** 872 0510 4241; **No P/C**

Progress Not Perfection needs support! **Friday 3:30** meeting is **CANCELLED**. **Saturday 12 Noon NEEDS SUPPORT**. Progress Place, 8106 Georgia Ave., Room 205, Silver Spring

3/5: Women Do Recover is starting back up Thursdays 7-8 PM. Needs Trusted Servants! 12901 Georgia Ave Silver Spring. Please call Azelia P. 240-381-1396

3/14: A Potluck of the Irish – Speaker Jam! 4:00- 10:00PM. Christ the Servant Lutheran Church, 9801 Centerway Rd, Montgomery Village, MD

4/1: Montgomery Area Inventory Deadline. Only 5 groups have responded! We need to hear from you!!! Click on the link on the front page of this newsletter or find the link on the MANA webpage under **“MASC Resources”** - see page 1.

4/4: CPRCNA Stuffing Party! Saturday, April 4, 10 AM - 8 PM. Help stuff the CPRCNA convention packets! Food, fun fellowship! Our Savior Lutheran Church, 13611 Laurel Bowie Road, Laurel, MD

4/10-12: CPRCNA 39. Come down to the ocean for our Regional Convention! Roland E. Powell Convention Ctr, 4001 Coastal Hwy, Ocean City, MD.

4/18: Meeting on the Mountain Hike. Saturday, April 18, 3 PM. Sugarloaf Mountain, West Parking Lot. Meeting at the top at 4 PM!



Conference Agenda Report and MORE!

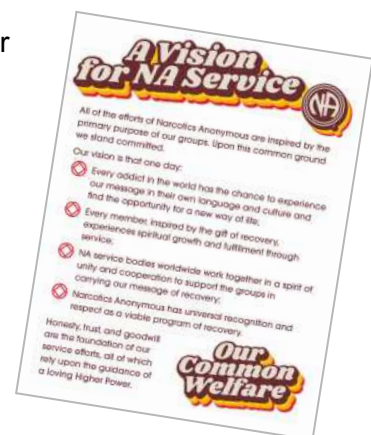
What is the Conference Agenda Report (CAR)? It is a publication that consists of issues that will be considered during the World Service Conference (WSC) meeting in May. Groups are encouraged to participate in voting on the motions in the CAR. The CAR is available at no charge on the web at <https://na.org/conference/>.

It is important that groups submit their votes using the [Group Consensus Collection Sheet](#) to our RCM at masc@cprna.org by 4/6 or email them to rd@cprna.org by 4/11.

While there are **only 5 Motions to vote on**, there are several topics for discussion. There are surveys posted for all interested members at na.org/survey. There are also specific surveys seeking input:

- [Gender Neutral Language](#)
- [How NA addresses DRT/MAT](#)
- [Review H&I Basics](#)
- [Revising The Loner: Staying Clean in Isolation](#)

Questions? Contact our C&P Regional Delegates Robert F. 240-372-5072 or Dan S. 703-785-0638 rd@cprna.org



NA Events

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

Montgomery Area Special Events Presents:
A POTLUCK OF THE IRISH - SPEAKER JAM!



FUN! **FELLOWSHIP!** **FOOD!**

EVENT DATE:
 SATURDAY MARCH 14, 2026, FROM 1:00- 10:00PM

MEETINGS AT:
 4:30PM, 5:45PM, 7:00PM, 8:15PM

LOCATION:
 CHRIST THE SAVIOR LUTHERAN CHURCH,
 1101 CENTERWAY RD, MONTGOMERY VILLAGE, MD

PLEASE FEEL FREE TO BRING A DISH, FINGER FOOD, SNACKS, OR
 BEEFSTEAK FOR THE POTLUCK! (IF POSSIBLE)

BOARDING: CASH OR SERVICE VISA,
 VENMO: @NATALIE-GITELMAN OR CASH APP: TATEMOSHE

FOR MORE INFORMATION, CALL:
 MITCH T. - 202-716-2407, ANDREW G. - 240-751-0652,
 SUZANNE W. - 240-745-1799



FANA Special Events
Great CHILI Cook-off

March 28th, 2026 2:00PM – 6:00PM

Trinity United Methodist Church
 703 W. Patrick
 Frederick, MD 21701

Make your best pot of chili and bring on the heat.
 Individuals or homegroups anyone
 can enter. Just be there by 2:15 to enter

Judging: 2:30pm
 Eating: 3:00pm \$5 gets you food & a drink
 Speaker 5:00pm

Winner receives a plaque and bragging rights

For Info Contact Dave S 240-599-6943, Chris D 301-331-0363, Dale W 301-514-5270

COMPETE OR JUST EAT
 FELLOWSHIP
 BOARD GAMES
 CARDS
 DOMINOS
 FUN

<https://www.cprna.org/event/mana-speaker-jam/>



The Virtual Ties That Bind Us Together Area
 [TVTTBUT] Special Events Subcommittee
 Presents:

**First Decade
 Speaker Jam**

March 22, 2026
 11am - 8pm EST
 823 4277 0910
 PW: V4439U

All the Speakers are within their
 first 10 years of recovery

Cash app \$PayTVTArea

<https://www.cprna.org/event/tvttbut-speaker-jam/>

Stuffing Party

When: Saturday, April 4, 2026
 Where: Our Savior Lutheran Church
 13611 Laurel Bowie Road
 Laurel MD 20708
 Time: 10:00 AM – 5:00 PM

Continental Breakfast and Lunch will be served

We are looking for volunteers to serve as cashiers
 during onsite registration.
 Training will be provided at the stuffing party.

Help stuff the CPRNA convention packets! Food, fun fellowship...and service!

<https://www.cprna.org/event/cprna-stuffing-party/>

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Email straighthope@cprna.org

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 Straight
 Hope
 Online

