



WELCOME TO OUR

NA Today Newsletter

Just for Today

LIVING MIRACLES

VICTORIANNA M. - 3 YRS - 3/9
LAUREL BASICS 123

MIKE G. - 2YRS - 3/12
BACK TO BASICS

TERRI H - 24 YRS- 3/13
MIRACLES ON MAIN ST

BRIAN T - 5 YRS - 3/15
STARTING OVER

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

GAVIN T - 15 YRS - 3/19
HAMPDEN GROUP

LEIF Y. - 2 YRS - 3/21
AT FEAR TO FAITH

CINDY RW - 40 YRS - 3/28
LADIES IN RECOVERY

ONE DAY AT A TIME



— One Day at a Time —

A SPONSOR IS NOT YOUR SAVIOR...THEY ARE YOUR GUIDE

An addict considering getting a sponsor should understand that a sponsor is not a savior or therapist, but a guide; someone who has worked the Twelve Steps in program of Narcotics Anonymous and is living in recovery. The goal is to choose someone whose recovery, character, and emotional stability you respect, not simply someone you like. Sponsorship requires honesty, willingness, and accountability, as growth only happens when you are open about your struggles. Healthy boundaries are essential; a sponsor should offer guidance without control or manipulation. It's also acceptable to change sponsors if the fit is not right. Ultimately, a sponsor can provide direction and support, but the responsibility for doing the work of recovery remains with the addict.

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

WE ASKED:

"HOW DO YOU HANDLE IT WHEN SOMEONE IS STRUGGLING OR RELAPSES?"

THE FIRST THING I DO IS ACKNOWLEDGE MY FEELINGS AND UNPACK THEM WITH MY SPONSOR AND OTHER PEOPLE CLOSE TO ME IN MY TRIBE.

I MAY BE ANGRY. I MAY BE SAD. FRUSTRATED, SCARED. POWERLESS.

I HAVE HAD TO DETACH WITH LOVE, GET OUT OF THE WAY AND LET MY LOVED ONES HAVE THEIR PROCESS.

I HAVE TO TAKE CARE OF MY SELF FIRST AND FOREMOST OR I CANNOT BE OF SERVICE TO ANYONE ELSE.

I ASK MYSELF WHO DO I WANT TO BE IN THIS STORY? MAYBE THERE WAS A TIME I WAS STRUGGLING OR I EXPERIENCED A RELAPSE, IF SO, WHAT DID I NEED FROM OTHERS IN THAT MOMENT?

I MAY HAVE A LOT OF SUGGESTIONS! BUT DID THEY ASK ME FOR ANY? SOMEWHERE IN THE 12 TH STEP IT MENTIONS - WE CAN ONLY HELP THOSE WHO ASK.

IN THE MEANTIME I CAN TAKE CARE OF MY RECOVERY, WORK THROUGH MY FEELINGS, AND LOVE THEM.

IF THEY REACH OUT TO ME, AND I AM ABLE TO HAVE THE LOVING SPACE FOR THEM, I LISTEN.

I TELL THEM, HEY LET'S MEET UP AT A MEETING IF THEY ARE WILLING.

IF THEY ARE IN THE GRIPS, THERE IS NOTHING I CAN DO EXCEPT HOLD LOVING SPACE FOR THEM, AND PRAYER.

RELAPSE IS A PART OF MY STORY, AND WHAT I REMEMBER MOST IS THAT WHEN I WAS READY, I KNEW WHO TO REACH OUT TO. THEY HAD HELD SPACE FOR ME IN THEIR HEART, WITHOUT JUDGEMENT, AND THEY EXPRESSED HOW GRATEFUL THEY WERE I MADE IT BACK. I FELT LOVED. I FELT WELCOMED. THAT IS THE PERSON I WANT TO BE FOR OTHERS.

BUT IN ORDER TO DO THAT, MY OWN RECOVERY AND SELF CARE MUST COME FIRST.

BY: A BE FELLOW ADDICT IN RECOVERY



EVENT CORNER



*More Convention
 info here!*



CPRCNA • XXXIX
 COMMITTEE MEETINGS
 OCEAN CITY, MD — APRIL 10-12, 2026
 'THE STEPS ARE OUR SOLUTION'

<p>HOST COMMITTEE 2ND THURSDAY, 7:00 PM ZOOM ID: 849 1472 8396 PW: 123456</p>	<p>ALL SUBCOMMITTEES MEET MONTHLY & VIRTUALLY (EST)</p>
<p>Additional Needs 2nd Wednesday, 7:00 pm Zoom ID: 862 4318 3984 PW: 123456</p>	<p>Arts & Graphics 1st Saturday, 3:30 pm Zoom ID: 874 2297 1591 PW: 123456</p>
<p>Convention Information 3rd Sunday, 5:00 pm Zoom ID: 844 6042 6116 PW: 4636</p>	<p>Entertainment 2nd Sunday, 4:00 pm Zoom ID: 893 9698 2557 PW 123456</p>
<p>Merchandise 2nd Sunday, 4:00 pm Zoom ID: 891 0131 6962 PW: 123456</p>	<p>Registration 2nd Saturday, 6:00 pm Zoom ID: 822 4047 6200 PW 123456</p>
<p>Program 2nd Tuesday, 7:00 pm Zoom ID: 864 4944 6940 PW: 123456</p>	<p>Hospitality 2nd Tuesday, 7:00 pm Zoom ID: 848 1458 7421 PW: 092666</p>

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- Jessup

Fifth week open

Mondays at 6:30 PM

Requirements:

1 year clean

Background check

Orientation

Attend one H&I subcommittee meeting

Highland House Open Positions - Columbia

Coordinator role; and

1st, 2nd, and 4th weeks are also open

Tuesdays at 7 PM

Requirements for Coordinator:

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 or meetings that need help 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 Welcomed

NA TODAY NEWSLETTER

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

Contact info: natnewslettercommittee@gmail.com



LET'S HAVE SOME FUN!

GAMES BETWEEN A SPONSOR AND SPONSEE CAN BUILD TRUST, EASE TENSION, AND MAKE SERIOUS CONVERSATIONS FEEL MORE NATURAL.

TODAY, CALL YOUR SPONSOR AND PLAY!

HERE ARE SOME GOOD OPTIONS:

TRIGGER MAPPING CHALLENGE

SKILL: SELF-AWARENESS & RELAPSE PREVENTION

- DRAW 3 COLUMNS: SITUATION - FEELING - OLD BEHAVIOR - NEW BEHAVIOR
- PICK 3 REAL-LIFE SCENARIOS FROM THE WEEK.
- SPONSEE FILLS IT OUT.
- SPONSOR HELPS REFINE THE "NEW BEHAVIOR" PLAN.

YOU CAN MAKE IT A TIMED CHALLENGE (10 MINUTES PER SCENARIO).

CHARACTER DEFECT VS. ASSET FLIP

SKILL: STEP 4 & 6 GROWTH

- PICK ONE CHARACTER DEFECT.
- BRAINSTORM:
 - HOW IT SHOWS UP
 - WHAT IT PROTECTS
 - WHAT THE HEALTHY OPPOSITE TRAIT IS
- CREATE ONE ACTIONABLE BEHAVIOR THAT BUILDS THE ASSET.

EXAMPLE:

FEAR → COURAGE → MAKE ONE UNCOMFORTABLE PHONE CALL THIS WEEK.

THE GOAL ISN'T JUST TO HAVE FUN WITH YOUR SPONSOR,
IT'S:

- BUILDING HONESTY
- STRENGTHENING COPING SKILLS
- PRACTICING NEW BEHAVIOR
- INCREASING ACCOUNTABILITY
- GROWING EMOTIONAL MATURITY

