



STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 105

PO Box 8214 Gaithersburg, MD 20898

APRIL 2026

Montgomery Area Inventory Results!

The MANA Inventory was opened for group input in January, and seven groups submitted responses. Overall, our Area scored very well in its **use of human and financial resources to carry NA's message effectively** (91%). We also rated highly in our **demonstration of responsibility and accountability** (89%). However, the results showed a significant concern in our **ability to train and support members who serve on the Area Service Committee**, where we scored notably lower (31%). The Inventory also gave groups a chance to share any extra thoughts. Here's what they said:

Many groups do not bring issues/needs of their group to Area.

One area that could use improvement would be when motions are to be taken back to the groups. It would be helpful if the wording were made clear before going back to the groups.

Representation at Region has been sporadic this year.

Current committee members should be proactive in identifying and directly recruiting volunteers to fill vacant positions.

Duration of Area meetings [is too long]. 2 pros 2 cons move on.

**** Inventory Comments Continue on Page 3 ****



It is important to submit your CAR votes by 4/18 to our RCM/s at masc@cprna.org - OR - to our RD's at rd@cprna.org

The Area Inventory exists so our members and groups can openly share how they believe our Area is performing. With this information in hand, we get to ask: **What changes can we make? How can we improve?** While the feedback comes from our members, it's also our members who provide the ideas, energy, and service that help our Area grow in its ability to support our groups, our fellowship, and the addict still seeking recovery. ~ Anne E.

GSR Orientation — 1st Tuesday of every month @ 7 PM before Area Service!

Our 4/6 training gave an overview of the Montgomery Area Google Drive. Scan the QR code to open the MASC Google Drive and instantly access the GSR Information folder, packed with all the tools and resources you need to step confidently into your GSR role.



- GSR Information
- MASC
- Service Handbooks & Guides
- Subcommittees

Attend the next GSR Orientation and learn more! MASC Zoom ID: 876 1298 6083; P/C: 749698

Step of the Month

Step 4: *"We made a searching and fearless moral inventory of ourselves."*

In many ways, completing my Fourth Step was a turning point in my recovery and my life. It was quite an accomplishment to spend so much time thinking about myself and writing so many details about my past. It helped me discover that I'm not as terrible or as wonderful as I supposed. The initial Fourth Step, which I completed when I was about three years clean, now serves as a foundation for my lifelong process of recovery and self-examination. I have done several Fourth Step inventories since, and each one seems to reveal more about myself than I ever knew prior. I have taken stock of my assets and tried to improve myself by working on my liabilities. ~ *Ben C.*



Tradition of the Month

Tradition 4: *"Every group ought to be autonomous except in matters affecting other groups or NA as a whole."*

It might be best to remember the Third Tradition when planning special interest meetings. A friend of mine attended a Zoom meeting for his first meeting ever and was told by an attendee that it was a women only meeting and he would have to leave immediately. He felt rejected and wasn't sure he belonged to the program at all. ~ *Ben C.*



Living Miracles

4/2 Oshy W. 9 yrs Stepping Free
4/3 Sarah A. 22 yrs at Older Toddlers
4/8 Connor C. 1 yr Gentleman's Club
4/16 Brett M. 8yrs Stepping Free
4/17 Rafi 1 yr Live & Let Live
4/17 Zol W. 3 yrs Keeping it Real
4/18 Pam R. 32 yrs Share on Saturday
4/19 Naomi 34 yrs Talking Heads
4/22 Brian B. 3 yrs Gentlemen's Club
4/24 Marco 1 yr Freedom in the Village (Noon)
4/24 Andrew G. 2 yrs Live and Let Live
4/24 Christine B. 3 ys Freedom in the Village (7:30am)
4/26 John B. 34 yrs Talking Heads
4/26 Dell W. 39 yrs Acknowledging
4/30 Matt M. 6 yrs Stepping Free
5/5 Phil W. 5 yrs All About Change
5/7 Brad S. 9 yrs Stepping Free
5/10 Norm F. 9 yrs Today's Recovery
5/17 Hammad M. 9 yrs Today's Recovery
5/27 Robert F. 30 yrs Fresh Air

DRUG PROBLEM?

Meetings in
Washington DC
Maryland
Northern Virginia

Call Narcotics Anonymous
1-800-543-4670

www.cprna.org info@cprna.org



NA-Related Announcements

Montgomery Area Service open service positions: Vice Chair, Treasurer, Phonline Liaison, and Area Liaisons. Come to the next ASC & volunteer! **Tuesday, May 5, 7:30 pm,**

GSR Orientations are held from **7-7:30 PM** right before the ASC!

Public Relations Subcommittee meets **6-7 PM on the first Tuesday of the month** right before Area Service.

All on the MASC Zoom ID: 876 1298 6083; P/C: 749698

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 on top at 4 PM!

4/18: Regional Service Committee Meeting. Saturday, April 18, Subcommittees: 10 am – 12 Noon; RSC 1 PM – 5 PM, Emmanuel Baptist Church, 2409 Ainger Place SE, Washington, DC

5/2: Bingo! Saturday, May 2, 5-10 PM. Christ the Servant, 9801 Centerway Rd., Montgomery Village

5/16: Regional Phonline Workshop Saturday May 16, 4 PM. Zoom ID: 671 727 103; P/C: 654321. AI G. 410-550-4005 or Tammy G. 419-699-1563.



Is your home group sitting on a little pot of gold? Pass some gold on to Area - it helps us carry the message farther!

Donate anytime: CashApp: \$MASCdonate; Name is the MASC's Treasurer's - **OR** - **Send Check by US Mail:** MASC, PO Box 8214, Gaithersburg, MD 20898-8214

Make sure to include your Group's Name!

** Inventory Comments Continued from Page 1 **

I think discussions can get a little out of hand in terms of length sometimes.

Huge props to Special Events for their continued efforts and dedication. Also, props to Layla for literature. She was born for this position.

I believe the phone service is outstanding and maybe we could use more support in H&I service.

The biggest issue with the Area seems to be a lack of participation (willingness), especially at the Area level positions. Not sure how the Area can improve this, other than getting the message out to groups and individual members.

Some outreach to encourage members to participate in Area-level service could be helpful.

"NA It Works Index"

Abstinence - 10; 14; 36; 146; 197

Acceptance - 11; 15; 21; 32; 37; 51; 53; 54; 72; 115; 120; 130; 147; 148; 149; 184; 197

Amends - 59; 75-79; 81; 82; 84-95; 101-102; 116

Balance - 99; 103; 104; 156

Boundaries - 166; 167; 172; 173

Courage - 14; 38; 39; 50-51; 77-78; 85; 109

Denial - 6-9; 33; 50; 64; 69; 100-101; 113

Discipline - 59; 92; 99; 107; 111; 112; 113; 116

Empathy - 116; 120; 121; 122

Gratitude - 95; 113; 114; 117; 122; 181; 182; 184; 186

Higher Power - 21-22; 33; 106; 136; 137

Honesty - 9; 17; 18; 38; 50; 56; 77; 85; 86; 102

Hope - 20; 25; 103-114

Humility - 23; 51; 55; 61; 67; 69-71; 81; 82; 85-87; 94-95; 100; 140-141; 151-152; 171; 187; 194; 201

Integrity - 142; 164; 171; 183-184; 188

Inventory - 36-48; 97; 98-99; 100

Love - 57; 134; 159

Meditation - 108; 109; 110

Morals - 38; 39; 46; 48; 101; 102

Open-Mindedness - 13; 17; 18; 23; 25; 31; 72; 110; 121; 128; 141; 142; 156

Powerlessness - 5; 13; 14; 107; 122

Primary Purpose - 136; 144; 153; 154-156; 159-165; 173; 174; 177; 196; 211; 213

Rationalizations - 7; 9; 65

Resentment(s) - 28; 33; 37; 42; 47; 64; 78; 87; 97

Self-Acceptance - 47; 54

Self-Centeredness - 8; 40; 41; 51; 60; 63; 104

Self-Respect - 93; 94

Third Step Decision - 26-35

Trust - 27; 52; 56; 139

Unity - 125-133; 136; 159; 165; 199-200; 210-211; 213; 214-216

Vital - 22; 37; 73; 78; 110; 132; 154; 158; 177; 188

Willingness - 10; 11; 17; 18; 26; 29; 36; 37; 59; 67; 82; 83

NA Events

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

Montgomery Area Special Events Presents:

MEETING ON THE MOUNTAIN!



SATURDAY APRIL 18, 2026

SUGARLOAF MOUNTAIN

7901 Comus Rd, Dickerson, MD

MEETING AT 4:00 PM

Brad will lead a group from the Top Parking Lot up to the Summit at 3:00 pm!

- From Washington - Take I-270 North to Route 28 West of Rockville to Dickerson, then after passing under the railroad bridge, turn right on Mt. Ephraim Road and go 2.5 miles to Sugarloaf Mountain entrance.
- From Frederick - Follow Route I-270 South to the Hyattstown exit, follow Route 109 to Comus, then right on Comus Road to the Sugarloaf Mountain entrance.

Donations may be sent VIA:
VENMO: @Natalie-Gitelman OR CASH APP: \$atemoche

For Information contact: Brad S. - (540) 272-8899

<https://www.cprna.org/event/sugarloaf/>

MONTGOMERY AREA SPECIAL EVENTS PRESENTS

SPRING BINGO!

A MEMORIAL DAY FUNDRAISER

SATURDAY, MAY 2ND
5:00 - 10:00 PM

FIRST GAME BEGINS AT 5:30 - BLACKOUT BEGINS AT 8:30

CHRIST THE SERVANT LUTHERAN CHURCH
9801 CENTERWAY RD.
MONTGOMERY VILLAGE, MD

PRIZES & RAFFLES

BLACKOUT	1 CARD FOR \$1	BINGO
CARDS	6 CARDS FOR \$5	7 26405673
\$2 EACH	12 CARDS FOR \$10	1422345568
		4 24 46 72
		9 20365274
		6 28354964

PLEASE BRING A DISH IF POSSIBLE!

SUPPORT FUTURE EVENTS
DONATIONS GREATLY APPRECIATED



SLAYLAROVER1111 @NATALIE-GITELMAN



FOR ADDITIONAL DETAILS
WILL I. (410) 294-6679
ANDREW G. (240) 739-0632
LAYLA (240) 793-6059

Ring in the

Hippie New Year Clean!

APRIL 19TH, 2026
2:00 PM - 5:00 PM

Brawner's Farm Loop Trail
Manassas National Battlefield
6501 Pageland Lane, Gainesville, VA 20155



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~ Schedule ~
Meeting: 2:30 PM - 3:30 PM
(at the picnic tables by the Interpretive Center)
Hike the Loop Trail
Recap & Wrap-up: 4:19 PM
(back at the tables)

<https://www.cprna.org/event/hippie-new-year/>

FROM THE STREETS TO THE SEATS GROUP



COME CLEAN OR STAY SICK MARATHON

SATURDAY
APRIL 24
1PM-8PM

St. Francis Xavier Catholic Church
2815 O. Street, SE
Washington DC 20020

7th Tradition event
Donations are welcome & needed

<https://www.cprna.org/event/marathon>

Straight Hope Contributors: Anne E. - Layout/Content
Galen T. - Layout
Ben C. - Steps/Traditions

Email straighthope@cprna.org

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