



WELCOME TO OUR

NA Today Newsletter

Just for Today

LIVING MIRACLES

BILL G. - 38 YRS - 4/7
SERENITY ON SANDY SPRING

SHANNON G. - 41 YRS - 4/8
ELLCOTT CITY GROUP

RICHARD G. - 23 YRS - 4/15
BACK TO BASICS

LUIS V. - 6 YRS - 4/19
STARTING OVER

JIM R. - 27 YRS - 4/19
SAVAGE SURVIVORS

LUKE - 11 YRS - 4/20
LOST AND FOUND

ASHER G. - 17 YRS - 4/21
GLAD TO BE ALIVE

THOMAS J. - 10 YRS - 4/22
JUST FOR TODAY

JOSH D. - 2 YRS - 5/13
JUST FOR TODAY

If you wonder if
you're having a
spiritual
awakening,
you probably are.

"THIS IS A SIMPLE SPIRITUAL- NOT RELIGIOUS- PROGRAM, KNOWN AS NARCOTICS ANONYMOUS" 'WE DO RECOVER' GROUP READING

In Narcotics Anonymous, we often hear the phrase, "This is a spiritual, not religious program." What it means is that NA does not promote or require any specific religion, belief system, or church. Instead, the program focuses on personal spiritual growth.

Spirituality in recovery is about developing positive principles that help us live a better life. These principles include honesty, open-mindedness, willingness, humility, and service to others. As we begin practicing these values, many of us start to experience a change in the way we think, feel, and respond to life.

A key part of the program is the idea of a Higher Power of our own understanding. Each member is free to define that power in a way that makes sense to them. For some it may be God, for others it may be the strength of the group, nature, or simply the belief that help exists beyond ourselves.

Through the Twelve Steps, we learn to grow spiritually, support one another, and find a new way to live—one day at a time.

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

WE ASKED:

"WHAT DOES "SPIRITUAL AWAKENING" MEAN TO YOU TODAY?"

WHEN I FIRST STARTED ATTENDING NA I WOULD HEAR THE TERM "SPIRITUAL AWAKENING" THE CONCEPT SEEMED JUST AS OUTLANDISH AS LIVING A LIFE WITHOUT SUBSTANCES. I WOULD CATCH MYSELF ZONING OUT AS OLD TIMERS SHARE THEIR SPIRITUAL AWAKENINGS PICTURING A GOD I DIDN'T BELIEVE IN LEVITATING, BURNING BUSH VISIONS OR THE BUDDHA TIRELESSLY SAT UNDER A TREE, NOT HEARING A SINGLE WORD. I FELT HOLLOW, BROKEN AND ALONE, IN TIME FEELINGS BEGAN TO RESURFACE, SOMETIMES HAPPINESS, MOSTLY EMPTINESS. I LIKE MANY OTHERS RECOILED AS I HEARD THE WORDS GOD, SPIRITUALITY AND FAITH. I HAD SPENT YEARS BATTLING THE IDEA OF A HIGHER POWER EXISTING, BUT IF I WAS WRONG IT CERTAINLY WASN'T LOVING, IN FACT IT MUST BE CRUEL OR I WOULDN'T HAVE SUFFERED THE PAIN AND LOSSES I HAD. THESE THOUGHTS MADE ME CERTAIN THAT I WOULD NEVER EXPERIENCE ONE OF THOSE SPIRITUAL AWAKENINGS.

AS THE WEEKS TURNED INTO MONTHS SOME OF THOSE EMPTY HOLES INSIDE ME BEGAN TO FILL. SOME DAYS THE SUN WOULD SHINE PERFECTLY, I WOULD NOTICE A FLOWER GROWING IN THE CRACK OF A SIDEWALK. THESE LITTLE MOMENTS FELT LIKE MAGIC, THEY BROUGHT WITH THEM A GLIMMER OF HOPE. I GREW TO TRUST THERE WAS SOME FORCE OUT THERE, A POWER GREATER THAN ME, THIS POWER FELT COMFORTING, LOVING. I STILL FIND MYSELF IN LOW MOMENTS, PLAYING TUG OF WAR WITH MY WILL, SAD PRAYING FOR SIGNS. THE SIGNS ARE ALWAYS THERE, IT'S ME WHO FAILS TO OPEN MY EYES MOST OF THE TIME, BLINDED BY DOUBT, SELF-CENTEREDNESS, ANY AND EVERYTHING. WHEN I ZONED OUT AS SOON AS THE WORDS SPIRITUAL AWAKENING WERE SPOKEN, I MISSED THE MESSAGE, ITS NOT ALWAYS A HUGE EVENT IT'S THE LITTLE "AHA" MOMENTS THAT SHIFT YOUR SOUL, WARM YOUR HEART AND MAKE YOU FEEL LIKE EVERYTHING MAY BE ALRIGHT AFTER ALL.

YEARS LATER I KNOW WHAT A SPIRITUAL AWAKENING IS TO ME; THEY HAPPEN OFTEN IN SIMPLE MOMENTS. WHEN A NEWCOMER SHARES AT A MEETING AND I CAN FEEL THAT SAME PAIN IN THEIR VOICE FROM MY MEMORIES AND I GET TO REASSURE THEM IT WILL FADE, WHEN I SEE A FAMILY OF DEER AFTER PRAYING FOR A SIGN, WHEN A STRANGER SMILES AT ME ON A BAD DAY AFTER I HAVE GIVEN UP FAITH IN HUMANITY. MY SPIRITUAL AWAKENINGS ARE BORNE FROM CONNECTION, AFTER FEELING SO ALONE FOR YEARS ITS CONNECTION TO OTHERS IN THE ROOMS, TO NATURE, TO THE MESSAGE. ACKNOWLEDGING THAT THERE IS SOMETHING BIGGER THAN MYSELF DOESN'T MAKE ME FEEL SMALL ANYMORE, YOU ARE A PART OF IT, SO AM I, I NEED IT AND IT NEEDS ME THAT IS MY SPIRITUAL AWAKENING.

BY: VICTORINNA M.



NA RELATED ANNOUNCEMENTS

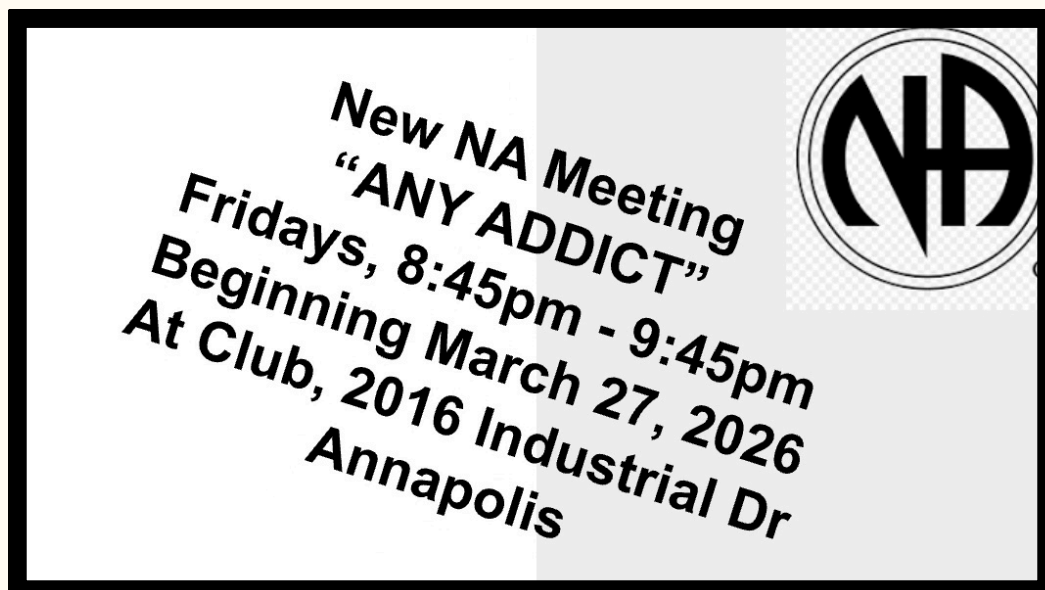
2026 CONVENTION:



*More Convention
info here!*



LET'S MEET AT THE NEW MEETING:



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!

Central MD Area Vacancies

Policy Chair
Public Relations Chair & Vice Chair

Howard County Detention Center- Jessup, MD

Several weeks are open

Mondays at 6:30 PM

Requirements:

1 year clean

Background check

Orientation

Attend one H&I subcommittee meeting

Highland House Open Positions - Highland, MD

Coordinator role; and

several 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:**

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

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:
natnewslettercommittee@gmail.com**



TIME FOR SOME NA FUN!

LET'S PLAY SPIRITUAL BINGO!

HOW TO PLAY

1. THROUGHOUT THE MONTH (OR DURING THE MEETING IF DONE LIVE), LOOK FOR EXAMPLES OF EACH SPIRITUAL PRINCIPLE IN YOUR LIFE.
 - EXAMPLE: "I HELPED A NEWCOMER" → MARK SERVICE
 - EXAMPLE: "I ADMITTED A MISTAKE HONESTLY" → MARK HONESTY
2. YOU CAN PLAY INDIVIDUALLY, OR IN A GROUP DISCUSSION BY SHARING YOUR EXAMPLES WITH OTHERS.
3. WHEN YOU HAVE FIVE MARKED IN A ROW (HORIZONTALLY, VERTICALLY, OR DIAGONALLY), YOU HAVE A BINGO!

**SPIRITUAL BINGO IS NOT ABOUT WINNING;
IT'S ABOUT NOTICING THE WAYS SPIRITUAL PRINCIPLES ARE ALIVE IN YOUR RECOVERY.**

