

SOUTH POTOMAC AREA NA NEWSLETTER

"Recovery, Unity, Service"

Volume 1 • Issue 5 • May 2026

From the Editor's Desk

Welcome to the May 2026 edition of the South Potomac Area NA Newsletter! As we continue to grow in our recovery journeys, this month we turn our focus to Tradition 5 and the heart of our primary purpose. Inside this issue, you'll find an inspiring personal story about finding purpose through service, upcoming events in our area, meeting information, and reminders that together, we can make a difference. As always, we welcome your contributions — your story could be the one that helps someone find their way. Keep coming back!

— *Brian, Newsletter Editor*

FEATURED STORY

"Getting Along Traditionally"

Finding My Primary Purpose Through Tradition 5

By Rita L.

I'm an addict who was introduced to this program in the early 80's, but it took me till 1997 to reach a point of surrender. Thank God I finally reached that point.

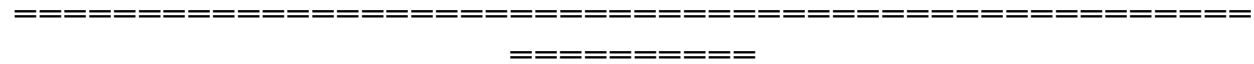
Everytime I came in and out, I felt inferior to others, I felt different and didn't believe the program would work for me. I heard others quoting literature and appearing to be teaching this program. I listened to members complaining about their sponsors controlling and dictating what they should be doing in their life. I just knew I couldn't do that. I was confused as to what was expected of me.

But, I also heard some members saying keep it simple “stay clean, go to meetings and help somebody else”. I always got stuck when I heard that. Afterall, what did I have to offer? Who could I help?

Well, Tradition 5 says just my presence in NA and my willingness to serve is the path to a new way of life, feeling useful and of purpose. As I jumped right in, served in various positions at my homegroup, started sharing exactly where I was and how I felt, picked up members to ride to a meeting, and talked on the phone to newer members, I began to realize my purpose for being here. In my home group, which was a Step and Tradition meeting, I began to understand the traditions more clearly. Tradition 5 tells me, that all I’m required to do is stay clean and be willing to help another suffering addict. I don’t have to dictate or control anyone or have any fees or dues to pay. The quote I love and hold on to is “when all is said and done, our primary purpose is to stay clean and help another suffering addict” because thats all we have to give.

I’ve found that the most rewarding feeling I can ever express is realizing I have something to offer in this program and I do know my primary purpose.

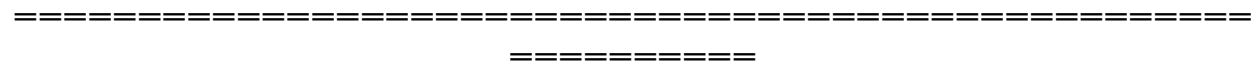
In gratitude, Rita L.



Tradition of the Month — Tradition 5

“Each group has but one primary purpose — to carry the message to the addict who still suffers.”

Tradition 5 reminds us that everything we do in NA centers on one thing: carrying the message of recovery. Whether it’s opening the doors of a meeting, making coffee, sharing our experience, or simply being present — every act of service fulfills our primary purpose. This month, consider how you can carry the message in your own unique way.



Clean Time Celebrations

Congratulations to all members celebrating milestones this month!

Phillip J. — 34 Years Clean!

Celebration: Saturday, May 16, 2026 • 12:00 PM – 1:30 PM

Keep It Simple Group

5203 St. Barnabas Rd., Temple Hills, MD

Living the Program Men's Rap Group Anniversary!

Celebration: Friday, June 12, 2027 • 6:00 PM – 10:00 PM

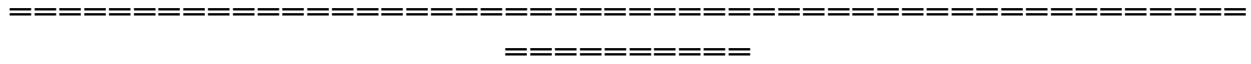
Bethany Christian Church

7128 Allentown Rd., Fort Washington, MD 20744

[Member Name] — [Years/Months] Clean

[Member Name] — [Years/Months] Clean

If you're celebrating a clean-time milestone, let us know so we can recognize you in next month's issue!



Upcoming Events

CPRCNA XL

“Brought Forward from Darkness to Light”

Chesapeake and Potomac Regional Convention of Narcotics Anonymous

April 9–11, 2027

Roland E. Powell Convention Center, Ocean City, Maryland

For more information visit: **CPRCNA.ORG**

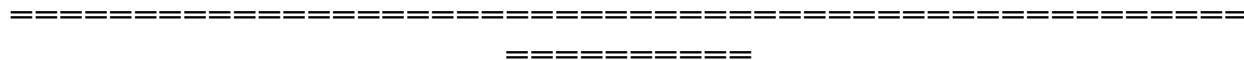
CPRCNA XL Committee Meetings

*Get involved! All committee meetings are held via Zoom. Password for all meetings: **Host40***

Committee	Meeting Schedule	Zoom ID
Host Committee	3rd Tuesday @ 7:00 PM	894 4993 1661
Hospitality	1st Tuesday @ 6:00 PM	876 5696 5555
Program	2nd Tuesday @ 7:00 PM	843 7581 9298

Committee	Meeting Schedule	Zoom ID
Merchandise	3rd Monday @ 7:00 PM	871 8132 6660
Entertainment	2nd Sunday @ 4:00 PM	827 6406 6544
Additional Needs	4th Wednesday @ 7:00 PM	842 0573 5742
Convention Information	3rd Thursday @ 6:00 PM	884 9336 5198
Registration	2nd Thursday @ 7:00 PM	827 6406 6544
Arts and Graphics	1st Saturday @ 3:00 PM	897 1679 9150

Stay connected for the latest area events and activities. Check with your home group or the Area Service Committee for updates.



South Potomac Area Meeting Schedule

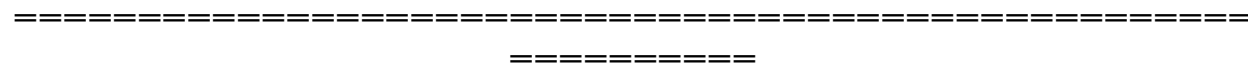
For the most current meeting times and locations, visit www.cprna.org or contact the Area Helpline at 1-800-543-4670.

Zoom Dial-In Numbers: 301-715-8592 | 312-626-6799 | 929-205-6099

Day	Time	Meeting Name	Location	Format
Sunday	7:00 AM – 8:30 AM	Spiritually Speaking	Virtual (Zoom ID: 202 999 2020, P/C: hope)	C, VM, LIT
Sunday	7:00 PM – 8:30 PM	Closed Sunday	Our Savior Lutheran Church, 4915 St. Barnabas Rd, Temple Hills, MD 20748	C, WC
Monday	7:00 PM – 8:30 PM	That Tired Old Lie	Second Baptist Church, 5501 Silver Hill Rd, District Heights, MD 20747	O, STEP, TRAD
Monday	7:30 PM – 9:00 PM	Monday Night Step	Virtual (Zoom ID: 457 476 3595, P/C: MNS)	O, VM

Day	Time	Meeting Name	Location	Format
Wednesday	7:00 PM – 8:15 PM	Bright Hope Group	Carolina Baptist Church, 9901 Allentown Rd, Fort Washington, MD 20744	O, STEP, TRAD, LIT, LC
Thursday	7:00 PM – 8:30 PM	Restored To Sanity	Good Samaritan Mission Church, 4409 Arnold Rd, Suitland, MD 20746	O, BEG, STEP
Thursday	7:00 PM – 8:30 PM	Steps to Life	Oxon Hill UMC, 6400 Livingston Rd, Oxon Hill, MD 20745	O
Friday	7:00 PM – 8:30 PM	Women Do Recover	Hope Lutheran Church, 6201 Coventry Way, Clinton, MD 20735	O, W, WC, LIT
Friday	7:30 PM – 9:00 PM	Living the Program Men’s Rap	Bethany Christian Church, 7128 Allentown Rd, Fort Washington, MD 20744	O, M
Saturday	12:00 PM – 1:30 PM	Keep It Simple	St. Barnabas Episcopal Church, 5203 Saint Barnabas Rd, Temple Hills, MD 20748	O, WC, LIT

O = Open | **C** = Closed | **VM** = Virtual Meeting | **STEP** = Step Study | **TRAD** = Tradition Study | **LIT** = Literature | **SPAD** = Spiritual Principle A Day | **BEG** = Beginners | **W** = Women | **M** = Men | **WC** = Wheelchair Accessible | **LC** = Living Clean



Get Involved — Area Service

The South Potomac Area Service Committee meets monthly to coordinate NA services in our area. Service positions are available at every level — from greeting newcomers at your home group to representing our area at the regional level. No experience necessary — just a willingness to serve!

Next ASC Meeting: Saturday, May 2, 2026 — 6:00 PM
Davies Unitarian Universalist Church, 7400 Temple Hills Road, Temple Hills, MD

“Our service structure exists to support the groups in carrying the message of recovery.”
— It Works: How and Why

Share Your Story

We want to hear from YOU! This newsletter is by and for the members of the South Potomac Area. If you have a story, poem, reflection, or piece of recovery-related writing you'd like to share, please submit it for an upcoming issue.

Submissions can be sent to: CParea.newsletter@gmail.com or sparea.newsletter@gmail.com

All submissions are welcome. Your words could be exactly what someone needs to hear.

Helpline & Resources

NA World Services: www.na.org

South Potomac Area: www.cprna.org

NA Helpline: 1-800-543-4670

“No addict seeking recovery need ever die without having had a chance to find a better way of life.”

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Published monthly by the South Potomac Area of Narcotics Anonymous

“The message is simple: An addict, any addict, can stop using, lose the desire to use, and find a new way to live.”

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