

NA Events * NA Events * NA Events * NA Events

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

Montgomery Area Special Events Presents

MEMORIAL DAY COOK-OUT

FOOD - FELLOWSHIP - FUN
 Monday, May 25th, 2026
 Noon - 6 pm

Izaak Walton League Near Centerway Shuttle Available @
 8721 Snouffer School Road & Snouffer Parking Area from
 Gaithersburg, MD School Road Noon - 3 pm

Meetings at 12:30 pm, 2:00 pm & 3:30 pm
 Please bring a dish or dessert to share if you can!
 Donations may be sent via : Venmo @Natalie-Gitelman & Cashapp @atemoch

For more information text/call
 Will (610) 284-6878 Andrew (240) 728-0832 Mitch (202) 718-2607

RAFFLE
 RAFFLE
 RAFFLE




<https://www.cprna.org/event/mana-memorial-day/>

Annual Rock Creek Area
SPIRITUAL BREAKFAST

MAY 23RD AT 10:30AM

at St. Albans Church
 3001 Wisconsin Avenue, NW

BEST IN TOWN



Try it!

FOOD, SPEAKERS, AND FELLOWSHIP

DOORS OPEN AT 10:30AM \$20 TICKETS
 FROM 11:30AM TO 12:30PM FUNDS SUPPORT ROCK CREEK
 SPEAKERS WILL SHARE THEIR EXPERIENCE AREA SERVICE
 ON LIVING SPIRITUAL PRINCIPLES

Contact Kenneth (785)218-8108 or
 Rene (771)223-7560 for additional
 information

Pay in advance
 or at the door
 using the QR
 code



<https://www.cprna.org/event/rcana-breakfast/>

40th Annual Dope Fiend Olympics



JOIN IN THE CELEBRATION

Saturday, June 6th, 11 AM - Dusk
 Monocacy Park, 409 Delaware Street,
 Frederick, MD

Fellowship, Food & Beverages

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

CENTRAL MD AREA SPECIAL
EVENTS



Date: Saturday May 30, 2026
 Time: 3pm to 7pm

Location: Trinity Lutheran Church 4400 Laurel Bowie Road, Bowie

Monopoly, dominos, and other board games
 Free refreshments and snacks

Spades Tournament (eight teams of two) and Uno Tournament (eight individuals).
 No cost to register for the competition

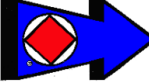

Three (3) 1st place prizes

Call to register for the tournament: Tony A. 240.304.8026, James A. 301.919.0925, Peter C. 410.707.8923

<https://www.cprna.org/event/cmana-game-night/>

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

Get Straight Hope Online

STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print
 Volume 106 PO Box 8214 Gaithersburg, MD 20898 SS Priceless SS MAY 2026

Area Policy Regarding Nominations & Elections

Nominations for the annual election of all trusted servants will be held in **June**, with **elections held in July**, regardless of when the individual was voted into the position.

Annual elections will be held in July, and the **elected people will begin their terms in August**. This will give the new trusted servant one (1) month training before taking office.

How will You Serve?

Montgomery Area Service will be holding **nominations** for Area service positions in **June** and **elections in July**, so dust off those NA service hats, roll up your sleeves, and start thinking about where you feel called to next. Talk with your sponsor, and pray for guidance, direction, and willingness!

I've had many service positions and each one has taught me something. I didn't know how to type until I became Area Secretary. I took classes in web design but didn't use those skills until I became a Regional Webservant. I didn't know how to make coffee until... well, you get the picture.

I didn't step into most of my service positions already knowing how to do them. I learned. I grew. I asked for help. I got out of my own way and tried new things. In time, I found what I enjoyed doing and got better at it.

What I discovered is that doing NA service makes me feel good: I can help someone, I can make a difference, I am a part of saving lives... and that helps me stay clean. ~ Anne E.

P.S. MORE WILL BE REVEALED ON PAGE 3!!!!



***** NEW *** MASC Donations with Zelle! *** NEW *****

If you already know how to set up a Zelle payment through your bank, use:
 Recipient Name: **MONTGOMERY AREA SERVICE COMMITTEE** (ALL CAPS)
 Zelle Tag: **mascdonate** (all lowercase)

OR....you can simply scan the Zelle QR Code to make your donation.

How to use the QR Code: Zelle QR codes make it easy to send money to the correct recipient without typing anything in.

Open Zelle in your banking app → tap **Send** → tap the **QR code icon** at the top of the "Select Recipient" screen.

Your phone's camera will open. Point it at the QR code, enter your amount, and tap **Send**.

When sending money to someone new, always confirm the displayed name reads **MONTGOMERY AREA SERVICE COMMITTEE** before completing your donation.

Please put your GROUP NAME in the memo!

Questions? Contact Tammy K. at 301-674-3233.

You're sending via QR Code

The Zelle® QR Code you scanned is enrolled as MONTGOMERY AREA SERVICE COMMITTEE. If this is correct, tap Continue.

Cancel Continue

Step of the Month

Step 5: "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

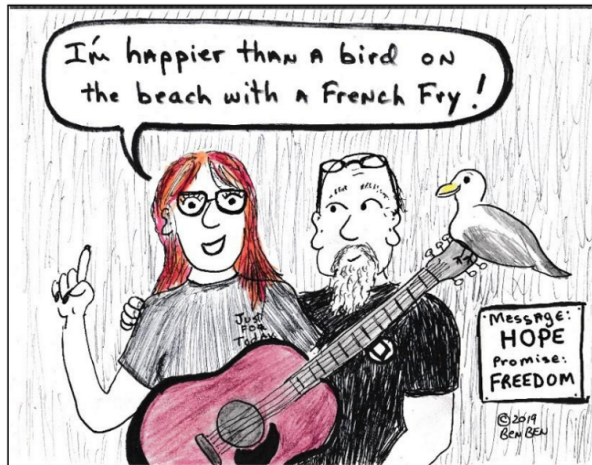


After finishing my written inventory in Step 4, it was time to proceed without delay to Step 5. I had to let go of any of my fears about sharing intimate details about my past with my sponsor, whom I asked to listen to my Fifth Step. Even though I had already told him most of the things about my past before this point, there were still some secrets I wrote about that were potentially embarrassing. ~ Ben C.

Tradition of the Month

Tradition 5: "Each group has but one primary purpose — to carry the message to the addict who still suffers."

Our primary purpose as individuals is to stay clean and help others, whereas the primary purpose of the group is to carry the message of hope to anyone who still suffers. Those suffering could include newcomers, someone returning from a relapse, someone on the brink of relapse, or anyone going through emotional, physical, or spiritual difficulties. The message of hope is that anyone can stop using, lose the desire to use, and find a new way to live. ~ Ben C.



Living Miracles

- 5/1 Ryan E. 11 yrs Older Toddlers
- 5/3 Kabir S. 15 yrs Talking Heads
- 5/5 Cat M. 3 yrs Glad to Be Alive
- 5/5 Phil W. 5 yrs All About Change
- 5/7 Brad S. 9 yrs Stepping Free
- 5/9 Sharon P. 38 yrs Living Life on Life's Terms
- 5/9 Cedric C. 21 yrs Living Life on Life's Terms
- 5/10 Norm F. 9 yrs Today's Recovery
- 5/10 Jonathan B. 39 yrs Progress in NA
- 5/11 Azi F. 14 yrs Steps at Glenmont
- 5/13 Wayne D. 36 yrs Principles Before Personalities
- 5/17 Hammad M. 9 yrs Today's Recovery
- 5/17 Tammy K 9 yrs Talking Heads
- 5/17 Kelsey M. 9 yrs Talking Heads
- 5/21 Dave 3 yrs Off the Beaten Path
- 5/21 Steve 36 yrs Off the Beaten Path
- 5/22 Suzanne W. 12 yrs Live & Let Live
- 5/22 Mark M. 41 yrs One Step at a Time
- 5/26 Linden 4 yrs Freedom n the Village (noon)
- 5/27 Robert F. 30 yrs Fresh Air
- 5/31 Rafael D. 1 yr Today's Recovery
- 6/9 Terrence T. 8yrs All About Change
- 6/23 Eric S. 24yrs All About Change
- 6/28 Danny C. 1 yr Today's Recovery
- 6/30 Joe P. 1yr All About Change

NA-Related Announcements

Montgomery Area Service open service positions: Vice Chair, Treasurer, Phonline Liaison, and Area Liaisons. Come to the next ASC & volunteer! **Tuesday, June 2, 7:30 pm.**

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

Public Relations Subcommittee meets **6 PM - 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

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

5/25: Memorial Day Cookout! Monday, May 25, Noon-6 PM. Izaak Walton League, 8721 Snouffer School Road, Gaithersburg, MD

6/6: Dope Fiend Olympics! Saturday, June 6, 11 AM - 7 PM, Monocacy Village Park, 409 Delaware Rd., Frederick, MD 21701

6/13: Regional Service Committee Meeting Hosted by Frederick Area! Saturday, June 13, Subcommittees: 10 am - 12 Noon; RSC 1 PM - 5 PM, Trinity United Methodist Church, 703 W Patrick St., Frederick, MD 21710

How to Make Area Donations

Zelle: MONTGOMERY AREA SERVICE COMMITTEE, mascdonation
CashApp: \$MASCdonate; Name is the MASC's Treasurer's
Send Check by US Mail: MASC, PO Box 8214, Gaithersburg, MD 20898-8214

Make sure to include your Group's Name!

4. Not Ready to Take a Leap Yet? That's Okay. Attend the subcommittee's business meeting (info below). Sit in, listen, ask questions. Become a member of the subcommittee without holding a position. This is one of the best ways to learn and build confidence.

5. And Most Importantly... Talk to Your Sponsor - They can help you explore what fits, what excites you, and what aligns with your recovery.

All Area Service Positions and Contact Info for each Trusted Servant can be found on our Area Webpage: <https://www.cprna.org/our-areas/info/montgomery-area/>



GSR Orientation — 1st Tuesdays @ 7 PM

We offer a GSR Orientation before every Area Service meeting. Our May session included a PowerPoint training. Scan the QR code to open the **MASC Google Drive** and go straight to the **GSR Information folder** — everything you need to get started is in there!

But Wait...
ANOTHER SERVICE OPPORTUNITY!

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

Interested in Serving at the Area Level?

Whether you're ready to jump into Area Service, or just curious, here are some simple ways to get started.

- 1. Explore the Position in Area Policy.** Check out the description, responsibilities, and clean-time requirements. [MASC Policy](#)
- 2. Talk to Members Who Currently Serve.** They can share what the role is really like, what they've learned, and how they got started.
- 3. Review the Service Handbook** (if available). Many positions have handbooks that break things down in a clear, practical way. [Service Handbooks & Guides](#)

