



WELCOME TO OUR

# NA Today Newsletter

*Just for Today*

## LIVING MIRACLES

J.D. W. - 1 YR - 6/5  
KEEP IT REAL

TONI C. - 1 YR - 6/12  
FRIDAY NIGHT LIVE

YAPHETTE - 8 YRS - 6/15  
NEVER ALONE

ROB U. - 8 YRS - 6/17  
BACK TO BASICS

BRETT S. - 2 YRS - 6/17  
ELLCOTT CITY GROUP

MONICA C. - 3 YRS - 6/25  
EMPOWERING WOMEN



**"...NO ONE IS TOO SICK OR TOO WELL, TOO RICH OR TOO POOR, TOO FAR GONE OR TOO FAR AWAY TO QUALIFY. IT IS AVAILABLE TO US ALL"**

**GUIDING PRINCIPLES, "TRADITION FIVE"**

Mental health and recovery in Narcotics Anonymous are deeply connected, as many individuals in recovery face challenges such as anxiety, depression, trauma, or emotional instability alongside addiction. NA teaches that recovery is not only about abstinence from substances, but also about spiritual, emotional, and personal growth through honesty, self-awareness, and connection with others. The NA Basic Text explains that "we are not cured of addiction," emphasizing that recovery is an ongoing process requiring daily effort and support. Through meetings, sponsorship, and the Twelve Steps, members learn healthier coping skills, accountability, and ways to manage emotions without using drugs. NA literature also highlights the importance of hope and community, reminding members that "an addict, any addict, can stop using, lose the desire to use, and find a new way to live." For many people, consistent recovery work improves mental wellness by reducing isolation, building self-esteem, and creating a sense of purpose and belonging.

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

## MENTAL HEALTH IN RECOVERY

### **Karey L.'s testimony:**

Mental health and recovery go hand in hand. In recovery, we learn that healing is not just about staying clean – it is also about learning how to care for our minds, emotions, and overall well-being. Many of us came into recovery carrying anxiety, depression, trauma, grief, or years of emotional pain. Recovery gives us the opportunity to face those challenges with honesty, support, and hope.

One of the greatest gifts of recovery is connection. Isolation can make mental health struggles feel heavier, but fellowship reminds us we are not alone. Meetings, sponsorship, healthy routines, therapy, spirituality, and reaching out for support are all tools that help us stay balanced.

Some days are harder than others, and that is okay. Recovery is not about perfection – it is about progress. Asking for help is a sign of strength, not weakness. When we take care of our mental health, we strengthen our recovery, and when we strengthen our recovery, we create space for peace, purpose, and growth.

No matter where we are on our journey, there is hope, healing, and a community that understands.



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## MENTAL HEALTH IN RECOVERY CONTINUATION

**The following are quotes provided by men and women in recovery in the Central Maryland Area of NA. Real members with between 90 days clean and 30 plus years, of all ages, all races and ethnicities, all sexual orientations and gender identifications share their truth about their mental health.**

"Between the time I wrote my 4 th step and my 6 th step, I had started working closely with a psychiatrist to find the right combination of medication(s) for my mental health. By the time I reviewed my 6 th step with my sponsor, I realized that many of the things I had listed as character defects, were actually symptoms of my mental health condition. Now that I was properly medicated, I wasn't experiencing those symptoms anymore"

"My family still won't acknowledge that my mental health diagnosis is real. Because it's hereditary (and my mom has all the symptoms), she is adamant that I don't share it with anyone. I'm grateful for my recovery network that have normalized my diagnosis and helped me move past the shame into empowerment."

"Despite my current circumstances and emotions, things can and will get better. There are times in my life I am going to find myself in some very dark places. Once I understand that the struggle is part of the process, I am able to take a deep breath and process my emotions and thoughts"

"There is no shame in getting "outside help". Working with a psychiatrist or seeing a therapist becomes part of my recovery journey. It deepens my ability to see myself and my patterns and the trauma and history that impact my daily life and choices. I am grateful my sponsor supported my recovery journey through the 12 steps as well as my recovery journey with a therapist"

"Courage doesn't roar. Sometimes it's the little voice in the back of your head that says, "I will try again tomorrow."



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## MENTAL HEALTH IN RECOVERY CONTINUATION

"We are not professionals. The support we provide to each other is our life experience and is invaluable in our recovery from addiction. The support we receive from professionals is different and often necessary."


"I don't know where I'd be without my mental health team. I have struggled with suicidal thoughts for as long as I can remember. They didn't just go away because I got clean. My psychiatrist explained my brain doesn't work like others and I need pharmacological help for my brain to heal and function properly."

"My mental health diagnosis felt like a punch in the gut. I didn't want to accept the label and wanted to believe that I could be Ok without medications and therapy. I shared in meeting and people shared their experience with mental health and showed me that there's nothing to be ashamed of and once treated, the diagnosis is no different that someone with say diabetes."

"I kept relapsing. I'd accumulate time, as much as a year, and then go back out. My last time writing the 1st step, my sponsor asked me about my mental health and if I'd considered talking to someone outside the rooms. It's not the first time it was suggested but I was willing to do anything so I made the appointments and now see a psychiatrist and therapist on a regular basis. It's made all the difference in the world. I just know this time is different."



# NA RELATED ANNOUNCEMENTS



CENTRAL MARYLAND SPECIAL EVENTS  
**ANNUAL CRAB FEAST**

Located at Trinity Lutheran Church  
6600 Laurel - Bowie Rd, Bowie, MD 20715  
Saturday July 18<sup>th</sup> from 12pm to 5pm


Crabs, Corn on the Cob, Hamburgers, Hotdogs,  
Potato Salad, Coleslaw, Chips, Drinks and more....

**\$65.00 in Advance**

CashApp and Zelle (specialeventscentralmd@gmail.com) accepted

Contacts for Tickets:  
Tony A @ 240.304.8026  
James A @ 301.919.0925  
Peter C @ 410.707.8923  
Leif Y @ 571.471.9285

LET'S MEET AT THE  
NEW MEETING:



New NA Meeting  
"ANY ADDICT"  
Fridays, 8:45pm - 9:45pm  
Beginning March 27, 2026  
At Club, 2016 Industrial Dr  
Annapolis

## **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!

### ***Highland House Open Positions - Highland, MD***

*Womens House*

Coordinator role; and

1<sup>st</sup> and 2<sup>nd</sup> Tuesdays at 7 PM are open

*Requirements for Coordinator:*

Six months clean time

Attend one H&I committee meeting to qualify

### ***Hilda's House Open Position - Columbia, MD***

*Womens House*

1<sup>st</sup> & 2<sup>nd</sup> Thursday at 7 PM is open

### ***Salvation Army Open Position - Hyattsville, MD***

*Mens House*

1<sup>st</sup> Thursday at 7 PM is open

### ***Howard County Detention Center - Jessup, MD***

*Womens detention center*

4<sup>th</sup> Monday at 6 PM is open

Reach out to H&I for vetting and qualifications

### ***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](mailto: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 -  
Stephanie Z., Luis V., Victorianna M., Ally B., Leon & Jared

**To subscribe to the NA Today Newsletter, email your request to:**  
**natnewslettercommittee@gmail.com**



# LETS TAKE TIME FOR SELF-CARE

Journaling is a powerful tool in recovery because it encourages honesty, self-reflection, and emotional growth. Writing about thoughts, feelings, and experiences can help members identify triggers, track progress, and process emotions in a healthy way. They reminds us that recovery is about learning “a new way to live,” and journaling can help support that journey ***one day at a time.***

## **HERE ARE SOME THOUGHTFUL RECOVERY AND MENTAL WELLNESS JOURNALING PROMPTS:**

- WHAT EMOTIONS HAVE BEEN HARDEST FOR ME TO SIT WITH LATELY?
- WHAT DOES RECOVERY MEAN TO ME TODAY?
- WHAT ARE THREE HEALTHY COPING SKILLS THAT HELP ME FEEL GROUNDED?
- WHEN DO I FEEL MOST AT PEACE?
- WHAT TRIGGERS MY ANXIETY, DEPRESSION, ANGER, OR CRAVINGS?
- WHAT WOULD I SAY TO MY PAST SELF WITH COMPASSION INSTEAD OF JUDGMENT?
- HOW HAS RECOVERY CHANGED THE WAY I SEE MYSELF?
- WHAT ARE FIVE THINGS I’M GRATEFUL FOR TODAY?
- WHAT DOES SELF-CARE LOOK LIKE FOR ME RIGHT NOW?
- WHO ARE THE PEOPLE THAT MAKE ME FEEL SAFE AND SUPPORTED?
- WHAT FEARS AM I HOLDING ONTO TODAY?
- HOW CAN I SHOW MYSELF GRACE DURING DIFFICULT MOMENTS?
- WHAT NA PRINCIPLE DO I NEED MOST TODAY – HONESTY, ACCEPTANCE, WILLINGNESS, PATIENCE, OR HOPE?
- WHAT IS ONE SMALL VICTORY I CAN CELEBRATE TODAY?
- WHAT DOES “PROGRESS, NOT PERFECTION” MEAN IN MY LIFE?



# YOU ARE NOT ALONE!

Here are some helpful numbers to save!

- Medical Emergency: Dial 911
- Suicide Hotline: Dial or text 988
  - Walk-in 8990 Old Annapolis Rd Ste A, Columbia, MD
- Grassroots (Crisis and Suicide Hotline) - Dial 410-531-6677

And helpful links!

- Narcotics Anonymous IP#30: [Mental Health in Recovery](#)
- [SAMHSA National Helpline](#) is available 24/7 @ 1-800-662-HELP (4357)
- [National Alliance of Mental Health](#)
- [Recovery.com](#)
- [Grassroots Emergency Shelter](#)

