



WELCOME TO OUR

NA Today Newsletter

Just for Today



LIVING MIRACLES

CHRIS A. - 7 YRS - 5/8
WALK THE WALK

RACHEL S. - 7 YRS - 5/10
STARTING OVER

ANDY W. - 4 YRS - 5/12
SERENITY ON SANDY SPRING

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

WILL O. - 8 YRS - 5/16
FEAR TO FAITH

DAN D. - 10 YRS - 5/18
LAUREL BASICS 123

BRENDA - 18 YRS - 5/19
SPIRITUAL AWAKENING

DOR L. 3 YRS - 5/19
SERENITY ON SANDY SPRING

ROBERT S. - 18 YRS - 5/23
HOW GROUP

CHERI/NIKO - 14/15 YRS - 5/27
PEOPLES RECOVERY



Trading One Thing for Everything

Addiction is often described as **giving up everything for one thing**...a single substance or behavior becomes the center of life, replacing relationships, dreams, health, and self-respect. Narcotics Anonymous (NA) literature captures this idea through phrases such as, *"Our disease isolated us from people except when we were getting, using, and finding ways and means to get more."* Addiction narrows a person's world until nothing remains but the craving.

Recovery, on the other hand, is **giving up one thing for everything**. By surrendering drugs, a person regains the countless things addiction had stolen: purpose, connection, and hope. As NA says, *"We surrender to win,"* and *"We can only keep what we have by giving it away."* These reminders reflect how letting go of the obsession to use opens the door to a life richer and fuller than before.

In the journey from addiction to recovery, the trade is profound...from **losing everything for one destructive thing, to releasing that one thing and gaining everything that truly matters**. As NA teaches, the promise of recovery is freedom: *"An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."*

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

It is time...Goodbye

I crave you still.
I long for your return.
For the strange warmth you once placed in my
veins....
for the feeling you wrapped around me
like armor and fog at the same time.

But I am writing this to say goodbye.

As I move through my days now
collecting small victories,
gathering the scattered pieces of myself,
building new connections,
learning how to care for the person I once
neglected;
memories of us rise like old songs in the
distance.

They try to settle in my mind,
to take up space the way they used to.

But something stronger lives in me now.
A quiet will.
A steady strength.
And it sweeps those memories aside
before they can build a home again.

I will never deny the years we shared.
Twenty-one years.

But they were twenty-one years lived in a kind
of numbness, in quiet despair,
in a loneliness that followed me
even when I was surrounded by people,
even when I sat alone with myself.

For so long my mind belonged to you.
My body answered only to you.
I had forgotten how to listen to my own
thoughts, and how to nourish the life within me.

You made me feel invincible,
yet left me desperate to be seen.

I fell in love with the person I became beside
you... never stopping to wonder
if that person was ever meant to be me.

I was breathing in what felt like hope,
yet every breath I exhaled
carried desperation.

From the outside, I was succeeding,
moving forward, achieving things;
yet somewhere deeper inside
my true potential sat quietly waiting,
never fully given the chance to rise.

Because you held me back.
You kept me living, but never thriving.

My life is worth more than this disease.
I deserve more than the relentless thoughts
that once chained me to my own mind.

Twenty-one years.
Twenty-one years in your grip.
Twenty-one years beneath your spell.

And now, at last, I step away.

I will remember what we had;
the illusion, the comfort, the false strength;
but I will no longer live inside those memories.

I have moved forward...
into the life that was waiting for me all along.

Strangely, it was my moment of deepest
desperation that finally set me free.


So thank you.
For the lessons....
for the strength I discovered in leaving you.

But it is now time. Goodbye.

By: Stephanie



NA RELATED ANNOUNCEMENTS



CENTRAL MARYLAND SPECIAL EVENTS
ANNUAL CRAB FEAST

Located at Trinity Lutheran Church
6600 Laurel - Bowie Rd, Bowie, MD 20715
Saturday July 18th 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



CENTRAL MD AREA SPECIAL EVENTS

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

Location:
Trinity
Lutheran
Church 6600
Laurel Bowie
Road, Bowie

Monopoly,
dominoes, 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

**Game
Night**

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

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

Highland House Open Positions - Highland, MD

Coordinator role; and
one week is 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!

"Trade-Up: The Recovery Game"

You're racing to build a full life in recovery by *trading one thing for everything*.

What You Need

- Deck of "Loss" cards (what addiction took)
 - Examples: Trust, Family Time, Health, Money, Self-Worth, Freedom
- Deck of "Gain" cards (what recovery gives)
 - Examples: Peace, Connection, Stability, Purpose, Honesty, Hope

How to Play (Card Game Style)

1. Deal cards

- Each player gets 3 Loss cards
- Place Gain cards face down in a pile

2. Take turns

On your turn, you:

- Pick 1 of your Loss cards to "give up"
- Draw 1 Gain card from the pile

3. The Trade-Up Pitch (this is the fun part)

- You have 30 seconds to explain WHY your Gain card is a powerful trade for your Loss card (can be serious, funny, or creative)

Example:

"I'm trading Isolation for Connection because now I actually answer my phone instead of hiding from it 😊"

Now, who wants to play?!?!

