



Southern Maryland SERENITY

ANNIVERSARIES & EVENTS							February 2012
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
5	6 A New Lease on Life-Group Anniversary- 3 years	7 Abby A. 1 year, Spiritual Principles	8 Bonnie W. 1 year, Life Support	9	10	11	
12 Lisa Z. 3 years Basket Case TCAUR MTG	13	14	15	16 Tommy S. 26 years Indian Heads	17 Dennis B. 3 years Seven-O-Seven	18 Wayne J. 20 years, Cornell P. 20 years, Making Miracles SPECIAL EVENTS MTG	
19	20	21	22	23	24	25	
26 TCAUR MTG	27 H&I & PI MTG	28 Steve K. 3 years, Off- Campus Recovery	29	March 1	2	3	
<p>Send Anniversaries, Subcommittee Changes, Events or Contributions to: TriCountyNewsletter@cprna.org</p>							

March 14-Melanie S., 1 year, Life Support

SERVICE OPPORTUNITIES ABOUND GET INVOLVED!

AREA SERVICE COMMITTEE (ASC)

Meets 1st Wednesday of the month @ 6:30 PM
Christ Church, Rt. 6, La Plata (by the courthouse)
Mailing Address: P.O. Box 743, Charlotte Hall, MD
20622-0743. Contact: Your GSR

HOSPITALS & INSTITUTIONS SUBCOMMITTEE & PUBLIC INFORMATION SUBCOMMITTEE

Meets 4th Monday of the Month @ 6 PM
St. Andrew's Church, 44078 St. Andrews Church RD,
California, 20619.

H&I Contact: Rob C. (443)624-0097

PI Contact: Andrew S. (301) 481-1851

LITERATURE

Contact: Billy C. (301) 399-2770

SPECIAL EVENTS SUBCOMMITTEE

Meets 3rd Saturday of the month @ 9:30 PM
Good Shepherd Church, 305 E. Smallwood Drive,
Waldorf, MD 20602, Contact: James F. (443)684-4251

POLICY

Currently vacant.

UNITY RETREAT COMMITTEE

Meets 2nd&4th Sunday of the Month@6:00 PM
St. Paul's Church, 37707 New Market Turner RD,
(Rts. 5&6 Behind 84 Lumber), Mechanicsville, MD
Contact: Dave F. (301)751-1388

NEWSLETTER SUBCOMMITTEE

Contact: Jamie E. (410) 414-2150

HELP WANTED SECTION

REWARDS - MANY

Brandywine Group-Variou Positions
Canopy Recovery-Secretary & Home Group Members
Leonardtwn Beginners-Alternate GSR
Making Miracles-Secretary
NA in the Day-Home Group Members
Positive Alternative-Home Group & Various Positions
Serenity Group-Home Group Members & GSR
Seven-O-Seven-Home Group Members & Various Positions
Stepping into Traditions & Concepts-Coffee Maker
Time to Change-Home Group Members
Tower of Power-Saturday Chairperson
Walk the Walk-Coffee Maker
Work 'Em or Die-Home Group Members & Various Positions

*All of the above are opportunities for service.
Service is freely and willingly given.*

SUPPORT YOUR LOCAL NA MEETINGS!

The following groups need attendance support.

Brandywine Group, Thurs. 8 PM
NA in the Day, Weds. 12 Noon
New Lease on Life, Mon. 8 PM
North Beach Group, Fri. 6 PM
Steps to Serenity, Mon. 7:30 PM
Tower of Power, Sat. 7 PM
Walk the Walk, Sun. 2 PM

STAYING INFORMED

Resolutions in Recovery

Have you ever heard the announcement in a meeting that the meeting was a "home group?" How about that there was a decision that needed to be voted upon by the group?

Chances are, based on NA groups in the Tri-County of Southern Maryland Area that need home group members, you hear these announcements frequently.

A "home group" is a personal commitment by an NA member to support one particular group. Joining a home group does not mean that this is the only NA meeting attended. It does mean that the member makes a commitment to attend their designated home group every week, to be available to support the group by performing needed tasks (coffee maker, setting up, clean-up, secretary, general service representative, etc.), and to participate with the members of their home group in NA's decision making processes (voting on decisions before the group).

For the member, joining a home group can provide a stable recovery base, a place to call "home," a place to know and be known by other recovering addicts. For the group, it ensures the support of a core of regular, committed members. A strong home group can also foster a spirit of camaraderie among its members that makes the group more attractive to and more supportive of newcomers. The home group provides many opportunities for us to involve ourselves in the NA Fellowship, making it a great place for us to start giving back what NA has so freely given us. In committing to our home group, we make a personal commitment to NA unity. *That commitment not only enhances our own recovery, it helps ensure recovery is available for others.*

Tradition One states: *"Our common welfare should come first; personal recovery depends on NA unity."* We share an equal membership in NA, and we all have an interest in maintaining the unity that underlies its common welfare.

When we accept personal responsibility for supporting our home group, we further NA unity and enhance the common welfare of the whole fellowship. Our commitment to unity strengthens our groups, allowing us to carry a message of hope. Meetings flourish in this atmosphere of hope. The fellowship grows and our common welfare increases as a result of our united efforts.

When considering a home group, also consider "blooming where you are planted" by joining a group that needs support rather than, perhaps, the more popular group that already has an abundance of home group members.

But, bottom line, if you don't already have a home group . . .
JOIN ONE!

The preceding article was based on excerpts from NA approved literature, including "It Works How and Why," and "The Group Booklet."

DEAR NA MEMBER: I have heard about 13-stepping, and the suggestion that I not get romantically (and/or sexually) involved with a newcomer. Why do NA members say this?

Editor's Note: The following responses are personal viewpoints, unless noted otherwise.

One of the things that gets twisted, is that most people are under the assumption that 13-Stepping hurts only the victim. In reality, I have seen the perpetrator relapse, go to jail, lose everything including and especially their clean time, an equal number of times...because they were not vigilant and were acting out in other addictive, abusive behaviors, in total denial.

I think most of us arrive in NA looking for something different than what we had in active addiction. I think newcomers deserve to be given a chance when they come to NA. If they want to be used for what they can give, they can get that some other place. There needs to be something different in the rooms that says "we really care about you" as opposed to the latter. The other danger is that it has great potential to distract us & give us a false sense of fulfillment that we are seeking.

When we first arrive at NA and are new in recovery we are broken, mentally, spiritually and more often than not physically. Our morals, integrity and compassion are skewed, if not completely gone. We are incredibly vulnerable to either be preyed upon or to be the predator ourselves. This is the reason when we pass the phone books we have men's numbers for men and women's numbers for women.

We run our "good ideas" by other members of our own sex, preferably a sponsor, before getting into any sort of a relationship. All too often this is like calling someone BEFORE you use; it often isn't done, sometimes with disastrous results. Both partners wind up using...

First off, let me tell you there are only 12 steps in NA! Now, that being said, and as I tell all newcomer men, specifically the ones I sponsor, I am not trying to keep you from getting laid, and I don't want you to be alone your whole life. I am sharing with you from experience. I want you to build a solid foundation in the start of your recovery!

If you spend your time, energy, and thoughts chasing women then when will you focus on finding yourself and some peace in your life? If you are "Efed" in the head what do you think you will attract into your life? You need to focus on building a relationship with yourself, your sponsor, other men in the program who will help you recover, regain your relationship with your family, and most of all a Higher Power of Your Own Understanding!

DEAR NA MEMBER: (continued)

*Give yourself a break, find yourself, you OWE yourself You!
And You Owe that Newcomer the RIGHT to find Recovery!!
Leave the Newcomer Alone! Let them Recover!!*

When we are new to recovery it's hard enough to just stay clean, and when we take away the drugs we tend to fill that void with anything that makes us feel good such as sex or the approval of another person. It is important that we are able to keep the focus on ourselves in order to do the work that needs to be done for a strong base in recovery.

When I first came around they used to say 13th stepping and there is no such thing! They would say that if you are in a relationship - work on it. If you are not - do not get in one. They use to say leave the newcomer alone. Let them live. The suggestion to not get romantically involved with someone in your first year is because you do not even know who you are. What you like, what you want in a person, what you will accept and what you won't accept etc. Take that first year to get to know YOU!!

It is suggested that newcomers not get romantically involved for the first year so that they can dedicate themselves to their recovery. In my opinion, this is a decision to be made by each member. I think that this is a very touchy area that should never be set in stone. We are all individuals, and just as we all work the steps in our own way, we live our lives in our own way. What works for me may not work for you. Thankfully, the only requirement is a desire to stop using!

*"When I got clean, I was insecure, lonely, and willing to do anything for some comfort and company. My natural tendency was to satisfy those desires and not have to focus on what was necessary to build a foundation for my recovery. Thank God for the integrity of those members who supported me and didn't take advantage of me in the early days of my recovery."
IP #11-Sponsorship, Revised.*

One of the biggest stumbling blocks to recovery seems to be placing unrealistic expectations on ourselves or others. Relationships can be a terribly painful area. We tend to fantasize and project what will happen. We get angry and resentful if our fantasies are not fulfilled. We forget we are powerless over other people. The old thoughts and feelings of loneliness, despair, helplessness, and self-pity creep in. Thoughts of sponsors, meetings, literature and all other positive input leave our consciousness. We have to keep our recovery first and our priorities in order.-NA Basic Text, Chapter 7, Recovery and Relapse

*"In the middle of difficulty lies opportunity."
- Albert Einstein*

*"Live your beliefs and you can turn the world around."
- Henry David Thoreau*

SOUTHERN MARYLAND SERENITY

The purpose of Southern Maryland Serenity is to help share the message of NA in the Tri-County of Southern Maryland Area and build NA unity through communication. We seek to be informative about committee meetings, opportunities for service, and upcoming events on the area, regional and world levels and welcome information on NA-related anniversaries, events, announcements, articles, artwork, cartoons, poetry, puzzles, jokes, questions and personal stories.

All material appearing in this publication is obtained from the C&P Region, NA World Services, and from individual NA members just like you. You do not have to be a skilled writer or know all the rules of grammar to contribute. Newsletter Subcommittee members can take care of those details. What we need is your unique perspective on the NA program. Without it we do not have a message to carry.

The views expressed in this newsletter are those of the individual contributors; they do not necessarily represent, and should not be attributed to the Newsletter Subcommittee, the Tri-County of Southern Maryland Area, or NA as a whole.

One of the goals of this Subcommittee is to carry a clear NA message of recovery. The Handbook for Narcotics Anonymous Newsletters states that "The 12 Traditions of NA should serve as the basic guidelines for editing your newsletter...the language of NA recovery should be used." All editorial decisions are made with these guidelines foremost in mind.

All submissions become the property of Southern Maryland Serenity. We cannot guarantee return of submitted material, or that all submissions will be published.

In accordance with the 2nd Tradition, we welcome any comments, feedback, and questions, and ask that you please indicate if you would like that feedback published.

TriCountyNewsletter@cprn



IT WORKS

STEP TWO – *"We came to believe that a Power greater than ourselves could restore us to sanity."* It Works How and Why-p.12

TRADITION TWO – *"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."* It Works How and Why-p.98

CONCEPT TWO – *"The final responsibility and authority for NA services rests with the NA groups."* 12 Concepts of NA Service

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**AREA & REGIONAL EVENTS**

Online at <http://cprna.org/events>

### Tri-County of Southern Maryland Area 23rd Anniversary

Celebration, Saturday, February 18, 2012, 12-4 p.m., King/Queen Parish Hall where Chaptico Under the Stars meets, 37497 Zach Fowler Rd., Chaptico, MD 20621 (off Rt. 234). Please bring a dish to share.

H&I Learning Day, Host—*NORVANA*, February 11, 2012, 11 a.m. – 6 p.m., Fairlington Presbyterian Church, Alexandria VA. Flyers at: <http://www.cprna.org/index.php/events/>

Valentine's Day Ball, South Potomac Area, February 11, 2012, 9 p.m. – 1 a.m., St. Barnabas Annex, 5203 Saint Barnabas Rd., Temple Hills, MD, 20748. Flyer at: [http://www.cprna.org/events/021112\\_spa.pdf](http://www.cprna.org/events/021112_spa.pdf)

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UPCOMING HAPPENINGS

See events in other areas, regions, and around the world at: <http://webdata.na.org/events/>

Coastal Carolina Area Freedom by the Sea Convention 11, February 17-19, 2012, Carolina Beach, NC

Greater Columbia Area Recovery at Work 11, February 17-19, 2012, Hilton Head Island, South Carolina

Rochester Area Convention 19, "Recovery Is Possible," February 24-26, 2012, Rochester, NY

Pearl of Recovery XXII, A Strong Foundation, March 2-4, 2012, Egg Harbor Township, New Jersey. Flyer at: <http://www.pearlofrecovery.com/>

Northeast Freedom Area Fifth Annual Convention, March 2-4, 2012, Crown Plaza Hotel, 2004 Greenspring Drive, Timonium, MD 21093

Small Wonder Area Convention 10, The Treasures of Life, Doubletree Hotel-Downtown Wilmington, 700 North King Street, Wilmington, DE, March 9-11, 2012.

Western Queens Area Convention 3, First Stop to Freedom, Smash the Illusion, March 9-11, 2012, Melville Marriott Hotel, Melville, NY. Flyer at:

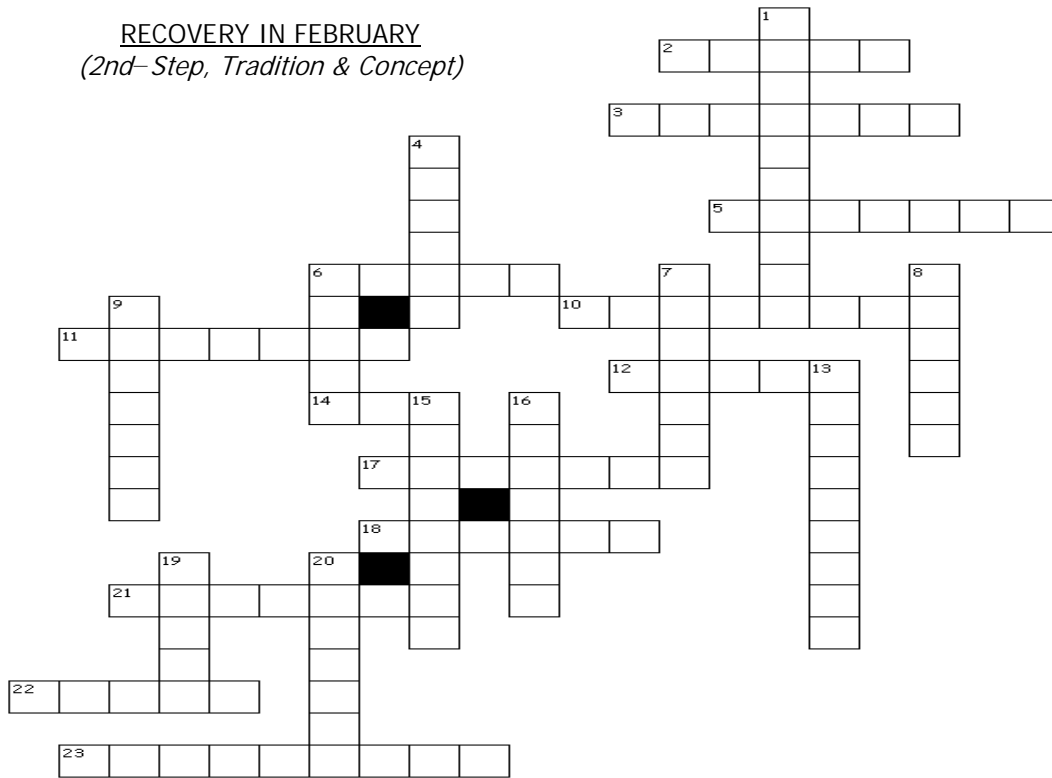
http://www.westernqueensna.org/pdf/events/wqacna_flyer.pdf

Chesapeake & Potomac Regional Convention 26, Roland E Powell Convention Center, 4001 Coastal Highway, Ocean City, April 13-15, 2012. More Info at:

<http://www.cprna.org/26/index.php>.



RECOVERY IN FEBRUARY
(2nd-Step, Tradition & Concept)



Across

2. Any collection or assemblage of persons or things
3. Seek advice or information
5. A person in the service of another
6. Indispensable; essential
10. That which tends to prove or disprove something; an indication or sign
11. Loss of hope; hopelessness
12. Unnecessarily quick action; thoughtless, rash, or undue speed
14. Self-esteem or self-image; feelings
17. To have confidence in the truth, existence, or the reliability of something
18. The process or state of acting or of being active
21. A plan of action to accomplish a specified end
22. Belief that is not based on proof
23. Of, pertaining to, or consisting of spirit; incorporeal

Down

1. The inner sense of what is right or wrong in one's conduct or motives
4. The state of being sane
6. The sound uttered through the mouth
7. An extraordinary event that surpasses all known human or natural powers
8. To determine or settle
9. To bring back to a former, original, or normal condition
13. The state or fact of existing; being
15. To get the better of in a struggle or conflict; conquer; defeat
16. A personal view, attitude or appraisal
19. Reliance on the integrity, strength, ability, etc. of a person or thing
20. To defend or guard from attack, invasion, loss, annoyance, etc.

January's Solutions (1st-Step, Tradition & Concept)

Across

4. Addiction
6. Unity
7. Self-Sufficient
9. Structure
11. Primary
14. Higher Power
15. Admit
17. Guidelines
19. Denial
20. Dereliction

Down

1. Fellowship
2. Honesty
3. Humility
5. Outreach
6. Unmanageable
8. Service
9. Surrender
10. Recovery
11. Powerless
12. Desire
13. Value
16. Reservation
18. Willing

TRI-COUNTY OF SOUTHERN MARYLAND AREA OF NARCOTICS ANONYMOUS MEETING LIST

ONLINE at <http://www.cprna.org/tcana>

SUNDAY

2:00pm WALK THE WALK O/D
Immaculate Conception, 28297 Old Village Rd.
Mechanicsville, MD 20659
7:00pm BASKET CASE W/C, ATB
St. Andrew's Church, 44078 St. Andrew's Church Rd
California, MD 20619
7:30pm STEPPING INTO TRADITIONS & CONCEPTS
O/D, ST, T (75 min.) C (last Sun 60 min.)
St. Joseph's Church, 4590 St. Joseph's Way,
Pomfret, MD 20675
7:30pm ANOTHER CHANCE W/C, BTS
Calvert Memorial Hospital (Classroom #2, Lower Level)
Prince Frederick 20678 NO SMOKING ON PREMISES

MONDAY

7:00pm COVER TO COVER W/C, BTS 75 min.
St. Andrew's Church, 44078 St. Andrew's Church Rd,
California, MD 20619
7:30pm STEPS TO SERENITY W/C, SW
St. Nicholas Lutheran Church, 1450 Plum Point Rd (Rt. 263),
Huntingtown, MD 20639
8:00pm A NEW LEASE ON LIFE W/C, O/D
Jude House, 9505 Crain Hwy South, Bell Alton, MD 20611
8:00pm TIME TO CHANGE W/C, ST, O/D
Life Stream Church of the Nazarene
5105 Leonardtown Rd, Waldorf, MD 20601

TUESDAY

7:00pm SPIRITUAL PRINCIPLES W/C, O/D, ATB
St. Paul's Methodist Church, Classroom #8,
25550 Point Lookout Rd., Leonardtown, MD 20650
7:30pm OFF CAMPUS RECOVERY W/C, O/D
Grace Lutheran Church, Rt. 6 & 488, LaPlata, MD 20646
7:30pm LIFE RECOVERY W/C, ST
Southern Community Center, 20 Appeal Ln, Lusby, MD 20657
8:30pm CANOPY RECOVERY O/D
Church of Ascension, (Next to the Rescue Squad)
Great Mills Road (Rt. 246), Lexington Park, MD 20653

WEDNESDAY

12 Noon NA IN THE DAY S,ST,T,ATB
Body of Christ Church, Waldorf 20601 (Behind IHOP)
7:00pm TOWER OF POWER W/C, JFT
Mt. Hope Community Center, 100 Pushaw Station Road,
(Off Rt. 2), Sunderland, MD 20689
7:30pm LIFE SUPPORT W/C, O/D
Callaway Baptist Church,
20960 Point Lookout Road, Callaway 20620

WEDNESDAY (Continued)

7:00pm POSITIVE ALTERNATIVE W/C, O/D,
Last Wed–St, Third Wed-IP Good Samaritan Church, 13025
Good Samaritan Dr. Waldorf, Maryland 20601 MD (Route 5 and
Billingsley Rd)

THURSDAY

7:30pm CHAPTICO UNDER THE STARS W/C, O/D
King/Queen Parish Hall, 37497 Zach Fowler Rd., Chaptico 20621
(off Rt. 234)
7:00p.m. STEPS TO SERENITY W/C, WG
St. Nicholas Lutheran Church, 1450 Plum Point Rd (Rt.263)
Huntingtown, MD 20639
8:00pm INDIAN HEADS W/C, BTS
St. James Episcopal Church, Rt. 210 & Potomac Avenue,
Indian Head, MD 20640
8:00pm BRANDYWINE GROUP O/D
Union Bethel Church, 6810 Floral Park Road,
Brandywine, MD 20613 NO SMOKING ON PREMISES
7:00pm OUTSIDERS W/C, ST, T
Church of Ascension, (Next to the Rescue Squad)
Great Mills Road (Rt. 246), Lexington Park, MD 20653

FRIDAY

6:00pm NORTH BEACH GROUP BTS
Union Church, 274 Bay View Rd, North Beach, MD 20714
7:07pm SEVEN-O-SEVEN IP 75 min.
Trinity Lutheran Church, 46707 S.Shangri La Drive @ S. Essex
Lexington Park, MD 20653
7:30pm WORK 'EM OR DIE W/C, ST, T 90 min.
Grace Lutheran Church, Rt. 6 & 488, La Plata, MD 20646

SATURDAY

7:00pm TOWER OF POWER ST-1,2,3, Last Sat - S
Mt. Hope Community Center, 100 Pushaw Station Road,
(off Rt. 2), Sunderland, MD 20689
7:00pm MAKING MIRACLES O/D, W/C
Last Sat – ST, 90 min.
Good Shepherd Church, 305 E. Smallwood Drive,
Waldorf, MD 20602 NO SMOKING ON PREMISES
7:00pm LEONARDTOWN BEGINNERS
W/C, ST-1,2,3 75 min
St. Paul's Methodist Church, Brubecker Hall,
25550 Point Lookout Rd., Leonardtown, MD 20650
10:30pm SERENITY GROUP W/C, O/D, CL
Good Shepherd Church, 305 E. Smallwood Drive,
Smallwood Drive, Waldorf, MD 20602
NO SMOKING ON PREMISES

MEETING KEY

ATB – Ask the Basket	S – Speaker
BTS – Basic Text Study	ST-1,2,3 – Beginner Step
CL – Candlelight	ST – Step Meeting
I/P – Pamphlet Study	SW – Step Writing
JFT – Just For Today	T – Traditions
O/D – Open Discussion	WG – Step Working Guide
W/C – Wheelchair Access	

NA REGIONAL PHONE LINES

800-543-4670

202-399-5316