

WANT TO GET INVOLVED IN THE NEWSLETTER? JOIN THE COMMITTEE!

If you want to participate in putting this out each month, please contact:

Michael K
240-390-5606

or
moco.news@cprna.org.

YOUR STORY HERE!

DO YOU HAVE EXPERIENCE WITH

- ...a step?
- ...a tradition?
- ...a crisis you got through clean?
- ...a lesson learned?
- ...a spiritual principle?

SHARE IT!

**E-MAIL moco.news@cprna.org
or
TEXT/CALL 240-390-5606**

*The Montgomery Area newsletter committee does not guarantee the publication of any submission, nor does it assume any responsibility to return submitted material. The committee reserves the right to edit content before publishing. Members who wish to have their content considered for publication must sign a release form.



Straight Hope

Montgomery Area's Narcotics Anonymous Newsletter

MARCH 2020

ANNIVERSARIES

| Date | Name | Years | Meeting |
|------|-----------|-------|-----------------------|
| 3/3 | Jack L | 3 | Gentlemen's Club |
| 3/6 | Anthony | 2 | Upcounty NA |
| | Jen W | 12 | Clean Works* |
| 3/10 | Minter F | 1 | All About Change |
| 3/11 | Allison L | 1 | People's Recovery |
| 3/12 | Juan S | 13 | Solo Por Hoy |
| 3/17 | Hope K | 1 | People's Recovery |
| 3/18 | Lance | 1 | Gentlemen's Club |
| 3/19 | Arkel | 2 | Stepping Free |
| | Les G | 12 | Spiritual Awakenings* |
| 3/31 | Rob B | 2 | All About Change |

EVENTS

| Date | Time | Event |
|---------|--------|--|
| 3/14 | 10a-2p | CAR Workshop @ Montgomery Hills Baptist Church, Wheaton, MD |
| | 5p-1a | St Patricks Day Speaker Jam @ Christ the Servant Lutheran Church, Montgomery Village |
| 3/21 | 7p-10p | Central MD Area Chili Contest/Game Night @ Savage UMC, Savage |
| 3/28 | 10a-1p | Rock Creek Spiritual Breakfast @ Wesley UMC, DC |
| 4/11 | 10a-6p | C&P Regional Service Committee Meeting @ Hughes United Methodist Church, Wheaton |
| | 10a-6p | Convention Stuffing Party! @ Montgomery Hills Baptist Church, Wheaton |
| 4/17-19 | | CPRCNA XXXIV: Unity is the Spirit @ Roland E Powell Convention Center, Ocean City |



Even The Most Stubborn Addict Can Recover

I was first introduced to Narcotics Anonymous roughly twelve years ago. I had a desire but lacked the willingness to stop using. I didn't realize that I couldn't have one without the other and still succeed.

The whole concept of addiction as a disease—an affliction of the body and mind—was impossible for me to grasp. Acceptance felt like resignation, and to me, that meant admitting I was helpless which was something my pride would not allow.

I had a desire but lacked the willingness to stop using.

My interpretation of reality was based on how things “should” be and not how they “actually” were. I lacked the ability to be objective about the chaos that was my life or the active role I played in its presentation. All of this was steadily fueled by a chronic sense of entitlement and victimization that my addiction thrived on.

Getting off drugs wasn't even the hardest part for me; the pain of living without them was. I had too much trauma and emotional wreckage and not nearly enough tools to deal with them, so I kept my world small because I thought I could have more control over it that way. I failed to realize that the smaller my world was, the bigger my problems seemed by comparison. I existed in a prison of my own making but thought I could still find the way out on my terms.

Throughout it all, my brief interludes in recovery consisted of me putting in minimal effort while expecting maximum results. I did the things I wanted to do and not the things I needed to do. I dismissed faith and demanded concrete evidence because my self absorption, intellect, and ego demanded a “why” to the process.

When I came back in December of 2018, I was too broken and depleted to push for more answers. Too weak to demand any results or make any more claims of my intentions or what I was “going to make happen.” I was just...here. I was here because I had literally exhausted every other avenue to try to “beat” this thing and I just didn't know what else to do.

So I put aside my quest for “why” and instead focused on “how”. How do I live without the comfortable chaos

of active addiction? How do I stop destroying the little progress I make because I'm afraid of success? How do I love myself enough to give myself a **real** chance?

That was my first introduction to blind faith: doing things without expectations of the results; just doing the very next thing suggested of me no matter how unnatural it felt or how uncomfortable I was. When my anxiety raged and the pain of withdrawal ate at my bones, I did it anyway.

Because at that point I desperately clung to the belief that in the end it would all be okay, and if it wasn't okay, it wasn't the end.

I don't have the words to describe where I am today. There is a raw beauty in actively participating in my own life and the messiness that is inevitably a part of it. When things happen I can take them in stride because I have a few more tools now and I know that I have a choice in the amount of unnecessary pain that I allow in my life.

...in the end it would all be okay, and if it wasn't okay, it wasn't the end.

My sponsor, step work, and a solid network all contribute to the foundation that I fought so hard against building for so many years. With that support, I've learned to push past my fear on what lays beyond it. I'm not where I want to be, but I know that by staying on this path, I am well on my way because it's not just the destination that matters but how I get there. I am grateful for my seat in the rooms and the role I play in the lives of others today. I get to show up, be present, and live my life in a way that I truly didn't think I was capable of.

Today, anything is possible and everyday I have a new choice. We all do.

Jackie C., Montgomery County, MD