



STRAIGHT HOPE

Newsletter from the Montgomery Area of Narcotics Anonymous

WE NEED YOU

If you would like to be of service and help with our newsletter, please email Taylor G at moco.news@cprna.org

IN THIS ISSUE

PR BOOTH NEEDS TRUSTED SERVANTS, NA LITERATURE INFO, NEW WOMEN'S MEETING & MORE!

...pg 4



ANNIVERSARIES

CELEBRANT	# OF YEARS	MEETING	DATE
KAIT W.	13	Glad to Be Alive	3/2/21
LUKE J.	1	People's Recovery	3/3/21
CINDY R.W.	37	Good Deal	3/3/21
JESSIE W.	16	Making a Difference	3/4/21
BRIE S.	23	SYA	3/5/21
JIMI S.	33	Get Down	3/5/21
AL G.	4	Share on Saturday	3/6/21
NAJEEBAH	1	Monday Miracles	3/8/21
NOAH W.	2	Glad to Be Alive	3/9/21
ALLISON L.	2	People's Recovery	3/10/21
ALISON L.	2	People's Recovery	3/10/21
ED R. (BUNNY)	23	Wednesday Willingness	3/10/21
DENISE G.	3	Another Way	3/10/21
MEGAN D.	4	Today's Recovery	3/14/21
HOPE K.	2	People's Recovery	3/17/21
SARAH A.	17	Live and Let Live	3/19/21
REGGIE	40	One Step at a Time	3/19/21
KIM L.	24	SYA	3/19/21
EILEEN S.	35	Step by Step	3/20/21
BARBARA B.	34	Off the Beaten Path	3/20/21
THERESA M.	9	Off the Beaten Path	3/20/21
DONNA J.	32	Off the Beaten Path	3/20/21
BRICE A.	12	Breakfast Club	3/21/21
ED C.	17	Breakfast Club	3/21/21
LAUREN S.	13	Illness in Recovery	3/22/21
CRYSTAL W.	3	People's Recovery	3/24/21
MARY M.	16	Talking Heads	3/28/21
JOHN D.	7	Breakfast Club	3/28/21
CAMMY D.	31	SYA	4/2/21
JONNY A.	2	People's Recovery	4/4/21
JOHN B.	29	Talking Heads	4/25/21
KATIE S.	4	Oasis	4/26/21

COVID-19, ADDICTION & NARCOTICS ANONYMOUS (NA) RESOURCES

a message for clients, counselors & any addict seeking freedom from addiction by Elizabeth L, Public Relations Chair

The pandemic has increased stresses on us all with social isolation, work and life disruptions. Our area has experienced an increase in suicides and drug overdoses. A single drink or drug use can bring relief from stresses and anxieties, but as our use of alcohol or drugs increases on a daily basis, we can slide into addiction or substance use disorder. The servant becomes the master.

...cont. on pg 2

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COVID-19, ADDICTION & NARCOTICS ANONYMOUS (NA) RESOURCES

a message for clients, counselors & any addict seeking freedom from addiction by Elizabeth L, Public Relations Chair

Narcotics Anonymous (NA) is a non-profit, 12 step fellowship of men and women for whom drugs have become a major problem. The only requirement for attending an NA meeting is a desire to be free from active addiction. Alcoholics Anonymous (AA) is the original 12 step fellowship founded in the 1930's. AA did not and still often does not want addicts, who's substance of choice was not alcohol, to attend their AA meetings. In response to that exclusion, NA emerged as a separate fellowship in 1953. Although NA has adopted the 12 step framework of recovery, our program addresses the disease of addiction not any one specific drug. NA considers alcohol a drug like any other addictive substance. The "Narcotic" part of our fellowship's name is about the 1950's era referral to any illegal drug as a narcotic. The "Anonymous" part refers to us identifying in a meeting by a first name only. In a virtual meeting you can choose the video-off option, increasing your anonymity.

The NA meetings are the primary vehicle for someone in active addiction to hear the NA message. "That anyone, any addict can stop using drugs, lose the desire/obsession to use and find a new way of life." At any NA meeting you might encounter someone with a week, a year, 15 years or 30 years clean. Members share their experience in active addiction, early recovery and detox, and what their life is like in recovery. NA is the original peer to peer support process. We call it the therapeutic value of one addict helping another. NA members share their experience, strength and hope with newcomers to NA and help them feel welcomed. Through working the 12 steps with a sponsor, new members learn the language and process of recovery from active addiction.

NA is a free community resource, financially supported only by donations from its members. NA has over 60 weekly meetings in Montgomery County and over 350 meetings in the DMV. Because of COVID-19 restrictions, most these meetings are now virtual on the Zoom platform; accessible by land line, smart phone and computer. Meeting lists information can be found on our website, www.cprna.org/meetings or by calling our help line 1-800-543-4670.

Parents, spouses and friends of those with drug problems are welcome at NA meetings. NA service members bring NA meetings into hospitals, institutions, prisons and rehab facilities. Worldwide, over 70,000 NA meetings are being carried in 144 countries. NA literature is available in 55 languages. Anyone can attend an NA meeting anywhere on our earth via Zoom; international meetings lists are at www.virtualna.org

Free NA literature can be found on www.na.org. You might check out the pamphlet, "[Am I an Addict?](#)" which has a short quiz on the symptoms and behaviors of being in active addiction.

VIRTUAL CPRCNA34

APR 16 2021–APR 18 2021

The 34th Convention of the Chesapeake & Potomac Region of Narcotics Anonymous (CPRCNA34) is going virtual!

OUR REGION NEEDS YOU

Many of the CPRCNA34 subcommittees need help! To volunteer, please visit cprcna.org/ways-to-serve or email volunteer@cprcna.org

CONVENTION INFORMATION

As the Convention Oversight Committee releases more information, we will continue updating you. You can see the latest at cprcna.org

Our region's typical convention holds Marathon, Topic, Speaker Meetings and Workshops. Activities are available, such as dances, concerts, and other forms of entertainment. In other words, it is like a weekend long meeting of spirituality, personal growth, fellowship and more fun than you can imagine.

Excitingly, instead of postponing the convention until 2021, our Region will host CPRCNA 34 virtually!

Our Regional Convention has different subcommittees that help organize, run and plan the weekend event. You can see a list of the different subcommittees at cprcna.org/committees. They are looking for trusted servants to sign up as a Chair Person, Secretary, on the Helpdesk, as a Tech Host and more!

In particular, the Hospitality Subcommittee needs "Serenity Keepers" to help monitor virtual meetings during the convention. Even if you can't be of service, please announce this at any meetings you attend. There will be 80 meetings during CPRCNA34 and our Hospitality Committee needs your help! They meet the 2nd & 4th Tuesday on Zoom

Zoom ID: 875 709 87094

Passcode: 404292

Contact: rozchatman@aol.com 301-325-2632

ANNOUNCEMENTS

Online & Printable Meeting List

Visit our region's online meeting list [here](#). You can search by area, day of the week, location, meeting format and more. You can also find a printable Montgomery Area NA Meeting List updated as of March 2021, with all relevant Zoom information on hybrid, in-person, and Zoom meetings. Don't miss out on your copy [here](#).

Are People Still Meeting in Person?

The Montgomery Area still has in-person and hybrid meetings that you can attend both on Zoom and in person. The [online meetings](#) list is the best way to get the latest most up-to-date information. Currently, the 3 NA meetings you can still attend in-person are NA @ Noon, New Way of NA and Upcounty NA.

Does Your Group Need Literature?

Support our Area by Obtaining Literature for your group through Danny O (301) 437-4552

Need Service? The Public Relations Subcommittee Needs Your Help!

The NBC4 Health and Fitness Expo is Friday March 19, 12pm-8pm and Saturday March 20, 9am-5pm. NA will have a virtual booth and we need support/volunteers for two hour time slots. Please step up to volunteer to meet the public virtually! Please email Mitch atemoche@mac.com or Elizabeth elizleek@gmail.com

NA HYBRID @ NOON

Monday-Friday
Christ Congregational Church
9525 Colesville Rd
Silver Spring, MD, 20901
Zoom Meeting ID: 889 4686 0935
No Passcode

NEW WAY OF NA

Mondays @ 4PM
Tuesdays @ 5:30PM
Rockville Metro Club
12319 Washington Ave
Rockville, MD 20852

UPCOUNTY NA HYBRID

Friday @ 7:30PM-9PM
Emory Grove UM Church
8200 Emory Grove Rd
Gaithersburg, MD, 20877
Zoom Meeting ID: 489 867 1344
Passcode: uprecovery

NEW MEETING ALERT

SHE DO RECOVER

There is a new Women's Meeting in the Montgomery Area. Check out SHE DO RECOVER, a Just for Today Women's Meeting on Thursday Nights at 7:30PM. Service positions are open! Zoom Meeting ID: 880 6199 3961 Passcode: 8675309

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**WE FIND THAT
WE SUFFER
FROM A DISEASE,
NOT A MORAL
DILEMMA.**

**WE WERE
CRITICALLY ILL,
NOT HOPELESSLY
BAD**

POETRY CORNER

ARTISTIC EXPRESSIONS FROM OUR
FELLOWS IN THE MONTGOMERY AREA



*What are the real battles that are worth the fight.
Moving consistently uphill, a struggle, a hike.
Feeling tired and worn many a days,
In a state of constant haze.
Focus, determination, drive and desire,
To live a certain lifestyle with little fire. Getting close to the top, do not stop
Oh what a beautiful sight, clean fresh air, Don't look down, do not dare.
Seeing the beauty of life, it's so fulfilling, People around with no agenda, no drilling.
The climb is difficult but the reward so freeing, unlike the mind that's always fleeting.*

—Suzanne K



ANNOUNCEMENTS FROM NAWS

NAWS Needs Help with Local Service Toolbox Project

NA World Services has been working on a local service toolbox—a collection of tools that reflect our Fellowship’s best practices and experiences delivering services locally. They already have some materials, such as PR, Planning, and H&I Basics, but there are many more that are lacking or that have not been revised or adapted in years. The “Basics” seem to be a good approach because they are perhaps less overwhelming than a large handbook, and they are easier to translate and revise. NAWS believes a “toolbox” with small-scale pieces will have the same advantages.

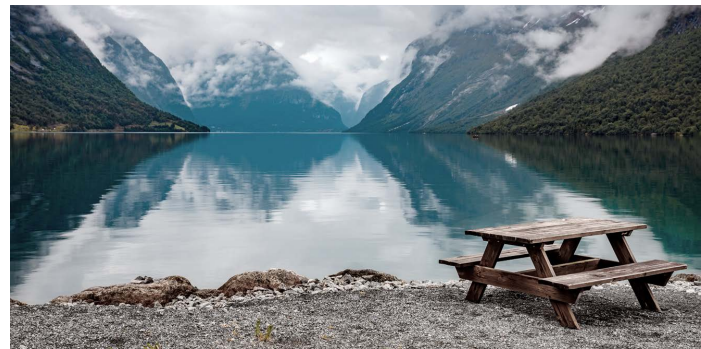
The next focus of the project is virtual meetings best practices, and carrying the NA message effectively and virtually. To prepare for the creation of this much needed service tool NAWS has created an online survey to begin collecting your experience on a range of topics. The survey is open until the end of the year. You can participate at na.org/?ID=toolbox&ID=toolbox

You Can Follow NAWS on Instagram

NA World Services now has an Instagram account!
[@narcoticsanonymous](https://www.instagram.com/narcoticsanonymous)

A New Book in the Making

The Spiritual Principle a Day Book Project is looking for trusted servants to help write and review material. See more [here](#).



THE WORLD CONVENTION OF NARCOTICS ANONYMOUS COMES BACK TO THE DISTRICT!

Did You Know?

NAWS happily announced that they have finalized a site for WCNA 39. After almost 30 years, the World Convention will be returning to Washington, DC, 29 August – 1 September 2024!

UPCOMING EVENTS

Luck o' the addict!



BINGO & Recovery

March 17, 2021
 Meeting 6 – 7 PM ET
 Bingo 7 – 8 PM ET
 Meeting 8 – 9 PM ET

Hosted by the Chesapeake and Potomac Region

\$4 to play bingo- 50/50 jackpots
 Free to attend the meetings

Meeting ID:
 816 7668 4023
 Passcode: bingo



cprna.org

Do you feel like it's hard to meet people and build connections during virtual meetings?
 You're not alone!

Join the Chesapeake and Potomac Region of NA for

Speed Fellowshiping

Attendees are split into randomly assigned small groups in multiple breakout sessions with various discussion topics for 5 minutes, then randomly reassigned to new groups every 5 minutes.




Saturday, March 27
Fellowshipping 7-8 PM EDT • Meeting 8-9 PM EDT

Zoom ID: 834 1997 9705
 Passcode: fellowship



cprna.org

VIRTUAL CPRCNA XXXIV 



Save the Date:
April 16 – 18, 2021

CPRCNA.ORG FOR MORE

Chesapeake & Potomac Regional Convention
 This is the same great convention usually held in Ocean City
 We will gather virtually this year.
 more will be revealed...

Stroud Soldiers

Saturday 20th March 2021
 Speaker Jam



4pm - 7.30pm uk Time
 Zoom id 875 9251 2281 Password-recovery

1 year Anniversary

UPCOMING EVENTS

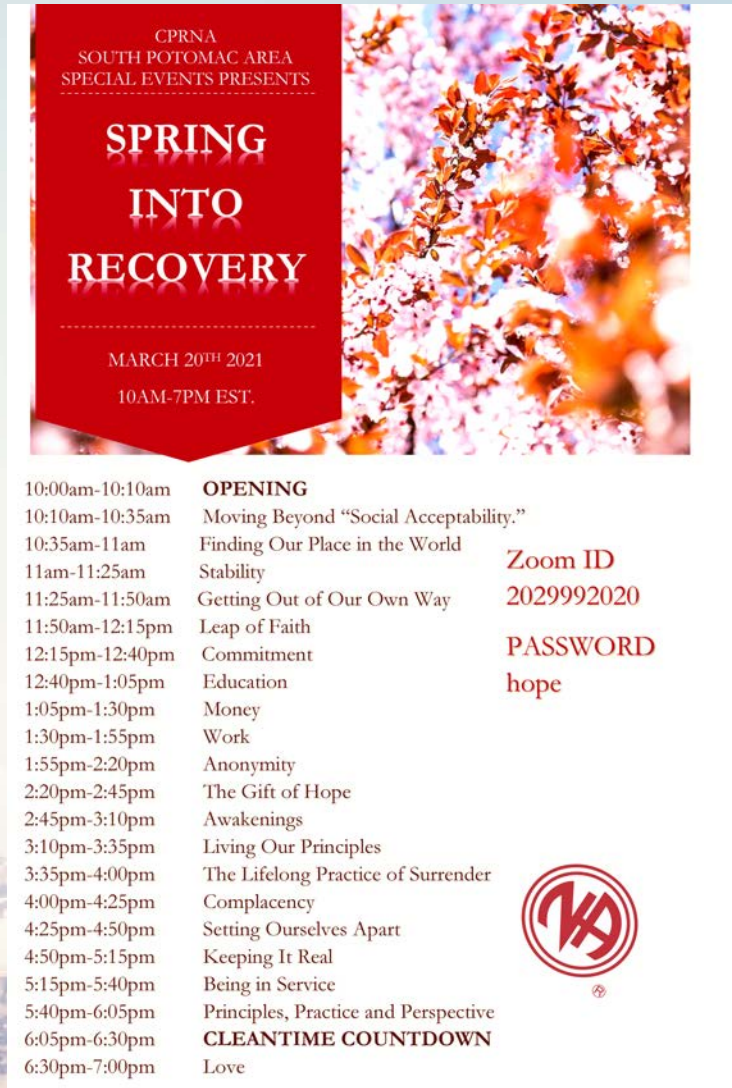


NA **G.N.A.C.N.A.**
Celebrating Recovery VIII
"Together We Rise"
Spring Fling
 Speaker Jam & Dance
 Convention Fundraiser
Saturday March 27, 2021
 12pm-12am

Zoom ID: 867-3109-3465 Password: TWR

Agenda:

- 12:00pm-12:45pm Tradition 1
- 12:50pm-1:20pm The Masks Must Go
- 1:30pm-2:00pm Step 6
- 2:05pm-2:35pm One Disease Many Symptoms
- 2:40pm-3:10pm Tradition 3
- 3:15pm-3:55pm Just for Today Meditation
- 4:00pm-4:30pm Step 8
- 4:35pm-5:05pm From a Curse to a Blessing
- 5:10pm-5:40pm Humility
- 5:45pm-6:15pm Step 12
- 6:20pm-6:50pm Change or Die
- 6:55pm-7:25pm What Can I do?
- 7:30pm-8:00pm Step 4
- 8:05pm-8:35pm Loving You & Loving Me
- 8:40pm-9:10pm Integrity
- 9:15pm-9:45pm Self-Acceptance
- 9:50pm-10:20pm Tradition 5
- 10:30pm-11:00pm From Self Reliant to God Reliant
- 11:00pm-12:00am Dance



CPRNA
 SOUTH POTOMAC AREA
 SPECIAL EVENTS PRESENTS

SPRING INTO RECOVERY

MARCH 20TH 2021
 10AM-7PM EST.

10:00am-10:10am **OPENING**

10:10am-10:35am Moving Beyond "Social Acceptability."

10:35am-11am Finding Our Place in the World

11am-11:25am Stability

11:25am-11:50am Getting Out of Our Own Way

11:50am-12:15pm Leap of Faith

12:15pm-12:40pm Commitment

12:40pm-1:05pm Education

1:05pm-1:30pm Money

1:30pm-1:55pm Work

1:55pm-2:20pm Anonymity

2:20pm-2:45pm The Gift of Hope

2:45pm-3:10pm Awakenings

3:10pm-3:35pm Living Our Principles

3:35pm-4:00pm The Lifelong Practice of Surrender

4:00pm-4:25pm Complacency

4:25pm-4:50pm Setting Ourselves Apart

4:50pm-5:15pm Keeping It Real

5:15pm-5:40pm Being in Service


5:40pm-6:05pm Principles, Practice and Perspective

6:05pm-6:30pm **CLEANTIME COUNTDOWN**

6:30pm-7:00pm Love

Zoom ID
 2029992020

PASSWORD
 hope





A NARCOTICS ANONYMOUS HISTORY DAY

Sunday 7th March
2PM-7PM GMT

East Coast Scotland Presents...

HISTORY OF THE MIRACLE

Link - 837 7610 7014
 Password - 1953

Ocean Area Convention Committee
 Shore To Recover X Presents

More will be REVEALED

SPEAKER JAM
 Zoom ID 859 2754 5346 - Password: ocean

Convention Fundraiser

9 SPEAKERS

- 4:00 pm Just for Today - Derrick C. (NJ)
- 4:30 pm Self Acceptance - Yolanda S. (NY)
- 5:00 pm What Can We Do - Eddie R. (NY)
- 5:30 pm Relationships - Kelly M. (FL)
- 6:00 pm Sponsorship - Big Mike (NY)
- 6:30 pm Steps 1, 2 & 3 - Sarah W. (MO)
- 7:00 pm Steps 4 & 5 - Samantha F. (NY)
- 7:30 pm Steps 6 & 7 - Sarah Q. (GA)

8:00 pm
 More Will Be Revealed - Anthony C. (NY)

Sunday, March 7, 2021
4pm - 8:30pm EST

Donations will be accepted Merchandise will be sold

*We are not affiliated with Zoom

When you can't have a convention in person,

"New Possibilities Arise"

GRCNA 39.5

The Georgia Region of NA's First Virtual Convention

March 5-7, 2021
 Noon Friday to Noon Sunday
 Optional Registration & More Information at

<https://grcna.org/>