

STRAIGHT HOPE

The Montgomery Area Newsletter...a meeting in print

\$\$ Priceless \$\$

Volume 93

PO Box 8214 Gaithersburg, MD 20898

APRIL 2025

Our Regional Convention, the Chesapeake & Potomac Region of Narcotics Anonymous (CPRCNA) will be held in Ocean City, MD from April 11-13. Make convention memories by volunteering for the Hug Squad or Serenity Keepers. Help out in Registration or Merchandise or another committee!

Go to <https://www.cprcna.org/committees/> to find out more!



CPRCNA.ORG

**SERENITY KEEPER / HUG SQUAD SUB COMMITTEE
WE NEED YOU!!!**

Wanda M- SK Team Lead (845)313-8476

wandam_naservice@yahoo.com

Raychon D- HS Team Lead (571)240-8890

danielsraychon@gmail.com



"Limitless Strength"

Register for

CPRCNA: <https://www.cprcna.org>

Email Art, Articles, Anniversaries & NA Announcements to: straighthope@cprcna.org

Straight Hope Contributors: Anne E. - Layout/Content Galen T. - Layout

Ben C. - Steps/Traditions Sarah A. - Anniversaries Eileen S. - Graphics/Events

SCAN TO GET YOUR COPY OF "STRAIGHT HOPE" ONLINE!!!



Get your Straight Hope Newsletter at <https://www.cprcna.org/our-areas/news/montgomery-area/>

Step of the Month

Step 4: "We made a searching and fearless moral inventory of ourselves."

I did the Fourth Step by writing out my inventory over several months using a Step 4 guide available at meetings. I then examined what I wrote and discussed the contents and revelations with my sponsor. I discovered that I have some good qualities that I liked about myself that I wanted to keep. I also have some negative aspects of my personality and patterns of behavior that don't serve my best interests. The goal of any inventory is to keep the good and discard the bad. I had suffered traumas and committed many misdeeds that were difficult and even painful for me to revisit and write about. In doing so, I was able to face the truth about myself and my past and commit to trying to change for the better. In many ways, this process has helped me discover who I really am and what I want in life.
~ Ben C.



Tradition of the Month

Tradition 4: "Each group should be autonomous except in matters affecting other groups or NA as a whole."

We can use our creativity, enthusiasm, and imagination to express new, innovative ways to conduct our groups. The honesty of our own experience, strength, and hope expressed from the heart reaches the heart. Anonymity reminds us we are equals and that we have a responsibility to be familiar with

the application of the 12 Traditions. Groups do have the freedom to be creative and express individuality. Creative hunches and intuitive feelings that we think might benefit ourselves and others are sometimes presented in a group as we make decisions on its format. ~ Ben C.



Living Miracles

4/3 Oshy 8 yrs Stepping Free
4/6 Ben F. 7 yrs Today's Recovery
4/6 Cammy D. 35 Yrs Came to Believe
4/7 Rob D. 3 yrs Steps at Glenmont
4/16 Karla H. 25 yrs All About Change
4/17 Brett M. 7 yrs Stepping Free
4/18 Eric J. 31 yrs Aging in Recovery
4/18 Zoi W. 2 yrs Keep it Real
4/19 Brian B. 2 yrs Sat Night Living Clean
4/20 John B. 33 yrs Talking Heads
4/24 Brad S. 8 yrs Stepping Free
4/25 Arlene C. 1 yr Live & Let Live
4/26 Steve G. 5 yrs Fresh start
4/26 Cedric C. 20 yrs Living Life on Life's Terms
4/26 Sharon P. 37 yrs Living Life on Life's Terms
4/26 Steve E. 30 yrs Off the Beaten Path
4/26 Dell W. 38 yrs Off the Beaten Path
4/27 Andrew G. 1 yr Today's Recovery
4/27 Booker K. 35 yrs Sun Morn Spiritual
4/27 Cheryl R. 41 yrs Sun Morn Spiritual
4/29 Phil K. 4 yrs All About Change
5/2 Shannon H. 10 yrs Live and Let Live
5/3 Howard S. 20 yrs Fresh Start
5/3 Hollywood 24 yrs Off the Beaten Path
5/4 Kabir S. 14 yrs Talking Heads
5/11 Jonathan B. 38 yrs Progress in NA

NA Related Announcements

MEETING ANNOUNCEMENTS

Today's Recovery will celebrate it's 35th group anniversary on **Sunday, May 18th** starting at 5pm. There will be food and games and the meeting will start at 7:30.

New Way of NA is having an Open House on **May 13th** from 5 to 6 pm at **Millian Memorial United Methodist Church 13016 Parkland Dr, Rockville**. Free Food, Fun, Fellowship, 50/50 Door Prizes!

Public Relations Subcommittee is doing NA tables at **Seneca Valley HS, April 10th 8:30 AM to 12 PM**. They are also having a table at an annual spring forum on addiction on **May 17th** at **East County Community Center**. Please speak to a PR member or email na-montgomery@cprna.org if you'd like to help out at either of these events.



Another way to Carry the Message!

The Montgomery Area Public Relations (PR) Subcommittee will provide these wristbands at our upcoming NA booths.

Help us carry our message!

PR meets the **1st Tuesday of each month @ 6:30 PM!** Zoom ID: 876 1298 6083; Password: 749698



Narcotics Anonymous
Chesapeake & Potomac Region

C&P Region Tech Talk

**Last Sunday of Every Month
12 Noon—2 PM**

Learn about the technology the C&P Region uses to carry the message. Exchange ideas on performing service. Find out how you can carry the message too!

Regional Technologies: Google Drive, Websites, Phonenumber, BMLT, Meeting Lists, etc.

**Meeting ID: 671 727 103
Passcode: 654321**

Questions? Contact Anne E. or Tammy G.
info@cprna.org



Be in the Know!

Monthly Tech Talk training sessions cover the technology used by our Region to carry the message. Exchange ideas on performing service. Find out how you can carry the message too! Come on Zoom the **last Sundays at 2 pm** to learn about the technologies the C&P Region uses: Google Drive, Websites, Phonenumber, BMLT, Meeting Lists, etc. Meeting ID: 671 727 103; Passcode: 654321

Montgomery Area Webpage has a TON of great information for GSRs and groups! Links can be found at <https://www.cprna.org/our-areas/info/montgomery-area/>. If you can't locate these documents, email masc@cprna.org and ask for them.

Area Service Nominations & Elections: Montgomery Area still has several service opportunities available: RCM Alternate, and many Area Liaisons. Email masc@cprna.org for more info or come to Area Service the 1st Tuesday of each month @ 7:30 PM: Zoom ID: 876 1298 6083; Password: 749698

Regional Service Committee Meeting: Saturday, April 19th. Hosted by The Virtual Ties That Bind Us Together Area. Timbrel Church International, 8203 Cryden Way, District Heights, MD.

Open Regional service opportunities: Vice Treasurer, Secretary, Vice Secretary, Convention Oversight Comm At-Large Reps 1 & Rep 2, H&I Vice Chair, Literature Chair & Vice Chair, Policy Chair & Vice Chair, Special Events Vice Chair, Free State Regional Service Office Rep 1. **Convention News**

Convention News: While **CPRCNA 38** is rapidly approaching (**April 11-13** in OC - be there hon!), there are many opportunities to get involved. Host and subcommittee meetings. All are on Zoom: <https://www.cprcna.org/committees/>

EVENTS

NA events can be found at: <https://www.instagram.com/naglobalevents/> and <https://www.cprna.org/event/>



CPRCNA XXXVIII
APRIL 11-13, 2025
CHESAPEAKE & POTOMAC
REGIONAL CONVENTION
OCEAN CITY • MARYLAND

"Limitless Strength"

STUFFING Party

WHEN: APRIL 5, 2025

WHERE: Our Savior Lutheran Church
13611 Laurel Bowie Road
Laurel MD 20708

TIME: 10:00AM to 5:00PM EST

**CONTINENTAL BREAKFAST
AND LUNCH WILL BE SERVED**

We are looking for volunteers to work as cashiers during onsite registration. Training will be given at the stuffing party.

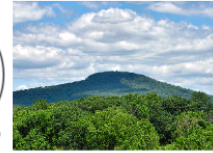
FANA Special Events Fellowship & Fire

The Reed Center April 26th 4:00 - 9:00pm
1932B Mountain Church Rd \$5 suggested donation
Middletown Md 21769



Info: Mike F 240-499-4417 Carrie M 240-405-5465 Donna T 240-344-4333

Montgomery Area Special Events Presents:



Meeting on the Mountain!

SATURDAY APRIL 19, 2025

Sugarloaf Mountain

7901 Comus Rd, Dickerson, MD

Meeting at 4:00 pm

Brad will lead a group from the Top
Parking Lot up to the Summit at 3:00 pm!

- From Washington - Take I-270 North to Route 28 West of Rockville to Dickerson, then after passing under the railroad bridge, turn right on Mt. Ephraim Road and go 2.5 miles to Sugarloaf Mountain entrance.
- From Frederick - Follow Route I-270 South to the Hyattstown exit, follow Route 109 to Comus, then right on Comus Road to the Sugarloaf Mountain entrance.

Donations accepted through:

Venmo (@Natalie-Gitelman) and Cash App (\$Specialevents007)

For Information contact:

Brad S. - (540) 272-8899 or Suzanne W. - (240) 793-1799

Conventions/Events in 2025!



CPRCNA 38 * April 10-12

"Limitless Strength"

Ocean City, MD

<https://www.cprcna.org/>



NESSNA III * April 25-27

"Our Fellowship, Our Responsibility"

Sheraton Great Valley Hotel

Frazer, PA

<https://nesssna.nezf.org/>



ECCNA III * June 20-22,

"Light of the Spirit!"

Flagler College, St.

Augustine, FL

<https://eccna.org/>