



# THE Group Conscience



DCANA Newsletter  
PO Box 192, Herndon, VA 20172

August 2004  
groupconscience@hotmail.com

## Self-Acceptance: The Process by: Mark W.

When I got clean, the last thing I thought there was a problem with was me. It was everyone else and the world around me that had the problem...I was just fine living the lifestyle I had existed in for years. I thought I liked who I was...then why in the hell was I sitting in a Narcotics Anonymous meeting feeling so lost and so full of fear? I was sitting there because I had lost the battle and I didn't know who I was anymore.

After a couple of months of regular meetings, getting a sponsor, and starting my journey through the steps, the nightmare of my many selves hit me hard. For years I had been several people all at the same time and I had no idea who I really was. My sponsor, my new friends,

everyone just kept saying "Keep Coming Back." and it would get better. By the Grace of God and through the journey of the steps, many opportunities are continuously presented to me and one of those is the process of accepting the person I am, loving myself, and loving others. The "willingness" to accept myself, defects and all, is a miracle. I've found this entire journey takes a lot of willingness. I would say the process of self-acceptance began the first day I went to a meeting and admitted I was an addict. (*self-acceptance cont. pg4*)



### Ordinary Moments

**Life is a risk.** A committed relationship is a risk. Letting ourselves go, voicing opinions, telling our deepest feelings, playing frivolously at the park, setting aside our carefulness with each other and sometimes falling flat on our faces—all these things give us the pleasure of being alive. If we insist on playing it safe, then we never feel the thrill of the game. Our lives with each other become flat and empty if we do not take some risks. We have a right to be weak as well as strong; a right to be respected when we feel silly as much as when we appear dignified; a right to say what we believe even if it is half-baked. The greatest mistake is never to engage life.

Anonymous Meditation

What did you hear at your first few NA meetings that made you want to come back and give NA a chance?

"The two most powerful messages I heard were that I belonged here and I never had to be alone again." (Richard B., Florida – NA Way July 03)

"It's okay to want to use, all you need to do is keep coming back. We will love you until you learn how to love yourself. You never have to use again." (Jamie L., England – NA Way July 03)

### \*\*\* Anniversaries \*\*\*

**July:** 28<sup>th</sup> Brian N. 5 yrs, 30<sup>th</sup> John H. 4 yrs

**August:** 22<sup>nd</sup> John G. 14 yrs, 28<sup>th</sup> Margi B. 3 yrs

**September:** 4<sup>th</sup> Dennis G. & Sarah Q. 3 yrs **Please submit anniversaries a week prior to ASC. Thank you. We want to know!!!**

**A spiritual understanding of Self-Acceptance is knowing that it is all right to find yourself in pain, to have made mistakes, and to know that we are not perfect.**

(IP No. 19)



## Some announcements from 'round the way in the Chesapeake & Potomac Region

July	Event	Location	Host	Contact
31 <sup>st</sup>	<b>Picnic w/ Speaker Jam &amp; Dance</b> <small>(1-5pm picnic, 6-8pm speaker, 8-11 talent show/dance) Picnic and speakers are free; \$5 don. For dance.</small>	St. Barnabas Church 5203 St. Barnabas Rd. Temple Hills, MD	<b>South Potomac Area</b>	<a href="mailto:eventsdc@hotmail.com">eventsdc@hotmail.com</a>  <i>(Steps to Life Group is Hosting)</i>
31st	<b>Woman's Rap 22<sup>nd</sup> Anniversary</b> 11:30am-1pm	2146 24 <sup>th</sup> Place, NE Washington, DC	<b>Womans Rap Group</b>	
Aug.	Event	Location	Host	Contact
1st	<b>C&amp;P Regional Picnic!</b> 11am-5pm FREE Event	Rock Creek Park, lot 24 Behind 16 <sup>th</sup> St., NW Washington, DC	<b>C&amp;P Special Events</b>	Rhiannon P. (202) 251-4205
14th	<b>Regional!</b> Subcommittees: 10am-12pm RSC Meeting: 1pm-6pm	<i>Ask your local RSC rep</i>	<b>Tri County Area</b>	
15th	<b>Frederick Area's Dope Fiend Olympics</b> Noon-dusk: \$10	Pine Cliff Park Frederick, MD	<b>Fred. Area</b>	
21st	<b>Dulles Corridor Annual Picnic!</b> 12pm-5pm \$7 per person	Algonkian Regional Park 47001 Fairway Drive, Sterling, VA	<b>Dulles Corridor Area</b>	Special Events Committee (703) 860-8386
21st	<b>DC Area Annual Picnic!</b> 12noon-6pm FREE Event	Langdon Park 18 <sup>th</sup> & Franklin St., NE Washington, DC	<b>DC Area</b>	<a href="mailto:eventsdc@hotmail.com">eventsdc@hotmail.com</a>
21st	<b>Dance!</b> 9pm-12:45am <small>(free speaker@ 7:30, dance is \$3)</small>	St. Barnabas Church 5203 St. Barnabas Rd. Temple Hills, MD	<b>South Potomac Area</b>	
28th	<b>Montgomery Area Picnic!</b> 12-5pm \$2 to enter park, food is free	Seneca Creek Park 11950 Clopper Road Gaithersburg, Md	<b>Mont. Area</b>	Montgomery Area Special Events

\*\*\*\*\*Dulles Corridor Area Picnic\*\*\*\*\*

Come on out from 12-5pm on August 21<sup>st</sup> @ the Algonkian Regional Park in Sterling, VA. There will be food, games, addicts and a clown (for the addicts and kids). Once you enter the park just follow the signs. See ya there!

They're everywhere. They are listening, waiting, biding their time until the right moment, when all is quite and the situation is in full view then...BAMM! They come out with the quickness and take your ego by surprise!!!

\*\*\*\*\* "Quote Wars...Slogan Fest" \*\*\*\*\*

One Day at a Time / More Will Be Revealed (Thank you to all those who submitted) Just for Today / Keep Coming Back

*John H. submissions:*

Do an inventory and introduce yourself to yourself / Not everyone in recovery is IN recovery / There are no victims, just volunteers  
One's too many, a thousand is never enough / If your ass falls off, pick it up and take it to a meeting / Work the steps or die / A new idea cannot be grafted onto a closed mind / If I don't change my clean date will / Expectations are premeditated resentments

*Joe W. -forwarded by John H.*

Anything after "but" is bullsh\*t! / Depression is anger turned inward / The way we perceive things is not necessarily the way they really are / What people think of me is none of my business / What I don't like about you may be a reflection on me

*The Clean Guy*

Stand for something or fall for anything / Rejection is nothing but God's purest way of protection / There is no Hope in Dope / If nothing changes nothing changes / If your life is falling apart and your Basic Text isn't. It is because you're not reading it.

*Many people grouped together (you know who you are)*

Today is a gift that is why it is called the Present / Want to make God laugh? Tell him *your* plans / Don't give up five minutes before the miracle happens / Know the difference between God and you? God doesn't walk around all day trying to be you! / Humility isn't thinking less of yourself, it's thinking of yourself less / Once a cucumber goes pickle, it can't be a cucumber again.

**"Acceptance"** by: Erika S.

I **accept** that I can never use drugs again successfully (in moderation)  
 I **accept** that my life is unmanageable when I'm using drugs or substitute drugs like-  
 I **accept** that I am addicted to food and sex and emotionally unhealthy relationships  
 I **accept** that I cannot hang around individuals that use drugs successfully  
 I **accept** that I am an addict wholly and completely and  
 I **accept** that I have to work Recovery in all aspects of my life everyday in order to stay clean and have a chance at a manageable life.



**Haiku**

Acceptance of life  
 Exactly the way it is  
 Frees you to be you  
 By: Ron W.

(*self-acceptance cont.*) The process continues when I set up or clean up after a meeting, when I talk with my sponsor and other recovering addicts, when I attempt to do the next right thing, and when I am true to myself. Did you read that??

**True to myself...**

when I got here I had no idea who "myself" was. I am abundantly blessed to be part of a program that is a lifelong process that provides opportunities to grow with each new day. I always have a choice to engage with the opportunity presented or to ignore it. I continue to grow in the area of self-acceptance and, yes, I'll keep coming back.

**19 Ways to Maintain a Healthy Level of Insanity**

- 1: At lunchtime, sit in your parked car with sunglasses on and point a dryer at passing cars. See if they slow down.
- 2: Page yourself over the intercom. Don't disguise your voice.
- 3: Every time someone asks you to do something, ask if they want fries with that.
- 4: Put your garbage can on your desk and label it "In."
- 5: Put Decaf in the coffee maker for three weeks. Once everyone has gotten over their caffeine addiction, switch to espresso.
- 6: In the memo field of all your checks, write "For Sexual Favors."
- 7: Finish all your sentences with "In Accordance with the Prophecy"
- 8: Don't use punctuation.
- 9: As often as possible, skip rather than walk.
- 10: Specify at the drive-through your order is "To Go."
- 11: Ask people what sex they are. Laugh hysterically after they answer.
- 12: Sing along at the opera.
- 13: Go to a poetry recital and ask why the poems didn't rhyme.
- 14: Put mosquito netting around your work area and play tropical sounds all day.
- 15: Five days in advance, tell your friends you can't attend their party because you're not in the mood.
- 16: Have you co-workers address you by your wrestling name, "Rock Hard."
- 17: When the money comes out of the ATM, scream "I won, I won!"
- 18: When leaving the zoo, start running towards the parking lot, yelling "Run for your lives, they're loose!"
- 19: Tell your children over dinner, "Due to the economy, we are going to have to let one of you go." (FYI... These are not NA suggestions)

**Oxymorons to Ponder**

Little Obsessed – Clearly Confused – Act Naturally – Alone Together – Legally Drunk – Definite Maybe – Logical Thought  
 Passive Aggression – Pretty Ugly – Clean High

**"What is 1 + 1?"**

Developing a sense of self, when you have never known what a sense of self is, is kind of like trying to solve a logarithmic equation without ever having found the answer to 1 + 1. This is why we are told in recovery to seek the guidance of those that have come before us, so that they can share with us the path that they trode on the journey to finding themselves. Finding out who they are, who they were and who they could be helps us to come to an understanding of the same within ourselves. This is the journey that every addict must take, and the journey starts when we admit that we don't know who we are and that we need guidance of another to help us find a part of us that we never knew was there. You + Me = We, one addict helping another is without parallel – on both sides of the equation.

By: Daniel S.

**A wittle bit o' Huma**

One day God came to Adam, and said, "I've got some good news and some bad news".  
 Adam said, "Well, give me the good news first."  
 God explained, "I've got two new organs for you.  
 One is called a brain. It will allow you to create new things, solve problems, and have intelligent conversations with Eve.  
 The other organ I have for you is called a penis. It will give you great physical pleasure and allow you to reproduce your now intelligent life form and populate this planet. Eve will be very happy that you now have this organ to give her children."  
 Adam, very excited, exclaimed, "These are great gifts you have given to me. What could possibly be bad news after such great tidings?"  
 God looked upon Adam and said with great sorrow, "You will never be able to use these two gifts at the same time."

^^^ Riddle Time ^^^

The Answer to July's Riddle is... The letter "E".  
 How complicated did you make it?

The Group Conscience would like to hear from you. Please send us your submissions for future publications. Please, we only have so much room though, so if possible, keep your submissions to a reasonable length. We do reserve the right to edit length for purposes of clarity and publication space. Email all submissions, questions and whatever else to [groupconscience@hotmail.com](mailto:groupconscience@hotmail.com). Thank you!!!

\*\*\*\*\* September's topics of the month... \*\*\*\*\*

1. Home Groups: You got one? How did you get it? How has it helped?
2. What is your favorite spiritual principle and why?