



**Dulles Corridor Area of
Narcotics Anonymous**

Events

December 2
CPRCNA Regional
Assembly
10:00 AM - 2:30 PM
Lewinsville Presbyterian
Church, McLean, VA

December 17
Dulles Corridor Area
Service
2:00 PM-4:00 PM, St.
Timothy's Church,
Herndon, VA

December 25
Holiday Marathon
Meeting
Location TBA

December 31
New Year's Eve Dance
7:30 PM, Community
Lutheran Church,
Sterling, VA

In This Issue:

Step 12: Complacency
and the Oldtimer
Tradition 12
I Am Your Higher Power
Thoughts of a Newcomer

The Group Conscience

Step 12: Complacency and Oldtimers

Allen J.

Complacency is such a cool word. It rolls out of the Basic Text as a wonderfully irrelevant word that applies to oldtimers: “Complacency is the enemy of members with substantial clean time.” (p.80). To hear someone in a meeting quote that particular nugget of scripture almost forces the defensive response: “Thank God I am not an oldtimer!” It is such an immediate and unforced response that surely it must be true (after all, why would I have thought something that is untrue?!?).

Besides, don't “oldtimers” have to be old? Yet the fascinating truth about NA scripture is that the Addict's defense is always a lie and self-defense almost always fatal.

Having had a Spiritual Awakening as a Result of these Steps, We tried to Carry this Message to Addicts, and to Practice these Principles in all our Affairs (Step 12). Note the use of the past-tense. It is like someone is trying to tell us something. Someone who got here, wherever here is, before us. Someone with experience in Recovery. Just possibly, someone with experience experiencing complacency. “Ah,” we think, “perhaps THEY are the oldtimers who need to fear complacency!”

The term “oldtimer” as applied to Recovering addicts actually pre-dates the Fellowship of NA. So does the warning against complacency. Both were coined in

the days when an “oldtimer” had 4 or 5 years, and when Carrying the Message meant doing H&I work. That was the 1930's. Now, a million years later, we grow up a lot faster. I think an oldtimer is someone with 2 or 3 years! If you question that, I suggest you look at our meetings and see who Chair's them, who the Secretary's are, observe our GSRs are, and even ask about our Treasurer's cleantime! Go to a detox and see who is carrying the message. Better yet, look at who the complacent ones are!

My complacency means my feelings of self-satisfaction and contentment when I am ignoring possible dangers and defects that are likely to cause me harm. As an Addict, the biggest problem I can EVER face is finding NA no longer relevant to me and my situation. Since NA is about open-mindedly looking at, and honestly working on, me and since NA is the only thing that has ever worked to get me to look at and work on me, if NA is not relevant to my situation, then MY part in any situation will never get looked at or worked upon. Oldtimers know that it was actually “through our inability to accept personal responsibility (that) we were actually creating our own problems” (Why Are We Here), yet when I cannot apply NA to my problems, I cannot solve those problems. Sadly, I cannot solve them because I cannot see them.

Here is an “oldtimer’s secret”, whenever I encounter a new dilemma or crisis, because I (almost) always believe that I am already doing all I can to be self-aware, open-minded, and honest, a self-centered addict like me rarely sees the obvious reality of my own situation. (Sponsorship). Yet almost without effort I can see and be honest with you about your identical situation. The mystery is that we are more alike than we are different and that if my complacency gets me this way, your complacency probably gets you this way too!

The 12th Step is a gift that allows us to be honest about situations other addicts are encountering that mirror, and sometimes are identical to (without the complicating use of drugs), situation we encounter in our own lives. Countless times I have been at jail and detox meetings hearing dope-sick /crack-sick addicts talk about life and have been struck by the thought: “There but for Grace, go I!” Just add some drugs, a little denial, and an unfortunate feeling and I would have made the same obscene choices that Addict made! The miracle is that by seeing them and realizing how much we are alike, I get to honestly see me for an instant. In that instant I find the empathy to reach out and the ‘Therapeutic Value of One Addict Helping Another’ happens.

Take a moment and wonder where your insight into yourself comes from. Have you felt self-enlightened recently? Are NA meetings places where

The Group Conscience

memory bubbles burst and internal log-jams explode? Have you changed in the last 30 days like you changed in your first 30 days? Do you feel alive? Consider joining an H&I meeting. It may be time to have fun in NA again!

Tradition 12

Anonymous

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

To me, placing principles before personalities really is one of the basics of anonymity in that it doesn’t matter at all who you are.....you are carrying a message that someone may need to hear.

This Tradition helps me to further understand that I am nothing special.....I’m simply another addict, nothing more or nothing less. I’m an addict seeking recovery from the disease of addiction just like anyone else that comes to any meeting anywhere. This understanding helps me to greet any addict that comes to a meeting without any expectations or judgement.

In my day to day life outside of Narcotics Anonymous, this Tradition helps me to listen.....another miracle.

I Am Your Higher Power

Anonymous

I am your Higher Power. Today I will be handling all of your problems. Please remember that I do not need your help. If life happens or deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFYHPTD (something for your HP to do) box. All situations will be resolved, but in My time, not yours. Once the matter is placed into the box, do not hold onto it by worrying about it. Instead focus on all the wonderful things that are present in your life now.

If you find yourself stuck in traffic; don’t despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work; Think of the man who as been out of work for years.

Should you despair over a relationship gone bad; think of the person who has never known what it’s like to love and be loved in return.

Should you grieve the passing of another weekend; think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children.

Continued on Page 3

Anniversaries

Thoughts of a Newcomer

Jeff L.

Know of an upcoming January,
2007 NA anniversary?

Send it to The Group Conscience
for publication in our January
newsletter.

Am I truly an addict
Do I belong here
I never thought it would come to this
These people are strange
Why do they keep repeating, "Welcome – keep coming back"?
What's with these hugs – don't touch me!
Why do they keep talking about God?
I don't need God – God never helped me
I like this person; they seem nice
Invited out for a bite
I've never been invited to go anywhere...unless I had the goods
Man these people can talk
They seem happy, sociable, like they've been my friends for years
This isn't so bad, they are more real than my old friends
I'm feeling nervous, yet safe
Maybe I can do this
Something feels right about this
I haven't felt this way in a long while
I feel at home
I'll keep coming back



Narcotics Anonymous is
a nonprofit fellowship of
men and women for

whom drugs had become a major
problem. We meet regularly to
help each other stay clean. We
are not interested in what or how
much you used, but only in what
you want to do about your
problem and how we can help.

Want to see your work in print?

E-mail grouppconscience@hotmail.com
or log on to www.dcana.org

Dulles Corridor Area NA

Our area is located in Northern
Virginia and holds about 20
meetings per week in Oakton,
Reston, Chantilly, Centreville,
Sterling, Leesburg and Round
Hill.

I Am Your Higher Power, continued from Page 2

Should your car break down, leaving you miles away from assistance;
think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new gray hair in the mirror; think of the cancer
patient in chemo who wishes she had hair to examine.

Should you find yourself at a loss pondering what is life all about,
asking what is my purpose? Be thankful. There are those who didn't
live long enough to get the opportunity.

Should you find yourself the victim of other peoples' bitterness,
ignorance, smallness, or insecurities; remember, things could be worse.
You could be one of them!