



DC AREA NEWSLETTER

PO Box 9863 Washington,
DC 20016

H&I Subcommittee

PO Box 75579
Washington DC 20013-0579

Help 1- 800-543-4670

Washington Metropolitan
Area 202-399-5316

DC LINK Email address:
dmlink@cprna.org

DC Area Web address:
<http://www.cprna.org/dcasc>

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STEP 8 *"We made a list of all persons we had harmed, and became willing to make amends to them all."*

The purpose of the Eighth Step is to find freedom from these limitations in the present and for the future. As with many things, we have a fear of looking too closely at the pain of our past. **By** recalling where the parts of our leftover pain began, we can cut it out by the roots. The first associated memory may provide a clue. **Sometimes, we will find our amends lie in directions that are far different from where our fear and imagination had placed them.** 'Listing' is merely writing down names of those people to whom we feel we

might owe an amend. We can make separate lists for those we are willing to make amends to right away, those who we have harmed but don't feel we owe amends, and those we may have harmed but never want to have contact with again. **Our sponsor may help us determine who to make amends to, especially where making amends may be harmful or dangerous.** We may later decide that no amends are called for. The key at this point is that we have to exercise our freedom to write down the names no matter what the outcome may be.

A person not familiar with

spiritual principles may have problems determining the amount of commitment or application they have to apply before getting visible results. Reservations have way of canceling out our spiritual actions in the same way a wire that is broken will not allow your television to switch on. **To** get results our amends must be strong and connected to an impulse of restitution or restoration to those we have harmed. Expectations of positive results is important, as is the willingness to take the necessary actions, and the ability to concentrate on what you're trying to do.

The NA 8th Step frees us from others being able to push our buttons, thoughts of revenge or fear of revenge, fear of discovery, acts of sabotage, recrimination, justification, endless blame assessment, and incarceration, legal actions and physical harm. Unless we are totally willing to make the amends, we will feel no relief and experience no positive change from the Eighth Step. **The** measure of our willingness is up to the individual for who can know the heart of another.

A Personal Perspective

Made a list of all persons we had harmed and became willing to make amends to them all.

Once we have changed on the inside, we are ready to make changes on the outside.

We do this by making a list of people we have harmed by our old self-defeating ways of thinking, feeling, acting, and relating to others. We then become willing to make amends.

The amends means to

8th Step by Terence G

mend or to repair. We must be willing to actively do something to repair the pain or damage we have caused. *"Instead of floating in a sea of uncertainty, we can begin moving forward in directions of our choice."*

This means we must become willing to change and start using our new ways of thinking, feelings, and acting in our lives.

Experience, Strength, and Hope

N.A. Way of Life



**NO KICKING, SCRATCHING,
OR BITING ALLOWED.....!**



The real NA is the caring and the sharing. All else is stage setting. Were we to grow large in worldly terms and lose our simple message of hope, we would have to make another program.



TRADITION 8 *“Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers.”*

The strength of our spiritual message is as much in the giver as in the message itself: the message has to be consistent with the spirit in which it is given. We don't have paid counselors at our group meetings. Recovery is freely shared, addict to addict.

This Tradition helps us to divide the spiritual from the material. The Eighth Tradition can keep us from sacrificing our spiritual principles for the sake of material efficiency. Care must be taken to keep our spiritual integrity by maintaining a close focus on recovery and

carrying our message. Many other activities that might have some bearing on the goals of NA and be in some way related to our message fall outside the perimeter of our competence.

Good community relations are vital to the fulfillment of NA's primary purpose. Without the help of others in our community, many addicts will never hear of Narcotics Anonymous.

We have a responsibility to maintain our relations with the community, so that our message is carried as widely as possible, and so that, in turn, we

serve our community as effectively as possible.

Committee officers frequently forget that their terms don't last forever and that recovery is the more important thing.

Substitutes for recovery are always sought by addicts and we may try to cover this up through denial because we think we are the only ones. Go ahead, have a good laugh. You've earned it-or you will someday.

A spiritual person does not put a bag over their head.

N.A. Way of Life

Stay open-minded. Listen and share the time. Remember to play well with others. Don't forget why we're here! Stay focused on the subject at hand. Lively conversation is productive. To agree and to disagree...that is the process!

A Work of Progress

There are windows of learning that every person goes through in their development as a human being. Erroneous beliefs and unworkable ideas may have been embedded in us by those who knew even less than we do. Some things are right, be glad for them. Some things are wrong and will have to be corrected if

you are going to be happy and effective in life. In recovery, you resume your life. Be good to your family. Find other good people to spend your time with. Avoid noisy or superficial people when you can. Doing these things will help you focus on who you want to be. Do not hate others

because it will poison your living. Forgiveness helps you maintain your mood of choice, may it be a good one. Fear and hatred can embed themselves and we get used to being hate-filled. Focus on joy and learning and be good to your associations. Doing good things for people is the finest art there is. **JVM**

8th CONCEPT *“Our service structure depends on the integrity and effectiveness of our communications.”*

Regular communication plays a large part in the fulfillment of our groups' final responsibility and authority for NA services. Through their GSRs, the groups regularly report their strengths, needs, ideas, and conscience to the service structure. Taken together, these group reports give our service boards and committees clear guidance in their efforts to serve NA as a whole. When the groups are regularly given full and accurate [information](#) from all elements of the service structure, they become familiar with the structure's normal patterns of activity. The groups are then able to recognize when something goes wrong with one of our service boards and committees, and are in a better position to know how to help correct the problem. And, knowing what kinds of resources are needed to fulfill service tasks, our groups are also more likely to

provide the service structure with adequate support. So long as our service boards and committees regularly issue complete, candid reports of their activities, we can be confident that we have delegated our authority wisely. Open and frank communication is a critical ingredient of [effective](#) leadership. To better know the ideas, wishes, needs, and conscience of those they serve, trusted servants must listen carefully to their fellowship. To give the NA groups the information they need to guide and support our services, NA leaders regularly distribute full, unequivocal reports. Finally, full and frequent communication is essential in the [development](#) of group conscience, the spiritual means by which we invite the influence of a loving God in making our collective decisions. To develop group

conscience, communications must be honest and direct. Without the full picture, seen from all sides, our groups, service boards, and committees cannot develop an informed group conscience. When we gather together to consider service issues, we openly share ideas and information with one another, frankly speaking our minds and hearts on the matter at hand. We listen closely to one another, considering carefully the information and insights we've heard; we consult our individual [consciences](#) on the matter; then, we make a decision.

A conscience fed on ignorance is an ineffective conscience, incapable of providing reliable guidance. An effective conscience can develop only in an atmosphere of regular, open communication among all parties concerned.

WWW.NA.ORG

We are looking for fellow members to submit articles for publication. Listed below are some thought provoking questions to hopefully inspire you and stir up those creative juices. These are only suggestions. If you do not find anything that interests you, please feel free to come up with a topic of your own. We look forward to hearing from you soon!

All submissions can be e-mailed to DCLink@cprna.org or can be put into given to a Subcommittee member, or please come join us at our Newsletter meetings!

- *What are your favorite recovery quote and why?*
 - *What is your favorite spiritual principle and why?*
 - *What does working the steps mean to you?*
 - *How do you handle will?*
 - *Does being productive and responsible mean being boring?*
 - *How do you develop healthy intimate relationships?*
 - *What does it mean to be responsible and productive in NA and in society?*
 - *How does your gratitude speak?*
 - *How do you continue to make amends? Are you ever finished making amends?*
 - *Are there any other requirements for membership?*
 - *Rigidity: How did you learn to lighten up? Email me your comments!*
- James M - Newsletter

jvmy3k@msn.com

Study and discussion questions

1. How does regular communication support the Second Concept? The Third Concept? The Fourth Concept? The Sixth Concept?
2. How could a lack of regular communication undermine those concepts, and the integrity and effectiveness of our service structure?
3. Does your group receive regular communication from the trusted servants, service boards, and committees that serve it? Does your group regularly communicate with those trusted.



"Spiritual Poems"

IMPRISONED IN RECOVERY

This place I dwell in is full of sin

one way out, one way in
Recovery I begin

One year, this year, one month,
one day one minute, one second.

Which second is it, that I realize,
it's time for me to give in???

I give up every night when I turn
in, one night, clean again.

No bag to keep me spinning
Oh well, another night I will be
sleep-in.

I wake up, the sun is rising
I wake up, four walls surround
me reminding me

I am Imprisoned, Imprisoned in
Recovery. Lucky me

JACK

ACCEPTANCE

Acceptance heals
resentment, deepens love
and buries hate,

Time to mend by
acceptance before it's too
late,

Practicing this blessing
may at times be hard
Painful past memories
makes it difficult to move
forward,

Acceptance takes
patience and time,

Forgiveness of those
whose behavior is not

kind,
Pray for willingness to accept those for who they are, For their pain endured may have left a deep scar, Serenity is measured only by the acceptance at hand, Expectations breed resentment, with Prayer they will wash away like a castle in the sand...

STUDY QUESTIONS

The Eighth Step is about identifying the damage we caused. This is the beginning of a process that lets us feel equal to others. Instead of feeling shame and guilt, instead of feeling forever "less than," we become able to look people in the eye. We don't have to avoid anyone. WE won't have to be afraid we'll be caught and punished for some neglected responsibility. We'll be free.

- Am I hesitating in any way about working the Eighth Step? Why?
- Do I realize the need to slow down and consult my sponsor before making amends? Have I created more harm in any situation by rushing out to make amends before I was ready? What was that situation?

Last but not least, many of us delay starting this step because we aren't willing to make amends to certain people.

- List the resentments that are in the way of my willingness to make amends.
- Are there any people to whom I owe amends who may be a threat to my safety or about whom I'm truly concerned in some other way? What are my fears?
- List the people I've harmed and the specific ways I harmed each one.

Becoming Willing - it's time to get willing to make amends. In order to become willing, we have to know at least a little about what "making amends" involves. We have to have faith that the God of our understanding will give us the strength and the ability to change.

- Why is saying "I'm sorry" alone not sufficient to repair the damage I've caused?
- Do I have financial amends that I don't want to make?
- Do I owe amends to people who have also harmed me?

Spiritual Principles - this is an act of honesty. We've taken a searching and fearless moral inventory of ourselves; doing so exercised our newfound honesty.

- How will I translate my experience into this step?
- How is determining the exact nature of my wrongs valuable in the Eighth Step?
- What are some examples of my experience with courage from the previous steps? How will I translate that experience into this step?
- How do I feel about having to pray for willingness?

Moving - on every single amends on my list will be discussed with my sponsor. When I've stripped away the distracting influences and have exposed that solid core of serenity, humility, and forgiveness, I'm ready for the Ninth Step.



Congratulations

Sandra H	26 yrs
Cynthia M	23 yrs
Alfreda M	22 yrs
Mike T	21 yrs
Wayne S	20 yrs
Michael J	19 yrs
Vern D	18 yrs
Idella N	18 yrs
Theresa P	17 yrs
Ronnie S	16 yrs
Mike R	16 yrs
Nettie	16 yrs
Cliff D	16 yrs
Gregg M	13 yrs
Darryl MC	12 yrs
James T	11 yrs
Dwight J	10 yrs
Melvin P	8 yrs
Anthony M.	7 yrs
Delores	5 yrs
Chauntese G	4 yrs
Kobe	3 yrs

Happy Anniversary

MAXINE G. 2 YRS.
ACKNOWLEDGING AUGUST 13, 2010

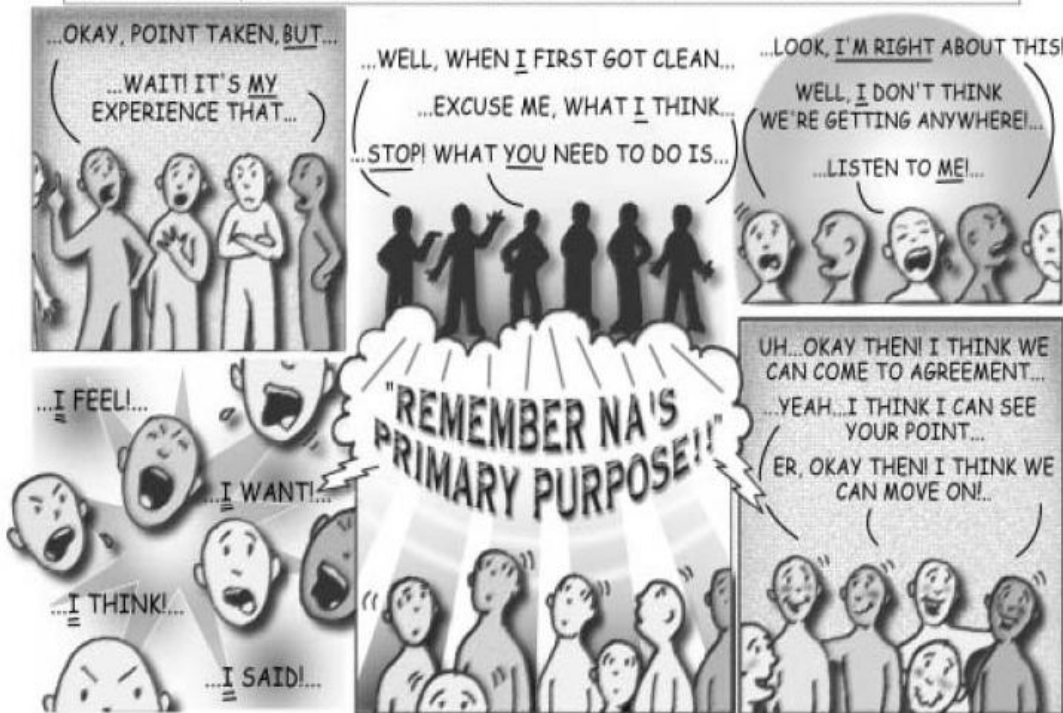
PAMELA R. 6 YRS.
ACKNOWLEDGING AUGUST 26, 2010

Veronica H. - 20 years
Deborah M. - 3 years

Both celebrating together Sunday, August 29 @
Providence Hospital 10:30 am Coffee Hour Group

Do I still believe in the process of recovery? Do I believe I can change? How have I changed so far? What defects do I no longer have to act on?

AFTER 2 HOURS, THE AREA SERVICE COMMITTEE STILL CANNOT COME TO A CONSENSUS...



THE BETTER WAY GROUP

IS SEEKING TRUSTED SERVANTS & ASKING FOR SUPPORT FROM FELLOW NA MEMBERS EVERY SATURDAY AT

**9 AM Emery Shelter
1725 Lincoln Rd NE**

Contact Michael W.
(202) 294-7924

INFORMATION CORNER

DISCLAIMER:

The "DC Link" is the monthly newsletter of the DC Area Service Committee. Its purpose is "carrying the message of recovery and increasing unity". The opinions expressed here do not necessarily reflect the views of Narcotics Anonymous as a whole. No endorsement of, or affiliation with any organization is intended or implied. Reprint rights are granted to all service boards and committees of NA. Submissions from members are eagerly welcomed, but the newsletter subcommittee reserves the right to return or edit.

We're on the Web
Regional Area:
www.cprna.org
dclink@cprna.org



August 14

DC Area
Chesapeake Potomac
Regional
Providence Hospital
(Grand Lecture Hall)
1150 Varnum St, NE
Wash, DC 20017
Subcommittees
10 AM - 12 PM
Lunch
12 PM - 1 PM
RSC Meeting
1 PM - 4 PM

Dulles Corridor
Play Day
Algonkian Regional
Park
Sterling VA
1 pm - 6 pm

&
Game Night
St Matthews Church
201 East Frederick Drive
Sterling, VA 20164
9 pm - 1 am

August 15

Norvana Area
NA in DELRAY
3rd Annual Group Picnic
Hensley Park
4200 Eisenhower Ave
Alexandria, Va. 22314
9am - 7 pm

Frederick Area
NA Family Cookout
Mullinix Park
South Bentz Street
Frederick, MD 21702
9am - 7 pm

All Regional Events are not listed. For more information please visit <http://www.cprna.org>

New Group

DECISION & CHOICES

1309 Rhode Island Ave NE
OPEN DISCUSSION
6-7:30 pm Fridays
(Look right of the Brentwood Shopping Center)

August 28

Rock Creek
William Shakespeare's
Twelfth Night
Sidney Harman Hall
610 F Street NW
Metro Stop: Gallery
Place-Chinatown
1pm - 5pm

Dulles Corridor
Service Learning
Workshop
Loudoun Club 12
58 Sycolin Rd SE
Leesburg, VA
6 pm - 9 pm

Needs Support

WOMEN'S RAP
Brentwood Rec. Cnt. 2311
14th St NE
Closed Step Women
Sat 11:30 am

HANNAH HOUSE
612 M St. NW
Mondays 7 pm
Closed Women Rap
Contact Sharon B. 202 907-
4155

P.I. Subcommittee

Third Friday @ Providence Hospital
1150 Varnum St NE St Catherine
Hall
Conference Room #2, 7:00pm

Chair: Jeff W.

Special Events Subcommittee

Third Saturday @ St Martin's Church
1908 N Capitol St NW 4:00pm

Chair: Vacant

The Literature Subcommittee

Third Thursday
CME Church
501 N St NW
7:00pm

Chair: Sandra H

DCASC SUBCOMMITTEE MEETINGS

DCASC AREA SERVICE

First Saturday
WESMINISTER CHURCH
400 I STREET, SW

Administrative Meeting @ 10:45
Area Meeting @ NOON

Chair: Anthony W
Vice Chair: Rhoda N

H&I Subcommittee

Fourth Sat @ Providence
Hospital Main Hall 1150 Varnum
St NE 3pm

Chair: Gloria P

DCASC Policy Subcommittee

Third Tuesday
JMBC

746 Ridge Rd SE 6:30pm

Chair: Louis J

Newsletter Subcommittee

Third Friday @ Providence Hospital
6:30 PM

St Catherine Hall

Chair: James M

Release Form: This signed release form must accompany all submissions. The undersigned give the NA Fellowship any of its agent's permission to publish the original written material I have submitted, and also grant full unconditional release from any liability arising from its use. I understand that my material may be edited, or may be published in whole or in part in another NA publication other than the "DC Link". I understand that sending my submission electronically indicates my agreement with the terms of this release.

Signature _____

Date _____