



# DCA NA NEWS



January 2017

## Dulles Corridor Area of Narcotics Anonymous

**Step 1: "We admitted that we were powerless over our addiction and our lives had become unmanageable."**

***Total abstinence from all drugs is the only way we can begin to overcome our addiction. While abstinence is the beginning our only hope for recovery is a profound emotional and spiritual change" (It Works How and Why, pg 10)***

**Note from Editor  
Colette C.**

I've heard it said that Step 1 is the only step you have to do perfectly. I would add that you also have to do it continuously. I remember at one point with 12 years of recovery thinking "I've got this, I'll never use again so I really don't need to go to meetings that much". Now, after many relapses, I realized that the moment I said that I took back the first step. Who of us can say we will never use again? I believe that no addict can say that and truly admit they are powerless. What I do believe is what it says in our basic text: "We have never seen a person who lives the Narcotics Anonymous Program relapse" (pg. 79). This means I have to work my program of recovery on a daily basis and put my recovery first. Without that I have nothing.

If you want to contribute something to the next issue, please email me at [cklaforest@gmail.com](mailto:cklaforest@gmail.com) or send a text to 703-297-9085. I'd love to receive contributions for February which will be focus on Step 2.

*From Desperation to Hope  
by Lauren T*

*If I take a look backwards,  
glance into the wind,  
Time unravels pictures  
things forgotten  
thoughts begin  
sitting in regret  
it's pain felt in my bones  
weighs on weary shoulders  
I will bear this alone  
thinking I deserve to suffer  
I'm nothing  
just full of sin  
But tonight I am tired  
I hit my knees and pray  
somehow thankful for a  
chance at better days  
This hope is infectious  
taking over every cell  
this beating heart becomes  
stronger  
with each day sins dispel  
I am renewed  
bright and sparkling  
clean  
I will help another  
reach this hope  
that rescued me.*

**How I finally took Step 1 by  
Bill C.**

I grew up in a very large alcoholic family. Unmanageability was the norm for us and it's all I ever knew. It was very hard for me to see how using made my life unmanageable because it was that way all along, even before becoming an addict. In my last relapse, I found myself in the hospital with a priest who had been called in to give me my last rites. I wasn't expected to make it, yet somehow I did. My sponsor asked me if I had finally accepted step 1 and yet somehow, despite everything I still didn't get the "unmanageable" part. My sponsor recommended I substitute "unmanageable" for "unbearable" and that was when I finally took the first step without any reservation. This was over 12 years ago and I have been clean ever since.

# DCA NA NEWS

## Ben's Poem by Samantha R

I want to start off by saying I love you  
 I pray that this addiction, you will get through  
 You are my big brother  
 And through all this, I would have no other  
 Growing up, you protected me,  
 To my heart, you had the key  
 I wish I could do the same  
 But the addiction always wins the game  
 I don't know who you are anymore  
 Hearing stories of you on the floor  
 When I see you, I pretend that nothing is wrong  
 In my heart I believe I am being strong  
 The truth is, I am being weak  
 For letting you lie to my face every time you speak  
 I believe you and that's my fault  
 But I can't take the time to put my life on halt  
 I'm scared everyday that you wont awake  
 That this drug, my brothers life it can take  
 I live my life in fear

That the next day you wont be here  
 Your life, you are not in control,  
 This drug, it takes you as a fool  
 You may not be lucky enough get another chance  
 This drug it has you in a trance  
 Our family is worried sick  
 Drugs or us, take your pick  
 I cannot be a part of it at this time  
 Its hard for me to say that, but I hope it will help get  
 you back to your prime  
 When you get sick of it you will see,  
 You had something way better, your family  
 I know the addiction is hard to beat  
 But its completely up to you, to get back on your feet  
 The journey to recovery wont be easy  
 You will be sick and very queasy  
 Temporarily the pain it will run your life  
 You will feel like you are being stabbed with a knife  
 This feeling it will go away  
 You can get through it and we all will pray  
 This wont happen over night  
 It will take years, but its worth the fight  
 When is all said and done  
 You beat this drug, you've won  
 I hope you really commit  
 And take this opportunity and quit



## *New Years Eve Party 2017*

*Saturday December 31st  
 Community Lutheran  
 church  
 21014 Whitfield Place  
 Sterling, VA 20165  
 Speaker 8-8:45  
 Dinner and Party at 9  
 Speaker, Dinner and DJ!  
 \$10 Donation*

## Holiday Marathon Meetings

### Christmas:

- Sunday 12/25 from 12pm to 12am  
 Galilee United Methodist Church  
 45425 Winding Road  
 Sterling, Virginia 20165

### Upcoming Celebrations

Who	When	Years	Where
Ryan A	12/31/2016	5	SNL
Gage	01/03/2017	1	New Attitudes
Stan K.	01/27/2017	28	Just for Today
Josua A	10/29/2017	10	TBD
Susan F.	02/03/2017	29	Just for Today
Brendan B	02/19/2017	32	BOM

***If you want to add yourself or someone else to this list  
 email Colette at [cklaforest@gmail.com](mailto:cklaforest@gmail.com) or send text to  
 703-297-9085***