



# THE Group Conscience

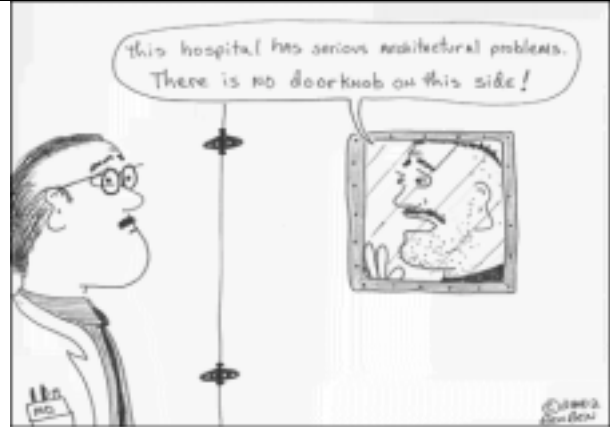


DCANA Newsletter  
PO Box 192, Herndon, VA 20172

June 2004  
groupconscience@hotmail.com

## Self-Will: Run to Heaven or Hell?

Ahh...Self-will. An easily misunderstood concept that no one really enjoys looking at. Many people would rather analyze it, delve into the depths of its origin, point it out in some else's life or simply look for a Higher Power's will...but self-will itself gets over looked even by the healthiest of individuals. Who wants to look at self? Webster's definition of self-will is: a stubborn or willful adherence to one's own desires or ideas. Yeah...that about raps it up on my side. "One's own" desires or ideas. I like my ideas and my desires. I want what I want and I should have had it 10 minutes ago. The question that I always hear is what do we do or how do we let go of this self-will! There are as many answers to this as there are addicts, whether we know or not you will get a response. So, since I will remain anonymous in this article I feel okay in saying I haven't the faintest idea how any of you will live this surrender in your life. In mine, I have found that the steps of our fellowship allow me, as a recovering addict, to keep my self-will fully intact and show me what to do with it. The traditions guide me in how I can use my self-will in a successful manor when dealing with others, society at large and even the committee inside my head. (Cont. pg.4)



### Listen

When I ask you to listen to me, and you start giving me advice you have not done what I asked.

When I ask you to listen to me, and you begin to tell me why I shouldn't feel that way you are trampling on my feelings.

When I ask you to listen to me, and you feel you have to do something to solve my problems, you have failed me, strange, as that may seem.

Listen! All I asked was that you listen, not talk or do – just hear me. Advice is cheap: 35 cents will get you both Dear Abby and Billy Graham in the same newspaper. And I can do for myself; I'm not helpless. Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and weakness.

But when you accept as a simple fact that I do feel what I feel, no matter how irrational, and then I quit trying to convince you and can get about the business of understanding what's behind this irrational feeling. And when that's clear, the answers are obvious and I don't need advice. Irrational feelings make sense when we understand what's behind them.

So, please listen and just hear me, and if you want to talk, wait a minute for you turn, and I'll listen to you.

Ray H. (Berkeley, CA)

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

**May:** 2<sup>nd</sup>-Keith H. 1 year, 6<sup>th</sup>-Jason W. 11 years, 8<sup>th</sup>-Lisa K. 1 year, 14<sup>th</sup>-Andy B. 3 years, 16<sup>th</sup>-Nate R. 2 years, 21<sup>st</sup>-Heidi D. 3 years, 23<sup>rd</sup>-Erika S. 1 year  
**June:** 8<sup>th</sup>-Claria B. 15 years  
 N/A @ print of print. Please submit anniversaries a week prior to ASC.

*“without a **dream** a man is only half a man, without a **vision** a fellowship is a farce, with both all things are possible.”*

*Jimmy K.*

## Views from the Shoulders of Giants!

The smallest deed is greater than the grandest intention.

\*Patti Labelle

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.

\*Archbishop Desmond Tutu

Not a shred of evidence exists in favor of the idea that life is serious.

\*Brendan Gill

A mind troubled by doubt cannot focus on the course to victory.

\*Arthur Golden

Wonder is what sets us apart from other life forms. No other species wonders about the meaning of existence or the complexity of the universe or themselves.

\*Herbert W. Boyer

## Crossroads

Every moment there's a crossroad ahead of each of us.

We arrive, either sidling slowly or barreling along and make a choice.

Most of the time the choice is easy, relegated by our motion to that point.

But, say we've been veering, just a little towards the curb, or the dangerous ditch that lines the roadway.

Or, we hit a bump, an obstruction, something totally unexpected.

We all know what could happen then.

Suppose we're just coasting, sails aflutter, riding on the breeze, and a nasty gust sneaks up from the starboard.

If we don't have a hand on the wheel and our eyes on the course ahead we could be thrown akimbo.

So, each moment depends on vigilance, diligence of the spirit, heart and mind.

Remember, we're all on this roadway together, there are those who've traveled this course before us. It's good to use them as guides – not to follow blindly, but to listen to, then draw the map that fits your feet. Heck, it's wise to learn how to stay out of the ditches and to avoid those dead ends, but who knows, jumping that curb could make you fly!

John H.

*There is one thing more than anything else that will defeat us in our recovery; this is an **attitude** of indifference or intolerance toward spiritual principles. (Basic Text p.18)*

## \*\* Word Scramblers \*\*

See if you can unscramble the recovery based words.

Good Luck!!!

1. ALNEC..... \_ \_ \_ \_ \_
2. L I I E V G N A C..... \_ \_ \_ \_ \_
3. Y E R V O R C E..... \_ \_ \_ \_ \_
4. O R S E N P S..... \_ \_ \_ \_ \_
5. I M I H L U Y T..... \_ \_ \_ \_ \_
6. A E C T P E N I..... \_ \_ \_ \_ \_
7. R U D E R S R E N..... \_ \_ \_ \_ \_



## Children's Bill of Rights submitted anonymously

I saw this picture on the wall of a restaurant when I had a few years clean. At the time it had a great impact on me, so I wrote down what it said. The picture was basically a background but inside was written the "Children's Bill of Rights."

**You have the right to:**

- |                            |                               |   |
|----------------------------|-------------------------------|---|
| 1: Learn and ask questions | 5: Take care of yourself      | 9: Receive and give affection               |
| 2: Seek Help               | 6: Follow your dreams         | 10: Be proud of your work                   |
| 3: Laugh and be happy      | 7: Do things for yourself     | 11: Be the best you can be                  |
| 4: Express your feelings   | 8: Protect your mind and body | 12: Love yourself, love others and be loved |

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

Month	Event	Location	Host	Contact
May				
29 <sup>th</sup>	<b>Speakers Jam &amp; Dance</b> (\$5 Don.) Speakers Jam: 2pm Dance: 9pm-1am	St. Barnabas Church 5203 St. Barnabas Rd. Temple Hills, MD	<b>South Potomac Area</b>	eventsdc@hotmail.com
31 <sup>st</sup>	<b>Memorial Day Picnic</b> (\$2/person) Noon 'til 5pm <i>Sorry: NO PETZ ALLOWED</i>	Seneca Creek State Park 11950 Clopper Road Gaithersburg, MD	<b>Montgomery Area</b>	Doug F. @ 301-519-0094 Kevin C. @ 301-717-8085 montgomery_events@yahoo.com
June				
5 <sup>th</sup>	<b>Sponser/Sponsee Luncheon</b> 3-7pm Tickets: \$20	Israel Baptist Church 1251 Saratoga Ave, NW Washington, DC	<b>DC Area</b>	eventsdc@hotmail.com
12 <sup>th</sup>	<b>Regional Subcommittee Meeting</b> 10am-6pm; Lunch: 12-12:30pm Free Event	Unity Presbyterian 4401 Brinkley Road Camp Springs, MD	<b>South Potomac Area</b>	<a href="http://www.nalinks.org/fellowship/cprna/index.htm">www.nalinks.org/fellowship/cprna/index.htm</a> cprna@nalinks.org
18 <sup>th</sup> - 20 <sup>th</sup>	<b>Campout &amp; Pig Roast</b> \$25 for the weekend, \$10/day Kids under 12 free	Brunswick Family Campground (B/ Potomac River & C&O Canal)	<b>Montgomery Area</b>	Doug F. @ 301-519-0094 Kevin C. @ 301-717-8085 montgomery_events@yahoo.com
24 <sup>th</sup> - 27 <sup>th</sup>	<b>New River Rafting Trip/Campout</b> Raft Trip w/ guide & 3 nights camping: \$90 (May 25 <sup>th</sup> deadline)	On the New River Hico, WV (contact for dir.)	<b>DCANA</b>	Mike B. @ 703-909-4304 Rick C. @ 703-860-8386 Dave B. @ 703-732-3101
27 <sup>th</sup>	<b>Rock Creek Picnic!</b> Starting @ 1pm; speaker @ 3pm FREE Event	Rock Creek Park, lot: #24 16 <sup>th</sup> Street, NW Washington, DC	<b>Rock Creek Area</b>	Pascale C. @ 703-430-0859 rockcreekevents@hotmail.com
July				
3 <sup>rd</sup>	<b>Speakers Jam/ Picnic &amp; Dance</b> 12 noon 'til 1am Jam and picnic are free: \$6 dance	St. Barnabas Church 5203 St. Barnabas Rd. Temple Hills, MD	<b>DC Area</b>	eventsdc@hotmail.com
16 <sup>th</sup> - 18 <sup>th</sup>	<b>BRANA Campout XXIII</b> \$25/person (children under 12 free)	Natural Chimneys Mount Solon, VA (contact or directions)	<b>BRANA</b>	<a href="mailto:brana@brana.org">brana@brana.org</a> 540-434-6744
31 <sup>st</sup>	<b>Picnic w/ Speaker Jam &amp; Dance</b> (1-5pm picnic, 6-8pm speaker, 8-11 talent show/dance) Picnic and speakers are free; \$5 don. For dance.	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>

From the Dulles Corridor of Narcotics Anonymous'

### \* Chili Cook-off\*

**The Results!**

1<sup>st</sup> place: **Susan L.**  
2<sup>nd</sup> place: **Ivy B.**  
3<sup>rd</sup> place: **Gail M.**

## Remembering Greg P. (by Kermit O./forwarded by John H.)

Dear Family,

A few years ago I got to participate in something most all of us will do someday, be there for the passing of my sponsor, Greg Pierce. It was sad, yet a huge honor for me knowing who Greg was and what he did for this fellowship that served my life. This is a brief bio of Greg P.:

Greg's story is in the little white book and the Basic Text, "I was Unique". He wrote the NA Tree, which was our very first service structure. He had a vision of linking all the NA groups in a structure like a Willow Tree who's branches hang to the same level of service. He got to sit in the very first Area Service Meeting in California and watch this dream come true. One day when he was obsessing he wrote the Triangle of Self-Obsession IP. Along with Joseph P. wrote the Review Draft of A Guide To Step 4. He also wrote the Living The Program IP and the entire tradition portion of the Basic Text. He dictated to the Literature Committee on the phone from Oregon to Tennessee here they were. They hired a woman who could type fast and he just spoke through the phone to her as she typed. It was the least edited section of the Basic Text. He was a great man...and there isn't a plaque, a sign, or nothing...just they he would have wanted it...sniff sniff...I miss my sponsor. His wife, Lois, sent me a prayer he had written and I would like to pass it on to you.

*Dear God, protect me and provide for me. Guide me and illuminate the path of my pilgrimage. Grant me courage, commitment, and strength. Teach me to care and give without reservation. Make me aware of gratitude and principle. Help me recognize your presence around me. And let my life be a reflection of you love. Amen*

☺☹☺☹☺ Poetic Corner ☺☹☺☹☺

Nothing's ever good enough  
 Life sucks  
 You suck, I suck, we suck  
 Life sucks!  
 I'm too fat, I'm too skinny  
 I'm too ugly, I'm too beautiful  
 I'm so lonely, I have too many friends  
 I'm so bored, I have too much to do  
 I'm so poor, Money is such a burden  
 I wish I was single, I wish I was married  
 I wish I had kids, I wish I could sell my kids  
 I wish I had a job, I wish I didn't have to work  
 I have nothing to give, people are always taking from me  
 I can't live with them, I can't live without them  
 Life sucks  
 You suck, I suck, we suck  
 Life sucks!

Anonymous

Let the dead become  
 undead, and  
 Let the light shine in,  
 even the darkest places  
 Let the eyes of the pained  
 child relax and see the  
 world as it is  
 Let the soul of the addict  
 be released and taste the  
 sweet taste of freedom.  
 Barry B.



If only we could see...

In the darkest shadows lies the depths of a dying soul  
 Consumed with self hatred, denial and desperate poverty  
 As they love you with a smile they take all you have  
 Leaving you with the despair and torment of loss  
 The loss of a part of your soul your beauty gone  
 Your only recourse to become someone new

The someone new is not the same, a lack of beauty, love, trust  
 Lost and gone until one day it can be reborn with faith  
 Faith in another that gives without reprisal or expectation  
 Loves you for who you are, who you can and could be  
 Not for what you have or what they can take  
 But everything you thought you had lost but was always there  
 When the slow suffocation of your soul occurs  
 Let go of the one who brings such undeserved torment  
 Let go of your fears of being alone, lost or disheveled  
 Find peace in whatever the outcome of life may be  
 And the one that caresses your soul will find you  
 Happiness is but a heart beat away, and so is pain  
 Daniel S.

(Self-will cont.) It would take too long to go through each application of the steps and traditions, so I leave that to you to read in our Basic Text and It Works: How and Why. The simplest way I see my self-will is to look at **what "I" am doing or not doing**. I have found that in my life I need desires and ideas, hell the Third Tradition says that a desire is our only requirement. I need desires! *It's how I go about getting what I desire; it's the ways and means I get what I want that have been my biggest difficulties*. My self-will is based on that. Instead of working, steal; instead of studying, cheat; instead of living, self-pity, use, die. I do not know my Higher Powers plan for humanity or life and existence, I don't even know his full plan for me, but what I have found by working the steps and applying them is that He is a loving, caring and powerful Being and that He wants me to be a part of this happy, joyous, and free life style. In knowing that I have a direction to make my decisions. With honesty, the steps/traditions and a fellowship to help guide me, my self-will is nothing to be afraid of any more. I am free to work after my desires, ideas, dreams, relationships (even with my HP) and anything else that comes along. I need not be afraid anymore! If I had read this as a newcomer, I would have had no idea what any of this meant. Today, I see it as a message of hope that anything in NA is possible. So if you are new, please **KEEP COMING BACK!** Much Love to All.

An Anonymous Addict

Untitled (by Keith H.)

Under a dark sky I look out at the light that breaks at the end of my sight. This scene acts a mirror, reflecting the state of my soul. Though it is overcast, I imagine that there is a break in the darkness at the edge of the horizon. I drink deeply of the air such a benevolent God has placed through out my world. The Pain and Pleasure of life is so fleeting that one must return to humor for sanity. For some days are filled of dark suffocating Fluid, while others seem to have never ending rejoice. And I am with out the ability to tell you which one I lay my head into more often. Laugh and be glad for it is not our fate to tell which.

## The 12 Steps Simplified

- Step 1:** There's a power that will kill me.
- Step 2:** There's a Power that wants me to live.
- Step 3:** Which do I want? (If you want to die, stop here. If you want to live, go on.)
- Step 4:** Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear, control your actions.
- Step 5:** Tell all your private, embarrassing secrets to another person.
- Step 6:** Decide whether or not you want to live that way any more.
- Step 7:** If you want your life to change, ask a Power greater than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)
- Step 8:** Figure out how to make right all the things you did wrong.
- Step 9:** Fix what you can without causing more trouble in the process.
- Step 10:** Understand that making mistakes is part of being human (When you make a mistake, fix it, immediately if you can.)
- Step 11:** Ask for help to treat yourself and others the way you want your Higher Power to treat you.
- Step 12:** Don't stop doing 1 through 11, and **PASS IT ON!!**

Submitted: Anonymously

## A wittle bit o' Huma

The true definition for 13<sup>th</sup> stepping:  
 when a person combines steps 1 & 12 and comes  
 up with "My life is unmanageable and I want to  
 share it with you!"

"Cocaine is God's way of saying you're making too much money."

Robin Williams

"I would never do crack...I would never do a drug named after a part of my own ass, okay?"

Denis Leary

"My dad was the town drunk. Most of the time that's not so bad; but New York City?"

Henry Youngman

*The Group Conscience would like to hear from you. Please send us your submissions, (poems, stories, art, jokes, anything that may have helped you), 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*