



# THE Group Conscience



DCANA Newsletter  
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## Down & Out by 19 by Nicole B.

Dreams...Love...Feelings... These things were taken away from me early on in life, I'll tell you how. I was introduced to this being. The being told me it would help me feel better. It lied and told me my life would not only improve but would prosper. I would no longer determine my feelings or my identity by that of others and I would no longer feel the need to fit in, because I was different. Because I was different I was meant to stand out. I got very excited and gave it a try. I was 11 years old. Suddenly I woke up, I was 19. I was pregnant, homeless and strung out on Heroin. I had no idea how I had ended up there. I didn't know which choice brought me there. It wasn't heroin, heroin is what saved me from the pain of my feelings. I proceeded to excuse myself from life every day so my lover (heroin) and I could make love in peace. I needed it and it needed me, we survived because of each other. Then I found myself doing things that were beyond anything I ever imagined, and I didn't care. The less I cared the more acceptable it became to do things to get drugs, so I "worked the streets". Now this was my calling, I could get and do whatever I wanted. Then all of a sudden, after not having slept in two weeks, I started to feel. Which is something I hadn't done in years. The drugs, no matter what they were or how much of them I used, stopped working. (Down and out by 19 cont. pg4)



### Coming To Believe by Karen C.

When I got clean I didn't believe in God. Throughout my active addiction I avoided conversations about religion. I didn't even know what spirituality was. I thought that people who depended on a Higher Power were stupid, naïve, ignorant. But after being clean for a little while, these ideas started to change. I was meeting dozens of recovering addicts, some of whom had been clean for over thirty years. I started experiencing unexplainable "coincidences" in my life. Things just seemed to be falling into place. I also started feeling an extraordinary energy in meetings, particularly during the closing prayer. I began to realize that these miracles were not happening because of me. There was something else, something greater than myself working in my life. I began to pray more and the more I prayed, the more peace and serenity I found. I've noticed that even when life becomes chaotic, I'm able to walk through the chaos much easier when I'm staying connected to my Higher Power. Today I am working on my seventh step, and I take time each morning for prayer. I ask God to remove my shortcomings for this day. Through this process, I am experiencing an amazing thing—I now have a reprieve from defects I once feared I would never be rid of. It is incredible to face a situation in which I used to feel helpless, and now, with God's help, I can walk through that situation without acting out on my defects. That truly is a miracle. My relationship with my Higher Power has given me immense freedom for which I am truly grateful.

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

**November:** 1<sup>st</sup> Kenny S. 6yrs, 2<sup>nd</sup> William S. 13 yrs, 11<sup>th</sup> Leigh 2 yrs, 21<sup>st</sup> Ivy B 2yrs & Jason L. 1 yr, 23<sup>rd</sup> Brian B. & Wendy K. 4 yrs, 29<sup>th</sup> Joanna J. 6 yrs, 30<sup>th</sup> Bob S. 24yrs & Mark W. 4 yrs  
**December:** 6<sup>th</sup> Gary B. 5 yrs, 10<sup>th</sup> Ed D. 17 yrs, 15<sup>th</sup> Ron W. 7 yrs, 17<sup>th</sup> Howard G. 23 yrs, 25<sup>th</sup> Keleigh Jr. 15 yrs, 28<sup>th</sup> Ronnie B. 18yrs & Eric P. 4 yrs

*My mind has always seemed to have a mind of its own. It wants to race into the past or the future. One Day at A Time is one of the most important concepts I have ever run up against.*  
 Scott L. (Nashville, Tenn.)

## Views from the Shoulders of Giants!

Integrity is doing the right thing, even when nobody is watching

\*Jim Stovall

Sometimes even music cannot substitute for tears

\*Paul Simon

The best way to predict the future is to create it

\*Peter F. Drucker

The trail is the thing, not the end of the trail. Travel too fast and you miss all you are traveling for

\*Henry Ward Beecher

We all have big changes in our lives that are more or less a second chance

\*Harrison Ford

We are made to persist. That's how we find out who we are

\*Tobias Wolff

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

See if you can unscramble the recovery based words.

Good Luck!!!

1. RAGCI N.....
2. TRESCEP.....
3. EESI NRVFGSO.....
4. SPAMNOCOSI .....
5. NAGI BNAMUAYLI TE.....
6. USATI DTET.....
7. HWTROG.....

## Great Truths and Observations

### I. Four Stages of Life:

- A: You believe in Santa Claus
- B: You don't believe in Santa Claus
- C: You are Santa Claus
- D: You look like Santa Claus

### II. Success:

- A: Age 4...not peeing in your pants
- B: Age 12...having friends
- C: Age 16...having a drivers license
- D: Age 20...having a girlfriend that thinks you are good looking
- E: Age 35...having money
- F: Age 50...having money
- G: Age 60...having a girlfriend that thinks you are good looking
- H: Age 70...having a drivers license
- I: Age 75...having friends
- J: Age 80...not peeing in your pants

### III. Truths & Perceptions:

- A: Growing old is mandatory; growing up is optional
- B: Today's mighty oak is just yesterday's nut that held its ground
- C: Middle age is when you choose your cereal for the fiber, not the toy
- D: Wisdom comes with age, but sometimes age comes alone
- E: Wrinkles don't hurt

*No matter how painful life's tragedies can be for us, one thing is clear, we must not use, no matter what!* (BT pg98)



When I meditated on the word **GUIDANCE**, I kept seeing "dance" at the end of the word. I remember reading that doing God's will is a lot like dancing. When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky. When one person realizes that, and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other. My eyes drew back to the word **GUIDANCE**. When I saw "G," I thought of God, followed by "u" and "i." "God, "u" and "i" dance." **God, you, and I dance.** As I lowered my head, I became willing to trust that I would get guidance about my life. Once again, I became willing to let God lead.

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

Nov.	Event	Location	Host	Contact
6 <sup>th</sup>	<b>Eat and Speak Meeting</b> Dinner @ 6; Meeting @ 8 \$5/person	Lee Visual Arts Center 5722 Lee Highway Arlington, VA 22207	<b>Norvana</b>	
19 <sup>th</sup>	<b>Coffeehouse Art &amp; Talent</b> 8:30 pm FREE Event	Community Lutheran 21014 Whitfield Place Sterling, VA 20165	<b>DCANA</b>	
20 <sup>th</sup>	<b>Italian Dinner and 70's Dance</b> Dinner: 7-8:30/Dance 9-mid \$10 advanced;\$12@door/\$5 dance	1 <sup>st</sup> United Methodist 424 Main Street Laurel, MD 2070	<b>Central MD</b>	
25 <sup>th</sup>	<b>Thanksgiving Marathon</b> 12-6 meetings/6-7 dinner/8 speaker FREE Event	Christ Congregational 9525 Colesville Road Silver Spring, MD 20901	<b>Mont. Area</b>	
Dec.	Event	Location	Host	Contact
11 <sup>th</sup>	<b>Regional! Meetings</b> 10am-12pm RSC 1pm-6pm	Laurel Regional Hospital 7300 Van Dusen Road Laurel, MD 20707	<b>Central MD</b>	

## A few more things you'd like to say out loud

(Again...no one was hurt during the writing of this list)

1. Oh I get it...like humor...but different.
2. I'm trying to imagine you with a personality.
3. Sarcasm is just one more service we offer.
4. Yes, I'm an agent of Satan, but my duties are largely ceremonial.
5. And our crybaby whiny-butt opinion would be...?
6. I'm not being rude. You're just insignificant.
7. What am I? Flypaper for freaks.
8. It sounds like English, but I can't understand a word you are saying.
9. Any connection between your reality and mine is purely coincidental.
10. The fact that no one understands you doesn't mean you're an artist.
11. I'm really easy to get along with once you people learn to see it my way.
12. I like you. You remind me of myself when I was young and stupid.

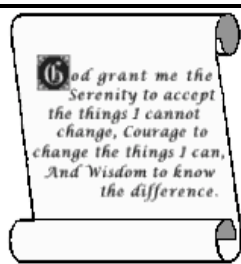
## "Miami" by: Ron W.

Are we Miami or is my head just really hot  
 Why is that guy sucking on a balloon in the middle of the street waving on the on-coming traffic at him  
 Why is that guy me? Where am I? How did I do that?  
 There goes another burning couch down the hill  
 Why can't I be on it? I hate my life. I am such a loser! I want to die!!!  
 Why aren't these drugs working faster?  
 Make the pain and pity go away. I suck! Take me somewhere else.  
 Make me someone else before I die again and become as common as a rotting worm on a hot day after it rains.  
 I hate being normal. If I don't feel special I don't feel real.  
 Make me large. Larger than life. Above it's laws. Where I rule. Where I can fly  
 That's what you did when we met.  
 Now I am sitting in a stairwell below ground hoping no one sees how pathetic I feel  
 I need help but don't want it. Don't deserve it. I Love You!  
 Yeah but...who said that?

**“My Cage”** submitted by Erika S.

I was a prisoner, imprisoned in a cage  
 Like an animal, gripping at the bars  
 wanting to be set free, from my disease  
 I couldn't escape, but the bars weren't  
 keeping me in  
 My mind was. No way out, confined in  
 doubt  
 Down with the weapons of destruction in  
 my head  
 Nightmares couldn't compare to what was  
 happening in real life  
 I was holding myself captive, sick thoughts  
 begging to be active, plans of vengeance  
 went un-acted, Just by the Grace of God

**!!! GOD !!!**  
**Good Orderly**  
**Direction**  
**Grace Of Divine**  
**Group Of Druggies**



(cont.) My father introduced me to Narcotics Anonymous when he had five years clean. So, "this isn't for me", "I'm too young", "I'm not an addict", he/she is" just didn't work. Well, 4 and a half years later, I am still clean. The God of my understanding intervened in my life on July 18,2000. I haven't found a reason to use since. What greater freedom in the world is there than the freedom of self? The Steps! The steps break down the ego, and allow us to be open to a higher power, it allows us to be of service to the spirit of Narcotics Anonymous, and that spirit is the spirit that says that no addict seeking recovery need ever die from the disease of addiction. What is offered is greater than any conceivable idea or dream.

It is the ability to live life without the use of drugs, it's becoming a member of society, it's learning to love and accept yourself for all of your "quirks" (which is what I call character defects). It's dreaming, loving and feeling and knowing that these things are forever changing, so enjoy them while you have them good and bad, because one day it all ends. And on that day, I want to know I did the best I could. Thank God for Narcotics Anonymous, and helping me to discover who I was really meant to be.

A college student challenged a senior citizen, saying it was impossible for their generation to understand his. "You grew up in a different world," the student said. "Today we have television, jet planes, space travel, nuclear energy, computers..."

Taking advantage of a pause in the student's litany, the geezer said, "You're right. We didn't have any of those things when we were young; so "we" invented them! What are YOU doing for the next generation?"  
 An Anonymous Jim

**15 Way to Amuse Yourself in Wal-Mart**

1. Get 24 boxes of condoms and randomly put them in people's carts when they aren't looking.
2. Set all the alarm clocks in House-wares to go off in five-minute intervals.
3. Make a trail of tomato juice on the floor leading to the restrooms.
4. Walk up to an employee and tell them in an official tone, "Code 3 in automotive" and see what happens.
5. Go to the Service Desk and ask to put a bag of M&M's on lay away.
6. Move a Caution-Wet Floor sign to a carpeted area.
7. Set up a tent in the camping dept. and tell other shoppers they can come in if they bring pillows from the bedding dept.
8. When a clerk asks if they can help you, begin to cry and ask, "Why can't you people just leave me alone?"
9. Look right into the security camera, use it as a mirror and pick your nose.
10. While handling guns in the hunting dept., ask the clerk if he knows where the anti-depressants are.
11. Dart around the store suspiciously while loudly humming the "Mission Impossible" theme song.
12. In the auto dept., practice your Madonna look using different size funnels.
13. Hide in a clothing rack and when people browse through, say "Pick Me! Pick Me!"
14. When an announcement comes over the loud speaker, assume the fetal position and scream "NO! NO! It's the voices again!!!
15. Go into the fitting room, shut the door and wait a while, then yell loudly. "Hey! There's no toilet paper in here!" (these are not NA suggestions)

How many addicts does it take to change a light bulb?  
 Just one - he holds the light bulb and the whole world revolves around him. (Ha, Ha, Ha...ain't it the truth)

*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 [thegroupconscience@yahoo.com](mailto:thegroupconscience@yahoo.com). Thank you!!!*

\*\*\*\*\*December's topic of the month...\*\*\*\*\*  
 The therapeutic value of one addict helping another...your experience.