



# THE Group Conscience



DCANA Newsletter  
PO Box 192, Herndon, VA 20172

May 2005  
thegroupconscience@yahoo.com

## Overcoming Tough Times

By: Stephanie B.

Dealing with life on life's terms is hard enough. I go through my struggles with everyday living. I deal with strangers and how to overcome my judgement towards them. Dealing with betrayal from a close friend is more than I bargained for. Nothing can help me prepare for the hurt and the pain, but this program can help me deal with how I handle the situation. In my past, I took the "easy" road. I used drugs, I isolated, I drowned myself in my self-pity and rage. Today, I don't have to stay stuck in that lonely place. I have learned tools to help me overcome the sadness and do the next right thing for myself. I am open with my sponser about all the neurotic emotions that I am going through. By expressing them, that darkness can no longer block the light. My higher power looks out for me by putting people into my life at times when I really need it. Helping a newcomer helps to remind me of what I have to offer. It helps to take the guilt and blame that I place upon myself for situations that are completely out of my control. By helping to show another the beauty of this program I become more aware and involved in my own recovery. I attend more meetings and reach out to those around me. This program has also taught me how to take care of myself physically, emotionally,



(con't pg. 4)

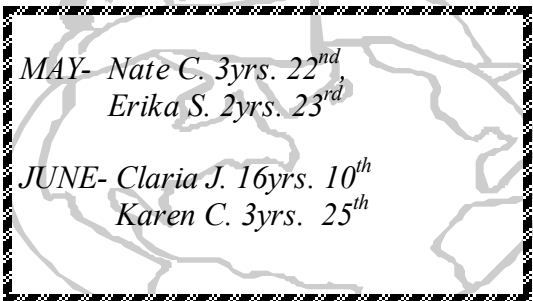
## My Journey.

By: Angela S.

My journey has been long. I do not regret it. At times, it has been an out of control spinning wheel of disappointment. Then at other times, joyous and rewarding. It has been hard more often than easy. The road was up, down, sideways, and twisted from the beginning. Anything but a straight and easy course to follow, making some days terrifying to even get out of bed. And through it all, with a lot of strength and a small pinpoint of light, a tiny star guided me. I have been both wise and foolish. I have been both loved and betrayed and abandoned. And much to my despair, I have wounded others, and humbly ask for their forgiveness I have forgiven those who have hurt me, as I pray they will forgive me for allowing them to hurt me. I have loved much, and given my whole heart and soul. And even when badly wounded, have continued on this path, with faith, hope and blind belief that someday would be filled with love and freedom. For those of you still lost in the darkness, may your travel companions treat you well. May you find sunshine on those cloudy days. May you find a place within yourself where you feel safe and allow your wounds to heal. We must each find our own way on this journey with determination, strength and courage. The journey never stops and we usually can't wait to see what will be stacked upon us the next time around As we all know, God will never give you what you can not handle,

(con't pg. 4)

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



*"Denial of our addiction kept us sick, but our honest admission of our addiction enabled us to stop using."*

*Basic Text p.7*

*When I have recognized the things I can change and have had the courage to do my footwork, I will find serenity quietly sailing into my mind.*

So often what takes the place of serenity in our minds is the constant chatter of internal conflict. We have internalized the voices of our parents and other authority figures. Each time we act or make a statement that aligns us with ourselves, we are likely to set off those voices. They tell us that we are unworthy, stupid, inadequate, ill prepared, or setting ourselves up for a fall. I work by taking one step at a time to change the things I can. When I have made a movement in a good direction and am still besieged by inner torment, I will not interpret my discomfort to mean I have taken the wrong initiative. I will look to the next piece of footwork and take strength from my relationship to a higher power. When I have done all that I can and know it is time to turn the rest over to my higher power, I will be amazed at the silence that will settle inside me. Such peace restores me.

F	W	L	A	S	M	G	A	N	C
E	P	C	R	Y	N	Y	O	J	E
E	K	H	O	P	E	E	R	L	L
L	M	T	A	W	L	E	T	A	I
I	R	O	E	C	M	H	O	B	V
N	I	N	A	O	I	R	O	L	E
G	D	R	C	G	S	J	L	G	M
S	I	W	H	A	N	C	S	R	V
M	E	R	O	E	B	T	O	H	W
N	S	L	F	R	I	E	N	D	S

FEELINGS  
MIRACLES  
FRIENDS  
LIVE

TOOLS  
JOY  
HOPE  
NEWCOMER

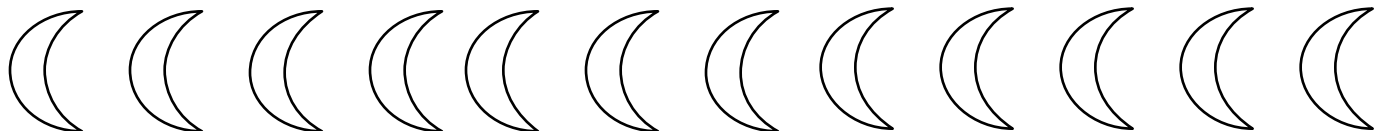
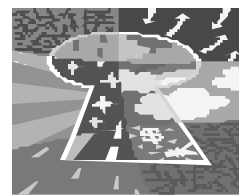
## \*\*Word Scramblers\*\*

See if you can unscramble the recovery based words.

Good Luck!!!

1. ETGMIESN      \_ \_ \_ \_ \_
2. TORACNIC    \_ \_ \_ \_ \_
3. SONICDEI    \_ \_ \_ \_ \_
4. CDTADI      \_ \_ \_ \_ \_
5. EVBILE      \_ \_ \_ \_ \_
6. USNMANYO   \_ \_ \_ \_ \_

*My prayer for you today is that God's blessings and mercies be upon you on this day and everyday. May you abide in God as God abides in you. Dance together with God, trusting God to lead and to guide you through each season of your life.*



When I was young I read, *a lot*. It was my first form of escape from the present moment. I have these little fragments of things that I read that float around in my mind; they have shaped some of my opinions and beliefs. Though I don't really know where the fragments came from, I have now integrated them for my own personal use. (Basically, my mind could use a good spring cleaning.) I was doing some writing on my 2nd step tonight and I was recalling one of these fragments. I remember reading something that explained that only the truly insane believe that they are sane, the rest of us doubt our sanity all the time. So, I've doubted my sanity all along and if I ever worried about that, I would reassure myself with this little anonymous quote that I have stored in my brain. "That is the truest sign of insanity — insane people are always sure that they are fine. It is only the sane people who are willing to admit that they are crazy."

Contributed by: Sara Q.

Nora Ephron (1941-)

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

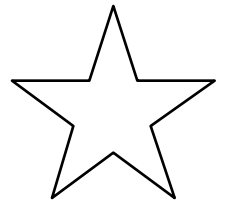
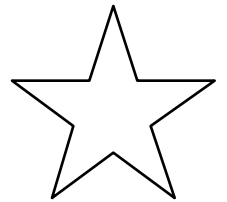
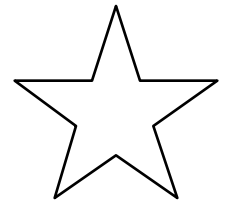
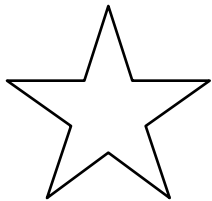
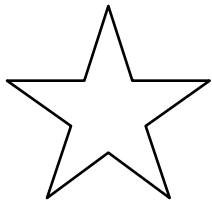
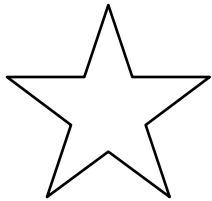
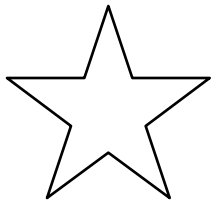
MAY	Event	Location	Host	Contact
27	Art/Talent Showcase & Spkr Meeting 7pm FREE EVENT	Community Lutheran Church 21014 Whitfield Place Sterling VA 20165	Dulles Corridor Area	
30	Memorial Day Picnic 5/30, noon till 5pm \$2 per person	Seneca Creek State Park 11950 Clopper Road Gaithersburg MD 20878		
3-5	Together We Can June 3-5 \$40 per person	Prince William Park Prince William County, VA		
17-19	CAMPOUT June 17-19 \$25/person (\$10 for day trip)	Brunswick Family Campground Brunswick, MD		
23-25	New River Rafting Trip and Campout June 23-25 \$90 per person	North America River Runners Hico WV	Dulles Corridor Area	



**CPRCNA XX Host Committee**

Congratulations to the Area for hosting this event and to the people who volunteered their time to make it possible!!

- Host Committee Chair:** Joanna Jackson [Joanna@seriousbs.com](mailto:Joanna@seriousbs.com)
- 1<sup>st</sup> Vice Chair:** Nathan W. [NathanWilson40@yahoo.com](mailto:NathanWilson40@yahoo.com)
- 2<sup>nd</sup> Vice Chair:** Kevin C. [soupboy1972@yahoo.com](mailto:soupboy1972@yahoo.com)
- Secretary:** Carla S. [onefaith\\_8@hotmail.com](mailto:onefaith_8@hotmail.com)
- Treasurer:** Andrea E. [pappas\\_andrea@hotmail.com](mailto:pappas_andrea@hotmail.com)
- Vice Treasurer:** Wendy K. [Wndyk99@gmail.com](mailto:Wndyk99@gmail.com)
- Additional Needs:** Julie C.
- Arts + Graphics:** Kat S.
- Convention Info:** Erin T. [Erint@adelphia.net](mailto:Erint@adelphia.net)
- Entertainment:** Lew K. [Lewk@siriusbs.com](mailto:Lewk@siriusbs.com)
- Hospitality:** Daniel T. [DBTUSA@yahoo.com](mailto:DBTUSA@yahoo.com)
- Merchandise:** Pam O. [Pam\\_owens@juno.com](mailto:Pam_owens@juno.com)
- Program:** William S. [wtsteele@hotmail.com](mailto:wtsteele@hotmail.com)
- Registration:** Kenny S. [Ken3161@yahoo.com](mailto:Ken3161@yahoo.com)



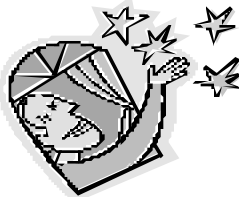
☺☺☺☺ **Quotes** ☺☺☺☺

*"To accomplish great things,  
we must not only dream, but  
act."*

- Bill Blackman

*"A big shot is a little shot  
that kept shooting. "*

- unknown



**"KEEP COMING  
BACK!"**

*(con't from pg. 1)*

Of course we will continue to fall and bump our heads, but somehow end up with softer behinds. Life is never planned. Live like it's your last, be yourself and stand up for what you believe in. These things are yours. You can be pushed, battered and used but you will never lose yourself unless you choose to be lost. Everything in life happens for a reason, all you have to do is allow God to give you strength, wisdom and protection through your journey's end.

**Gossip** *By: Joanna J.*

Remember me?  
My name is gossip.  
I have no respect for justice  
I maim without killing  
I break hearts and ruin lives.  
I am cunning and malicious  
And I gather strength with age.  
The more I am quoted  
The more I am believed.  
I flourish at every level of society  
My victims are helpless  
They cannot protect themselves against me  
Because I have no name and no face  
To track me down is impossible  
The harder you try  
The more elusive I become  
I am nobody's friend  
Once I tamish a reputation  
It is never quite the same  
My name is gossip

It is a wonder how those so ready to talk about others are really struggling to keep their side of the street clean. Remember the fingers? Everytime we point the finger and start blasting someone else, there are four fingers pointing straight back at us! We all can see it, even as the venom is spewing out, with

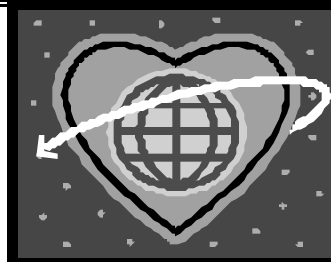
*(overcome con't from pg. 1)*

mentally, and spiritually. Instead of sitting in front of the t.v. eating a pint of ice cream I went to the gym, to yoga class, to my friends house, and to meetings. I tried to show up for the people in my life even if I felt like someone didn't show up for me. I am so grateful for the friendships that I have made in this program. Its amazing how we rally behind each other in times of need. An important lesson I learned from this is not to lose hope. I cannot close myself off. I have to continue to reach out and keep my heart open. Those are the actions that I took when I entered this program and it has been those actions that have brought me so much joy. The future holds many miracles and possibilities that I will not give up on my recovery and I will continue to walk the path that my Higher Power has laid out before me. When times get tough I will take the tools that I have learned, and continue to learn, with me.

God and NA we can struggle with compassion and empathy for those that need to talk about others. Perhaps we'll even say a prayer for you, hoping your resentments and anger won't take you out using. Maybe next time we can think twice about opening our mouths to talk negatively about somebody who is not there after a meeting, during dinner, or with our network. My sponsor always tells me if I don't have anything nice to say, I need to shut it up!

\*\*\*\*\***June's topic of the month...**\*\*\*\*\*

- 1: How do you plan to have fun clean this summer?
- 2: How do you incorporate spiritual principles in your life?



*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!!!*