



# The Group Conscience

Dulles Corridor Area  
Narcotics Anonymous

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## Events

**Montgomery Area Picnic**  
Mon, September 3, 2007  
Gaithersburg, MD

**CLUCK AND SQUEAL**  
September 7-9,, 2007  
Watermelon Park, VA

**Crab Feast**  
Sun, September 8, 2007  
Laurel, MD

**A RIVER OF HOPE**  
September 21-23, 2007  
Nanjemoy, NJ

**AREA SERVICE**  
Sun, September 30, 2008  
St. Timothy's  
Herndon, VA

## When I

By Erika S.

When I judge others, in essence I am saying...

I KNOW you;

I know everything about you:

Why you're doing what you're doing,

What you're thinking

And why.

How could I possibly know you like that?

When I advise others, in essence I am praying...

I KNOW it all;

That you'll think that I'm an authority on the subject:

That I know what I'm talking about

And I know what is best for you to do.

Because....?

How can I be so egotistical?

When I Let Go, in essence I am weighing...

My Will against that of my Higher Power's;

I KNOW that I'm not in control:

That I don't know what is best for you -

Sometimes I don't even know what's best for me. -

But just for today I'll wait and see.

How can I become so open-minded?

When I Turn it over, in essence I am staying...

I KNOW I'm right where I'm supposed to be;

Experiencing, learning, growing

Living, loving, flowing.

Anything and everything is possible -

If I get out of my own way:

I must learn to trust.

## A Small Party

By Allen J.

I had such fun at a party two weeks ago. Witty, engaging, accomplished young people talking, joking, and enjoying time with each other. Wow. We talked politics, social theory, art, literature, economics, and sex. Everyone had something adult to add and no one was intimidated or bashful about expressing a personal opinion. I learned new ways of looking at others, at life, and at myself. It has been a while since I went

to a party like that! Yet, perhaps best of all, no one was trying to do anything other than simply bring themselves to a party. There were no hook-ups, no drama, no social networking, and no agenda promotion. It was just fun people genuinely interested in each other enjoying open-minded conversation.

What social backwater have I been living in that makes such a party unusual, exciting, and almost too much fun to be

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## "A SMALL PARTY" (CONTINUED FROM PAGE 1)

real? As I was leaving, I had the warm glow of an evening spent with good folks doing what I like doing most. "These are my people!" I thought to myself. "These are the kind of people I grew up to be in society with and to get to know!" An hour later, I was feeling a distinct come-down, as if I had been lifted up to Valhalla, Asgard, or New Jerusalem and now had to return to Earth for a while. The air became thicker, the conversation more mundane, and the feelings of connectedness more tenuous and temporary. Not that I do not love my friends and companions with a love that embodies an emotional and spiritual connection. Still, what I realized leaving the party is that my emotional and spiritual connection with my friends is somehow devoid of a social, mental, and physical connection: if my friends left for a month (to Florida!) a year (off to Iraq!) or ten years (Australia!) I would still love them and pray for them but I would not miss them. And indeed, why should I? The emotional and spiritual connect would still be there. My experience is that with such friends, when we finally got together again, the connection would remain. Yet, I have to ask myself, why would I not miss their insights, our camaraderie, and the mano-a-mano connection that would be lost? Perhaps, methinks, because it is not really there.

I chose to not drink alcohol or do other drugs. So it was not a chemical buzz that I felt at the party and it was not coming down that I felt an hour later. Many (not all) of them were drinking, but the days later we both remembered the

conversations we had and the friendship we felt. So there are some areas of growth I clearly need to expand upon. Intellectually, socially, and physically I need to become more connected.

I have felt the need to become connected on different levels before. A few years ago, I developed an emotional and spiritual connection into something more by becoming physically connected with a girlfriend who became my wife. Loving, nurturing, and praying with her joined with living together and trying to create a household to establish deep emotional, spiritual, and physical connections. It was enough for me and I would have never left. Yet, God knows best and perhaps because I continued to ask for help growing, that relationship tapered off. Looking back, I believe that I have encountered an often repeated lesson: the need to grow areas I did not realize existed!

As a child I did not know about becoming spiritually and physically connected with another person. Now, as an adult, it seems that I had forgotten about being intellectually and socially connected. Perhaps, although she never mentioned them as reasons, my ex-wife's intuition was that we had failed to connect on those levels and she felt unfulfilled. (Of course, perhaps not too! I want to avoid the illusion that I know what someone else thinks or feels!). What is important is that a simple Saturday night party help me to realize areas that I have been not working on while working to create my life.

I believe it is time to return to school. Perhaps to teach rather than to student,

but to return to the intellectually nurturing environment that I so readily identify within. I feel a stirring in my soul to write a book about some of the things I love about life: integrity, love, faith, hard work, and being a hero and saint within the community. Naturally, I will take an inventory of my friends, family, and acquaintances and draw from their stories to create something for many people to read and enjoy.

One story comes to mind, immediately. I mentioned in a crowd of people that I was anxious about going to this party, and a brash and pretty young girl volunteered to join me. Fortunately, that gave me the courage to respond affirmatively to the RSVP. Naturally, she was unable to show up, for reasons that are probably related to her being brash, pretty, and young, but having made the commitment to go, I went. Obviously, I am glad to have gone and it was clear to me that I owed the young girl a sincere "Thanks" (I have since thanked her) with an equally large "Thanks" to God that I went alone. How could I have felt so good, and then experienced the gentle let-down, with another person there? Is this not a case of her showing up as a hero to save me from my fear and to to encourage me do the hard work of having integrity (showing up when I said I would) and faith (to know that simply bringing myself would be enough)? I love those kind of stories!

## Dulles Corridor Area NA

Our area is located in Northern Virginia and holds about 20 meetings per week in Oakton, Reston, Chantilly, Centreville, Sterling, Leesburg and Round Hill.

## Anniversaries

### DONNA T. CELEBRATES 1 YR

Free to Live  
Mon, September 3, 2007

### JANICE CELEBRATES 1 YR

Survivors  
Wed, September 5, 2007

### SARAH B CELEBRATES

Free to Live  
Mon, September 17, 2007



## Narcotics Anonymous

is a nonprofit fellowship of men and women for whom drugs had become a major problem. We meet regularly to help each other stay clean. We are not interested in what or how much you used, but only in what you want to do about your problem and how we can help.

Want to see your work in print?

E-mail [grouppconscience@hotmail.com](mailto:grouppconscience@hotmail.com)  
or log on to [www.dcana.org](http://www.dcana.org)

# Dump and Run

By Christine A.

The meeting is in the last twenty minutes. An addict comes in, letting themselves be known to all the other members.

They proceed to "share" talking about how great they are and how being in recovery has changed their lives. Then, the dialog turns to steps 6&7. After taking up the remainder of the meeting, they get up and leave as rapidly as they appeared.

What is up with this? Perhaps there was

somebody who needed to talk to that person after the meeting. Perhaps another addict had some input for them.

It is seen often in our meetings, folks coming into meetings, sharing their stuff then leaving. How does this help NA?

We need interactive membership from our members. I have found some of the best recovery I get is after the meeting.

What ever happened to "come early, stay late"?

Ah, and so it goes. Keep Coming Back!

