...That No Addict Seeking Recovery Need Die

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We came to believe that a Power greater than ourselves could restore us to sanity.

For me, I have found that working the steps of Narcotics Anonymous has been the key to my recovery. I think without working the steps, I am leaving the door open for a possible relapse and leaving a lot of potential for personal improvement on the table.

In working Step 1, I accepted that my best thinking led me to pain and misery with no hope for the future, and that I needed help in order to break my seemingly endless loop of fear, hopelessness and using. Just like it says at the end of Step 1 in the Step Working Guide, “...we will soon find that the void we have been filling with drugs or other obsessive and compulsive behaviors begs to be filled.” That was so true for me.

Having surrendered to my addiction, I wasn’t quite sure what was next, but something inside told me that there was more to this recovery thing if I just could manage to open myself up to ways I had not previously considered. I needed more! I needed to fill that void with something other than drugs. So with the little bit of faith I gathered in Step 1, I moved onto Step 2 to see what that was all about, figuring “hey things got a lot better in Step 1, maybe Step 2 could take me even further.”

I will say that working Step 2 was a transformational experience in my recovery. The first word that jumped out to me was “could”. Could. Could, as in it’s possible that a power greater than myself could restore me to sanity. This could was like a cannonball being shot at the wall I had built between me any hope I had for a happy life without drugs. This could cracked that wall just enough for a
glimmer of hope to appear. Could! Since I tried everything I could think of on my own to stop using drugs and stop making the same mistakes over and over again without avail, maybe there was another way I had not yet thought of. Maybe I’m not as smart as I thought I was! Nonetheless, out of new ideas and out of shear defeat, I thought I had nothing to lose by trying someone else’s way, a way that I have seen work in other addicts: belief that a power greater than me can help me stop using drugs and help me not repeatedly make the same mistakes. I thought I was open-minded before getting to the rooms, yet I never considered a higher power could help me fix my problems. I just thought if I just tried the same things harder, maybe things would change. I clearly had to up my open-mindedness game a bit.

But wait a minute! This higher power thing, that’s just code for Jesus or an old white guy up in the clouds, right? Well, not necessarily as I came to find out. Narcotics Anonymous is a spiritual – not religious – program. You can associate with any religion you want or no religion at all and still work the 12 steps of Narcotics Anonymous. But the point of Step 2 is not to have an understanding of your higher power all ironed out. I know I sure didn’t. And I still really don’t. But I do believe three things for sure through working this step:

1. It is entirely possible that a power greater than me can do for me what I have not been able to do for myself;
2. My higher power, whatever that is, doesn’t want me to use drugs and;
3. I am not my higher power.

It’s really that simple for me. I’ve found that the spiritual principle of open-mindedness – which is the key to Step 2 – has not only helped me believe that a power greater than myself (be it the people in the rooms of Narcotics Anonymous, Mother Nature, God, call it what you want...it’s greater than me!) can help me stop using drugs and behaving insanely, but has also helped me in all of my affairs. I believe that if a stubborn, know-it-all addict like me can lose the desire to use drugs and change my way of thinking, it can work for any and all others who are also willing to chase recovery like they chased drugs. But it does require honesty, open-mindedness and willingness. I’m here to report that this program really does work if you work it.

-Anonymous
What’s That Meeting Like?

By the Nomadic Addict

I had never been to this meeting but it was the only Monday meeting after the snowstorm so I figured why not give it a try! I picked up another addict and off we went!

Step and Tradition Blues is held Monday nights at St. Albans Episcopal Church in Annandale, VA starting at 7pm. It is a 60min meeting.

The meeting was pretty good overall. There were not as many people there so it was easier to share. I personally feel like this meeting would not be as appealing to the newcomer because they might not be able to relate or understand yet.

Step & Tradition Blues

Feel free to write your own experience to norvananewsletter@gmail.com

They say you need newcomers to tell you where you came from, old-timers to tell you where you could go, and a sponsor to tell you where you are at.

Just for today
Happy Birthday! Come Celebrate Recovery!

Doug and Renee A will be celebrating 27 years at Cracker Box on February 1st

Matt A. will be celebrating 2 years at Came To Believe on February 10th

Becky S. will be celebrating 2 years at One Route to Recovery on February 12th

Jeff will be celebrating 27 years at Late But Straight on February 12th

Tony N. will be celebrating 5 years at Monday Night Freedom on February 22nd

Hospitals and Institutions wants you!

Contact Cabell

In Need Of Support

NA in Delray is in need of trusted servants! @ Mt. Vernon Hospital—Sunday 9AM
NA Back Room @ Rebos Club- Sun. 4pm

Step Over the Hump @ Prince William Homeless Shelter -Mon. 8pm

Living Clean @ St. Paul's UMC—Tues. 730pm

Clean For Today @ Holy Comforter Episcopal Church—Tues. 730pm

Steppin' In Woodbridge @ St. Paul's UMC—Thurs. 730pm

One Route To Recovery @ Mt. Vernon Hospital- Fri. 730pm

With or Without @ St. Christopher’s Episcopal Church- Fri. 7pm

(SUB) COMMITTEE MEETINGS

ASC (Area Service) 1st Thursday of the month; 2nd Thursday if 1st falls on a holiday 7:00pm Fairlington Presbyterian Church 3846 King St. Alexandria, VA 22302

Hospitals & Institutions 2nd Thursday of the month 7:00pm Walter Reed Rec Center 2909 S.16 St Arlington, VA 22204

Special Events 1st & 3rd Tuesday of the month 7:00pm Arlington County Library

MARLCNA XXXII (Mid Atlantic Learning Conference) on Feb.5-7 from 12-12 at Lancaster Host Resort and Conference Center, Lancaster, PA

Metro Area de Habla Hispana Convention 11 on Feb.12-14 from 5pm-830pm at Crowne Plaza Hotel, White Plains, New York

Regional Service Committee Meeting on Feb.13 from 10AM-5:30PM TBA

Romantic Relationships Speaker Jam and After Party on Feb 13-14 from 6pm-2am at St. Martin’s Church, Washington, DC

Tri-County CAR/CAT Workshop on Feb.20 from 11AM-5PM at Westminster Presbyterian Church, Washington DC

March Madness “From The Streets to the Seats” on Mar 5 from 11:30AM-9PM at St. Martin’s Catholic Church, Washington DC

March Madness Sports Jersey Dance on Mar. 5-6 from 9:30pm-1:30am at St. Martin’s Catholic Church, Washington DC

Have any ideas for some special events for our area!? Contact Vera M. !!