



Dulles Corridor Area
Narcotics Anonymous

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Events being reworked in light of COVID-19 restrictions. Please join the Special Events subcommittee meeting to learn more and help us plan!

The Group Conscience

COVID-19 & Recovery

The novel Coronavirus has had a major impact on the world, and Narcotics Anonymous has not escaped the effects. We hope that our members are staying safe and healthy during these challenging times. Narcotics Anonymous World Services has published a statement on COVID-19 which is available on their website at https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf.

In the Dulles Corridor Area, and across the C&P Region, we have found that many groups have either lost access to their meeting spaces or have elected to stop meeting in person. This has created an opportunity for groups to exercise their Fourth Tradition autonomy in deciding how to proceed. It is not the Area's place to decide what actions the groups should take, but we do want to make our members aware that a number of

groups have shifted to holding their meetings online using video conferencing technology.

The C&P Region has published a spreadsheet of meeting and events (<http://www.cprna.org/coronavirus-meeting-closures/>). Groups are invited to keep this spreadsheet updated with their status and online meeting links, where applicable. Given the nature of online meetings, geography no longer must be a factor in meeting attendance. Some members have found it enjoyable to virtually attend meetings in other areas or even other countries. The web site <https://virtual-na.org/> has a searchable directory of online meetings held around the world. The United Kingdom Region of Narcotics Anonymous has posted their own list of English speaking meetings at <https://ukna.org/online>. The newsletter welcomes information about *continued on page 2*

Step Four

"We made a searching and fearless moral inventory of ourselves"

By Barbara P.

With trepidation and much fear, I did my first Step Four in 2006. I forgot about the "fearless" part. I chose, at that time, to listen to the people in the rooms who expressed dread and anxiety about their upcoming 4th Step. I did not listen to those who expressed positive sentiments about their fourth step. It is what it is. I did it and that's what counts. My first Fourth Step ended up being 6 Composition notebooks long and took three 2-3 hour sessions with my sponsor to review. I took to heart the sentence in the Basic Text that (paraphrase) said you could write too little, but you couldn't write too much. And today, in 2020, I'm glad for the way I did it. Now, I'm doing another 4th step. I'm actually enjoying it (when I get to it!) because I

know my worth today. I used to think I was a bad person because I did bad things. Today, I know I have the values and morals that I've always had, and I have a disease that when active causes me to do bad things. A disease is not a bad thing to have if it can be arrested at some point. And addiction can be arrested. It is only chronic, progressive, and fatal if I fail to follow directions. Thank God, just for today, my disease is arrested. What directions do I follow? (And its even okay when I don't follow them perfectly). I have a sponsor. I call my sponsor and have a relationship with my sponsor. I have relationships with other people in NA. I go to meetings. I work steps. I don't use NO MATTER WHAT. I turn my *continued on page 2*

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will over to my Higher Power every-day by saying the 3rd Step Prayer. I've even starting meditating. I do service work. Basically, my 4th Step helps me grow by taking a good hard look at my character defects. Then, in the following steps I get to experience

healing. But, the healing begins with making a searching and fearless moral inventory. And it's really not so hard to do. Like with everything else, I just have to do it. The best part of it all is I don't have to do it alone. I have my Higher Power, who never leaves me, and you. The rewards of doing it are endless: acceptance; peace; love;

joy; surrender; to name a few. Is it worth it? Yes, most certainly. Since doing my first Fourth Step in 2006, my life has drastically changed for the better. I am so looking forward to the change this 4th Step will make.



THE NAWay
MAGAZINE®
THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS

January 2020 issue out now!
<https://na.org/?ID=naway-toc>

COVID-19 continued from page 1
additional online Narcotics Anonymous resources via email at newsletter@dcana.org for possible publication in future issues in the event that physical meetings remain shut down.

The Dulles Corridor Area is committed to adapting to our changing circumstances and rising to the occasion to continue to serve our groups. While some service committees, such

as H&I, cannot practically operate at this time, we have been thinking creatively about how to keep providing services where we can. The Special Events subcommittee has been brainstorming about online events, the Newsletter subcommittee will be publishing digital editions on the web site at <http://www.dcana.org/>, and the Administrative committee has moved to holding online

Area Service Committee meetings.

This may be a time of greater physical isolation by necessity, but it's an opportunity to strengthen our bonds of community in recovery and connect with each other now more than ever. Keep coming back! Together, we do recover!

Special Events Subcommittee

The Special Event Committee held a meeting on March 21, to discuss the immediate future of what we can do. Our primary goal is to bring unity to our area and to the people in the area. With the major events going on in the world today, it has made us put our

normal activities on hold. Instead of giving up and waiting for everything to pass, we have decided to come up with ideas to virtually, and safely bring us all together. We have thought of a virtual movie night idea, virtual yoga, and a possible hiking meet up (six feet

apart, of course). We are continuing to talk amongst the committee and will have definite dates for upcoming events as soon as we can. We want to express our gratitude for the way that

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Fourth Tradition

"Each group should be autonomous, except in matters affecting other groups or NA as a whole."

By Jim M.

Autonomy: Self-government; freedom to act or function independently <https://en.wiktionary.org/wiki/autonomy>

If groups are self-governing, they are not responsible to anyone but their members. Who might try to govern them? What about Area Service Committees, Region and World? We created these levels of service to serve the groups by providing literature and bringing newcomers to our meetings with services like phone lines, Hospitals and institutions meetings an information given to the public such as professionals and others who deal with drug addicts. What about those committees? Can't they demand that the groups provide addicts to perform these

services? Of course not! Again, we created these committees to serve us. The members of these committees may have the illusion that they are in charge, but if they don't lose that illusion pretty quick, we can dissolve them as we created them. There are some who feel that these committees and even our events and conventions are not Narcotics Anonymous. I would say they are FOR NA, but they are not NA themselves.

If the world service office and the regional offices were to dissolve, I know from experience that we would print our own literature and continue to carry the message as we do today. It probably wouldn't be as consistent as it is now, but I know my home group would continue to meet and

that would be NA. If the groups stopped meeting, but the office remained open and sold our books and tried to keep carrying the message that no addict need die from the horrors of addiction, would that be NA?

What might groups do to affect others or NA as a whole? Before we had the Basic Text, some meetings used the Big Book. Some groups might feel that the bible or the koran are appropriate spiritual guidance. I don't think their neighboring groups would consider that to be NA and the groups reading other literature would stop or accept they aren't really part of our fellowship.

Relaunch of The Group Conscience

The Newsletter subcommittee is excited to be publishing the April 2020 issue of **The Group Conscience**. We look forward to publishing a monthly newsletter but in order to do that, we will need articles contributed by members of the area.

We are hoping to publish articles on the step and tradition for the corresponding month, beginning with articles in this issue on the Fourth Step and Fourth Tradition and continuing through to the Twelfth Step and Tradition in December. In the interest of unity and being inclusive of our newer members who may not have worked all of the steps, **The Group Conscience** will always accept for publication material on the first three steps. For example, September might have a Ninth Step article contributed by an experienced member

and also a Second Step article written by someone newer to recovery.

We welcome submissions from area members on any recovery related material or reporting on NA social or service events. Although it was a popular feature in the past, we will not be publishing a gossip column. We would love material of an artistic nature - poems, drawings, comics, etc. We are happy to publish material anonymously or with a first name and last initial byline.

Submissions may be made by email to newsletter@dcana.org. If you would like to contribute but do not have the ability to email, please contact a newsletter subcommittee member and we will help facilitate your submission.

Logo contest for The Group Conscience

The Newsletter Subcommittee is looking for area members to help us design a logo for the Dulles Corridor newsletter, **The Group Conscience**.

Please send submissions to newsletter@dcana.org

Special Events continued from page 2

we have come together as an Area in all this madness. There can be a blessing in every “disaster” that we face. Please feel free to contact any member of this committee with any

ideas you have for safe events. Thank you again for the continued support.

In Loving Service,
Special Events Subcommittee

Fellowship Intellectual Property Trust Petition

The Autonomous Region of Narcotics Anonymous has recently filed a petition against Narcotics Anonymous World Services (NAWS) in the Superior Court of the State of California in Los Angeles County, Probate Division. The petition alleges that NAWS has not fulfilled its obligations as trustee of the Fellowship Intellectual Property Trust (FIPT). This may be of interest to members of the Dulles Corridor Area because we are a part of the Chesapeake and Potomac Region of Narcotics Anonymous and that region is a Beneficiary of the FIPT. In other words, the FIPT is meant to be administered to our benefit.

Some members may not be familiar with the legal concept of a trust. While a full explanation of trusts would take more space than what can be covered in this article, for our purposes a trust is a legal entity that “holds” assets for the benefit of the beneficiary. In this case, the assets

that the trust “holds” are the NA intellectual property - in particular the NA literature (eg. Basic Text, It Works: How and Why, Just For Today, etc.). Any trust has trustors and trustees. The trustee “takes care of” the trust on behalf of the “trustor(s)” (and beneficiaries). In this case, NA World Services is the trustee of the FIPT and administers the intellectual property (eg. prints the books) for the benefit of the Beneficiary (the Fellowship - in other words, YOU!).

The history of the FIPT is somewhat complicated and members are encouraged to do their own research, but the pertinent thing to know today is that the trust exists so that the Fellowship can make use of the literature to fulfill our primary purpose of carrying the message to the addict who still suffers and that the Fellowship has given NAWS permission to manage the day-to-day tasks of printing the books, editing them, etc.

The petition is asking the court to consider whether NAWS should be removed as trustee of the FIPT and another trustee appointed due to the inherent conflict of interest between NAWS’ self interest and their duty to the trustee. It alleges that NAWS has violated the terms of the trust agreement by engaging in self-dealing and that NAWS is not impartial with respect to NA’s literature, that NAWS has been using proceeds from the sale of NA literature for its own benefit, and that NAWS unreasonably restricts the distribution of NA literature. These allegations are presented in the Dulles Corridor newsletter without commentary but rather for informational purposes so that interested members stay informed.

The legal brief is available and a copy was sent to the C&P Region and was distributed to RCMs.

Conference Agenda Report (CAR) Workshop

Dulles Corridor held a Conference Agenda Report (CAR) workshop on Saturday, March 14. There were approximately 10 members in attendance. We met from 9 AM to 1 PM and discussed the various World and Regional motions in the 2020 CAR. It was an effective forum for members to learn about the motions and understand the intent behind them and it fostered vigorous discussion about the pros and cons of each motion. Members expressed afterwards that they felt more informed and more comfortable discussing the CAR in their group

conscience business meetings and providing their input to the Delegate team on the group inventory forms.



CAR Workshop Room
Galilee Church
Sterling, VA
(pictured left)

Artists' Corner

Untitled

By Pink
(1999-2020)

When the pain is greater
than the fear of change,
change will be done.

When the shame is greater
than the fear from humility,
changes are shunned.

This sickness that may
seem to claim us continues
to torture.

Though we may face
death alone, we don't
have to be
in the clutches of
this disease.

To anyone who tries to
convince themselves and
others they are truly
broken and unfixable.
We reach out our
helping hand and guide
the weakened ones
because it is habitual.

In Memoriam

By Anonymous

Pink was an incredibly compassionate person and someone I bonded with from the first time I met them. We quickly built strong trust with one another and they helped me in times of need. They showed me forms of art that I had never looked into before, for example poetry, and taught me that emotional expression is a necessary part of recovery. They will be greatly missed and forever be a reminder that no matter what your perception of another in the rooms is, they can still be that suffering addict that needs help.

Dulles Corridor Area of NA
Our area is located in Northern Virginia and holds about 20 meetings per week in Aldie, Ashburn, Chantilly, Herndon, Leesburg, McLean, Purcellville, Reston, and Sterling.

Anniversaries

Jim B.
1 year
April 6
Exact Nature

Dave C.
26 years
April 17
Just For Today

Nico A.
1 year
May 13
Meeting TBD

Tiffany H.
1 year
May 15
Just For Today

Service Calendar

H&I

Oh hold due to COVID-19

Newsletter

First and Third Sundays

2:00 PM

<https://zoom.us/j/763730265>

Outreach

Second Tuesday

6:00 PM

Zoom Link To Be Posted on Regional Spreadsheet

Policy

Unknown

Public Information

Unknown

Special Events

First and Third Saturdays

2:00 PM

<https://zoom.us/j/987274910>

Dulles Corridor Area Service

<http://www.dcana.org/>

Last Sunday

2:00-4:00 PM

<https://zoom.us/j/281253659>

C&P Regional Service

<http://www.cprna.org/>

Every second Saturday, every other month

10:00 AM Subcommittee Meetings

12:00-5:00 PM RSC Meeting

Rotating location (by area)

Autonomy Zonal Forum

<http://autonomyzonalforum.org/>

Every six months (January and July)

Two day event

Rotating location (by region)



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?

Email newsletter@dcana.org