



**Message of NA:** *"...that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom."*

**Primary Purpose:** *"...to carry the message to the addict who still suffers..."*

*Basic Text - 6<sup>th</sup> Ed. - Pg. 68*

### Step 6

*"We were entirely ready to have God remove all these defects of character."*

Step 6 is a step of preparation and reflection. I have been preparing for a significant change in my life and now I need to make sure that I am ready. I need to make sure in my own heart and mind that I am truly willing for God to remove these defects of character that have enabled my addictive behaviors. It might mean letting go of other things in my life in order to allow God to do the work that needs to be done. I need to determine if I am truly ready. When we tried to clean ourselves up with our own power and "discipline" we kept ourselves agitated, confused, in denial, and worn out, and we were in almost constant emotional pain. We were like the man who tore the scab off his arm every morning to see if his wound had healed. But it was in doing the sixth Step that I saw why I had become so exhausted. I'd been trying to do *God's part* in the spiritual growth and healing process. In the program I was told that my part was "being entirely ready", being ready to *let God* be the controller and life-changer of myself and others. When I did that, my sponsor said, I would see how God's power is released to flow through our lives to clean them only when we quit trying to control the *how* and *when* he is to use that power... At first this sounded like a call to complacency - until I got into Step Seven. This attitude of readiness to let God reach into our lives and uncover and remove the things that make us spiritually and emotionally sick is paradoxically the doorway to active and effective change of specific lifelong habits and sins. But it means turning loose of our control-even of our healing. When we are working Step Six, it is important to remember that we are human and should not place unrealistic expectations on ourselves. This is a step of willingness. That is the spiritual principle of Step Six. It is as if to say that we are now willing to move in a spiritual direction. Being human we will, of course, wander. As we hold known defects of character up to God, we must avoid self-shaming and self-condemnation. The goal here is spiritual release, not spiritual self-punishment. For most of us, this process is ongoing. We will not be healed and sent forward immediately; rather, recovery will be a daily effort to evaluate, balance, and adjust the healthy expression of all of our God-given needs.

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### Tradition 6

**"An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose."**

We cannot afford our message to be blurred by the association with a treatment facility, clubhouse, church, etc. Treatment facilities and other organizations have their own agendas and desires to make a profit. Their message may or may not be in line with the NA program but it doesn't matter. Newcomers are not able to understand or separate our message from that of a treatment center or church. Our program is a set of spiritual principles to be lived by that if limited, changed or restricted by an outside facility can destroy our message of inclusion. Many times in the past, the line between NA and treatment facilities and churches became blurred. We learned that it is important to keep our relationships with outside entities at an arm's length to avoid conflicts of interest which can harm our ability to carry a message of recovery. Early in my recovery the treatment center I attended had NA meetings several nights a week, took us out to NA meetings and a majority of the addicts that stayed around after treatment attended NA. Many of the counselors attended NA. The relationship caused an affiliation by association. Later when the addicts who attended NA behaved badly after they left treatment, the facility blamed NA rather than the individual addict. As a result, the center decided not to send their clients to NA. This result harmed the newcomer and forced us to change our relationship with the facility. We had become too much a part of the place, we had to separate. Ultimately our primary purpose is to carry the message to the addict who still suffers. No outside entity of any sort should profit by using our name and blurring our message of hope. By adhering to this belief, we preserve the integrity of the Narcotics Anonymous program. This Sixth Tradition goes on to warn us what may happen: "lest problems of money, property or prestige divert us from our primary purpose". These often become obsessions and shut us off from our spiritual aim. For the individual, this type of abuse can be devastating; for the group, it can be disastrous. When we as a group waver from our primary purpose, addicts die who might have found recovery.

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### Concept 6

**"Group conscience is the spiritual means by which we invite a loving God to influence our decisions."**

Group conscience is essential to effective committee work. A single trusted servant's lone voice, putting forth a "brilliant idea" should bring that idea to the committee for discussion and input. Sometimes our brilliant ideas must be amended in light of past committee experiences or a broader understanding of NA's traditions. Committee members must remember that the group process serves NA and the decisions of the group should be respected and faithfully implemented. Our own literature's narrative chapter on Concept Six reminds us that the word "group" in "group conscience" should be interpreted as "collective" when it states, "Developing a collective conscience provides us with the spiritual guidance we need for making service decisions." The last paragraph of its discussion begins, "Group conscience is the means by which we collectively invite the ongoing guidance of a Higher Power in making decisions." Thus, group conscience means the collective conscience of those (trusted servants) participating in the committee's decisions. What exactly, then, is the individual conscience of each participant? It is an essentially spiritual characteristic. It is our innate sense of right and wrong. "Higher mental and emotional functions such as conscience and the ability to love, were sharply affected by our drug use. Living skills were reduced to the animal level. Our spirit was broken. The capacity feel human was lost. This seems extreme, but many of us have been in this state." [Narcotics Anonymous Basic Text, 5th Edition, English, pages 101-102]. As we steadily apply spiritual principles in our lives, our decisions and actions increasingly become less motivated by self-interest, and more motivated by what our conscience tells us is good and right. Another way to put it is to realize that when we practice the development of a group conscience, we are applying the spiritual principles of selflessness, honesty, and humility, all byproducts of a personal spiritual awakening. Our own personal sense of right and wrong contributes to the development of our groups' consciences and thus influences our committees' direction and decisions.

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Celebrating the PROCESS of Recovery
May 2020 Anniversaries &
Acknowledgements Congratulations All!!

DC Area NA meetings are held virtually or closed until further notice.
CPRNA Virtual & Phone Meetings : District of Columbia

Did you know? You can also dial-in by phone to most Zoom meetings. Use any of the below phone numbers. You will be asked to enter the Meeting ID and Password. When on the call, use \*6 to mute/unmute and \*9 to raise/lower hand to share.

Table with columns: Meeting Name, Day, Time, Status, Web Meeting Link/Phone #, Meeting ID, Password. Rows include Midday Meditation and Miracles Meeting, 10:30 Coffee Hour, Another Level of Awareness, Sunday Night Spiritual, Joyful Start, Steps to the Courthouse, Last Shall Be First Group, Ultimate Weapon Group, Daily Principles, Yellow Brick Road, One Step At a Time, Better Way, Mt Olivet Group, Women's Step & Tradition.

DC AREA SERVICE

Meets 1st Saturday of every month
Westminster Presbyterian Church
400 I St. SW

Admin. Body meets at 10:45am
Full body meets at 12 noon
Names of newly elected DCASC
trusted servants will be posted in
September newsletter

- Chair: Joan H.
Vice Chair: Darryl J.
Secretary: OPEN
Asst. Secretary: OPEN
RCM: Gloria M.
RCM ALT: Earl J.
Treasurer: Tecoy W.
Asst. Treasurer: Michael J.
COC Rep. William W.

DC Area Rep. to CPRNA Program
Sub Committee: Vanessa G.

DCASC Subcommittees:
Hospitals & Institutions (H&I)
Meets 4th Sat. at 116 T St. NE
3:00pm
Main Conference Room
Chair: Sranda W.
Vice Chair: OPEN.

Special Events
Meets 3rd Sat. of every month at
Dorothy Heights Library 10:00am
Chair: Robyn R.N.
Vice Chair: OPEN

Newsletter
Meets 3rd Mon. of every month at
Lamond Riggs Library 6:00pm
5401 South Dakota Ave NE
Chair: Tammy F.
Vice Chair: OPEN

Literature
Meets 1st Saturday of every month
Westminster Presbyterian Church
400 I St. SW 10:30am
Chair: Eric W.
Vice Chair: April C.

Policy
Meets 3rd Tues. of every month at
Plymouth Congregational United
Church of Christ 6:30pm
5301 North Capitol St NE
Chair: Eloise C.

Asst. Policy Monitor: Deboria A.

Public Relations (PR)
Meets 1st Sun of every month at
SOME 2:00pm
71 O St NE
Chair: Marie W.
Vice Chair: OPEN

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Submit your service perspectives, Step, Tradition, Concept and Recovery Experiences
Submission Deadline: 3rd Monday of each month
DC Link On-line http://www.cprna.org/our-areas/news/district-of-columbia-area/

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