



Dulles Corridor Area
Narcotics Anonymous

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Events

DCANA Picnic
August 15th
Noon - 5 PM
Algonkian Regional Park
Shelter 3
Sterling, VA

The Group Conscience

Step Eight

We made a list of all persons we had harmed, and became willing to make amends to them all

By Barbara P.

As was my usual feeling in those days, I approached Step 8 with fear and trepidation. The whole time I was working it, I was worrying about doing Step 9. Even though our Basic Text is very clear about this: "the final difficulty in working the Eighth Step is separating it from the Ninth Step. Projecting about actually making amends can be a major obstacle both in making the list and becoming willing. We do this step as if there were no Ninth Step." I did not heed this wise advice and it led to dire consequences for me. I had almost 5 years clean: five years of turning over my will every single day, 5 years of service work, 5 years of almost constant meetings, 5 hard earned years that were worth every single thing I did and more. Yes, I worried and sweated throughout the entire 8th Step. I

"Yes, I worried and sweated throughout the entire 8th Step. I will say it was very thorough."

will say it was very thorough. Even though I had read the words telling me to do Step 8 as if there were no Step 9, even though I heard people talk about disastrous effects of doing Step 8 with Step 9 in mind, even though I heard people admonish me to leave Step 9 alone while doing Step 8, I still thought I knew better. I still thought I could do it my way. What that got me is a relapse that lasted a little over 2 years and gave me a lot of pain, more self-degradation and self-hate. I once again became spiritually bankrupt. Life was horrible yet again. And WHY? Just because I wanted to do it my way, just because I thought I knew better than everyone else. I am here today to tell you it was not worth it, not in the least. I'm going to do another Step 8 someday. I plan on following direction. I sincerely hope you do too.



Eighth Tradition

Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers

By Melissa S.

Tradition 8 states that Narcotics Anonymous should remain forever nonprofessional but our service centers may employ special workers.

Some members are professionals in their personal life but don't directly service NA. In NA, we are addicts of equal status freely helping one another.

We place great emphasis on the therapeutic value of one addict helping another.

I have a friend who is a member of NA and is a professional healthcare worker who works with addicts. Her vocation is irrelevant but her personal experience in

recovery is the message she shares.

I'm sure at times sure wants to diagnose other members or give her "professional opinion". By practicing the principle of humility, she's able to remain just another recovering addict seeking help to stay clean.



ANOTHER SPECIAL EVENT OF THE

DULLES C RRIDOR AREA

O F N A R C O T I C S A N O N Y M O U S



2020 QUARANTINE Picnic

SATURDAY • AUG 15 • 2020
12:00PM - 6:00PM (Speaker @ 4:00PM)



Bring your own food
& JOIN OUR SOCIALLY DISTANT
GATHERING AT SHELTER #3

Please wear a mask!
AND DO YOUR PART
← STAY 6 FEET APART →

This is a FREE event but donations are encouraged to help pay for our use of the shelter. Some materials such as charcoal and refreshments will be available while supplies last.

A L G O N K I A N R E G I O N A L P A R K
S T E R L I N G • V I R G I N I A

Zak G - 571-528-0834 Susan - 703-408-1901

For more info about the Dulles Corridor Area of Narcotics Anonymous visit **www.dcana.org**

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

Kerigan B.
2 Years
August 22
Saturday Night Live

Jalal B.
30 Years
August 27

Artists' Corner



By Shane P,

I wanted to capture with this piece was the person showing up for the first time and being scared, being lonely, not sure if they wanted to give this a try or not. Trying to welcome them is what I wanted to capture ... this place, this here is the road to recovery.

That's why I did the woman, the one who can't decide if she wants to go in or not and her friend helping, her friend trying to help her out, to get a ride to recovery. Recovery is based on one person helping another.

Service Calendar

H&I

Oh hold due to COVID-19

Newsletter

First and Third Sundays
2:00 PM
<https://zoom.us/j/763730265>

Outreach

Some schedule
Location TBD

Policy

No subcommittee meeting scheduled

Public Information

No subcommittee meeting scheduled

Special Events

First and Third Saturdays
2:00 PM
<https://zoom.us/j/627293285>

Dulles Corridor Area Service

<http://www.dcana.org/>
Last Sunday
2:00-4:00 PM
<https://us02web.zoom.us/j/86540386350>

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
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.