



# The Group Conscience

MONTHLY NEWSLETTER OF THE DULLES CORRIDOR AREA OF NARCOTICS ANONYMOUS

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## Anniversaries

**Jackie**

1 Year

The Journey Continues

**Chris N**

6 Years

Sept 20

Walking the Walk

**Randy**

2 Years

August 31st

The Exact Nature

**Justin S.**

3 Years

Sept 28

The Exact Nature

**Lou & Harwood**

19 & 23 Years

Sept 4

I'm Somebody

**Daphne**

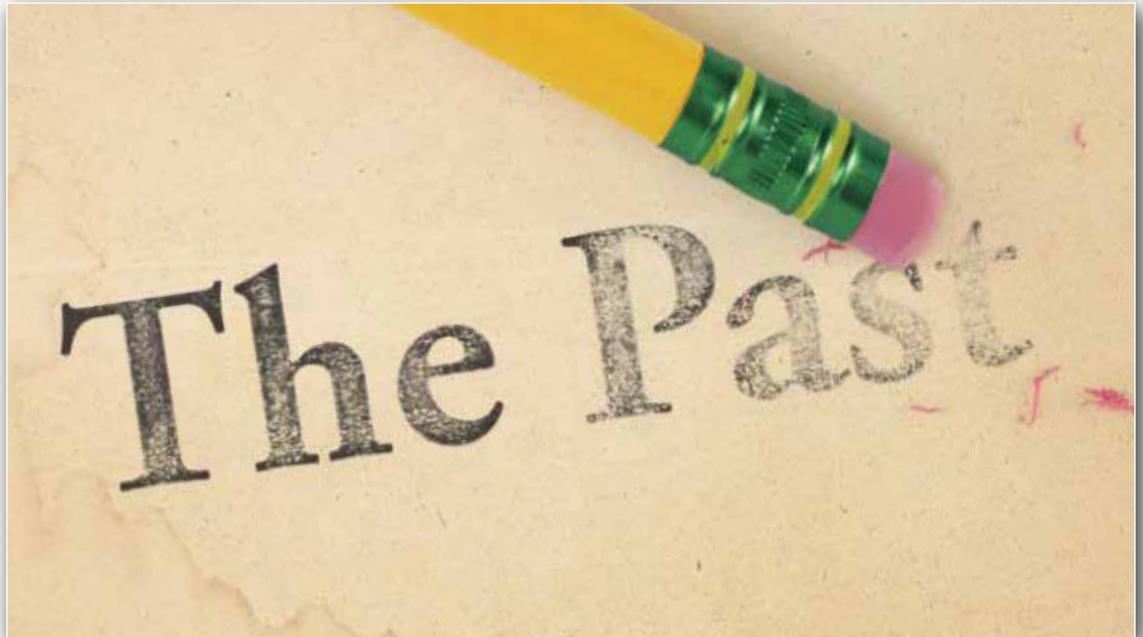
3 Years

Sept 19

Saturday Night Live

## Step Nine

*"We made direct amends to such people wherever possible, except when to do so would injure them or others."*



*The ninth step, for me, was an opportunity to take the principles and experience of my recovery and use that to clear the wreckage of my past.*

By Anonymous

I'd like to write a bit on how Step 9, while it is a step you do for yourself, it doesn't have to be a solo journey.

I had one direct amends left. I went out after a meeting, and spoke about it with another addict. I wound up writing it out, and showed it to him. He pretended to send it, I became upset. He asked me, was I upset because there was something wrong in the message. Or was I just unwilling to send it, and address my past misdeeds. When I did send that direct amends, it was a relief.

In my experience, the direct amends helped, but it was the service amends that most helped with deep guilt and remorse.

It was doing selfless service, as amends to those who I could not make direct amends to, that allowed me to gain forgiveness and the ability to move on.

The ninth step, for me, was an opportunity to take the principles and experience of my recovery and use that to clear the wreckage of my past. It was not easy, but it was necessary for me to move on and be able to fully embrace my journey and forward direction.

## Tradition Nine

*NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.*

**“Autonomous groups have relationships with each other, service boards and committees have relationships with the groups, and boards and committees are in relationship and communication with each other.”**

*Source: Tradition Nine from “Guiding Principles: The Spirit of Our Traditions”*

Our service efforts in Narcotics Anonymous help to make it possible for one addict to reach out to another. We began as a few addicts with hope, vision, and a willingness to serve. Today, NA meetings bring hope and help to addicts seeking recovery all over the world. What we have accomplished together is amazing. The fact that we have done it without being organized seems incredible, but in fact it is foundational. Our growth could not have happened without application of these principles.

Together, we do so much. We start meetings and keep the doors open. We carry the message into hospitals and institutions. We inform governments, agencies, and related professions what NA is and how we can help. We create newsletters and service materials that help us serve more effectively. We write and translate literature to ensure that the message we carry is true and consistent across time and distance. As we have grown, we have created service boards and committees in many different ways. Groups have come together to form service bodies that help them achieve their primary purpose. Service bodies have formed workgroups,

boards, and committees to accomplish the tasks that support the groups.

We understand that "ought never be organized" doesn't mean that we do what we do without any planning or predictability. Our meetings are at regular times and places; we create and maintain meeting schedules, websites, and phonelines. In order for us to grow and recover, we need some structure. Administration is not the same as governance, and the structures we create in service are not the kind of organization this Tradition addresses. We absolutely organize our service efforts, our meeting schedules, and our event calendars. What is never organized is the part that matters most: one addict helping another, reaching out and sharing from heart to heart. The wordless language of empathy is what makes NA work. Without that, the rest of what we do would be meaningless.

We do not organize what people say; we do not choose who will reach out to whom, assign sponsors, mandate Step work, or insist that the Twelve Steps must

be worked in one certain way. There is no certifying exam to qualify one addict to help another, we do not drug test each other, and our membership is not determined by the quantity or quality of work we do. We never know who will save our lives, or the life of another addict, or who will help an addict get the message or stay clean another day. Each of us shares our experience, strength, and hope in our own way, and the result is something bigger than any of us could manage or organize-it's the spirit of one addict helping another.

We can't organize our collective spirit; it's free. However, we can-and we must-ensure that that spirit has all it needs to thrive and grow. Chapter Two in our Basic Text tells us, "The heart of NA beats when two addicts share their recovery." That heartbeat is "NA, as such." The work we do in service to NA ought always be in a spirit of unity: We hold each other accountable, and we are responsible to those we serve, so that our personalities are less likely to divert us. The practice of being responsible to those we serve teaches us to surrender to the will of the group and have patience with the process. These skills serve us in our personal recovery and in our ongoing development as a Fellowship.



Want to see your work in print?

Email us at [newsletter@dcana.org](mailto:newsletter@dcana.org)

**BREAK THE CHAINS by Lee S.**

In recovery 5 years. Painting for 20 years. Spray paint and recycled materials such as metal, wood and cardboard are among my favorite mediums. I paint now to increase the quality of my recovery; spraying positive messages.

**REGIONAL NEWS**

*Recently published on CPRNA.ORG regarding the "COVID Spreadsheet Meeting List"*

ASAP, this "C&P Virtual/Phone Meetings Page" will no longer be used by the Chesapeake & Potomac (C&P) Region. The Google doc you have been accessing was created as a temporary measure to get fast and accurate meeting information available to addicts seeking recovery at the onset of the COVID-19 Pandemic and has been successful in doing so. We are immensely grateful to the many trusted servants who've updated and maintained this vital resource over the past several months.

At this time, an ad hoc committee is in the process of transferring the current meeting list data from this temporary Google doc back into the original BMLT (Basic Meeting List Toolbox), an online meetings list platform on [www.cprna.org](http://www.cprna.org). New fields and attributes have been created to accommodate evolving meeting formats with options to include Virtual Meetings, Virtual Hybrid Meetings, Temporary Closures, and other related inclusions and modification as needed.

Please contact Regional PR at [info@cprna.org](mailto:info@cprna.org) should you have any questions and for more information about BMLT access and training to update and maintain the meetings information in your Area.

*BMLT Task Force Ad Hoc Committee*

**Service Calendar**



**Dulles Corridor Area of NA**

Our area is located in Northern Virginia and holds about 20 meetings per week in Aldie, Ahsburn, Chantilly, Herndon, Leesburg, McLean, Percellville, Reston and Sterling.

**H&I**  
On hold due to COVID-19

**Newsletter**  
[Zoom ID: 893 6652 8948](https://zoom.us/j/89366528948)  
Passcode: service  
First & Third Sundays  
2:00 PM

**Special Events**  
[Location TBD](#)

**Outreach**  
Some schedule  
Sterling, VA

**Policy**  
Some schedule  
Location TBD

**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)

**Dulles Corridor Area Service**  
<https://zoom.us/j/599683812>  
Last Sunday  
2:00-4:00 PM

**Autonomy Zonal Forum**  
<http://autonomyzonalforum.org/>  
Every six months  
Two day event(?)  
Rotating location (by region)

**Public Information**  
Some schedule  
Location TBD



**Narcotics Anonymous**

We are 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 want to do about your problem and how we can help.