



C&P Region of NA phone line: 800-543-4670

**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. -*

### Step 10

*"We continued to take personal inventory and when we were wrong promptly admitted it.."*

Step 10 begins laying the foundation for the rest of my life. It is a pledge to continually monitor my life with honesty and humility. It requires me to be vigilant against my addictive behavior and against the triggers for my addictive behavior. It requires me to be humble before my God who can keep me from my addictive behavior if I have the right attitude. It requires me to deal with my defects promptly when they arise and not to let them linger in my life. Steps 10, 11, and 12 are sometimes called the maintenance steps. They repeat many of the points outlined in previous steps, but they emphasize the value of continuing to "work the steps" on a day-to-day basis. Step 10 encourages the taking of a personal inventory, which, for recovering persons, should be a daily process. Our daily inventory certainly needs to assess the status of our relationship with God. Are we still yielding our will to Him? Our need to surrender ourselves to God on a daily basis will go on throughout our lives, and we shall explore the means of that continuing spiritual surrender in Step 11. The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, our reactions, and our motives. We often find that we've been "doing" better than we've been "feeling". This allows us to find out where we have gone wrong and admit fault before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them. We work this step continuously. This is a prevention, and the more we do it, the less we will need the corrective part of this step. This is really a great tool. It gives us a way of avoiding grief before we bring it on ourselves. We monitor our feelings, our emotions, our fantasies, and our actions. By constantly looking at these things we may be able to avoid repeating the actions that make us feel bad. Step Ten is a spiritual pocket computer to help us keep tabs on our behavior today and a cleanser to help keep our spiritual lenses clean. In this method of keeping an inventory every day, we ask ourselves questions like, Which of my character defects popped up as uninvited guests today? Am I using the tools of the program? Am I praying? Am I thanking God for all the good things he has done for me this day, and for any positive things he's freed me to do? The reason this is so important is that the Sin-disease, which its denial and delusion, is always hovering "just a decision away" to throw us back into fear and confusion. Its tactics are to convince us in various ways, "You're 'well' now and don't need a stupid program to lead a normal life.

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### Tradition 10

*"Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.."*

Having an opinion is having an opinion. It doesn't matter if we fight for what is "socially acceptable" or unacceptable. Any type of opinion used in conjunction with the words Narcotics Anonymous creates public controversy. In this case, it does not matter who is right. It does not matter what is right. What matters is that it is none of NA's business. It is difficult for addicts not to share our opinions. We must respect this Tradition and do this in our own NA family in a way that does not become available outside of NA. We do not encourage our members to wear NA shirts at political rallies, public or commercial events or occasions involving the press or media. This would indirectly make a statement. We need to encourage respect for our fellowship. Sometimes a member in a tee shirt or with a sticker on his car is the only thing society sees. If we allow ourselves to express an opinion while carrying an NA logo, this endangers NA as a whole. Perhaps only a little bit, but that little bit can make a big difference. Already our combined goodwill, ability to keep Fellowship commitments is helping us carry our message into areas where we just weren't welcome that long ago. Sometimes it is hard to see the benefits of doing the right thing, but as we come to ourselves, we begin to see patterns forming in our lives to take the place of ego, pain motivation, suspicion, greed and all the other self-limiting strategies addiction had rooted in our lives. You can't get a job at the bank if you steal money. We must surrender to this Tradition in our personal lives for the benefit of the integrity of NA as a whole. One addict shared what many feel, "I am grateful that NA isn't involved with the politics and other issues of society. NA is a spiritual way of life and I feel this would be severely compromised if we let our opinions or non-recovery issues effect the groups in any way. "In order for us to recover, it is imperative that we be able to "focus" on recovery alone. The disease is always trying to defocus us so that we cannot concentrate all our energies on recovery. We suffer from a disease of spiritual deficiency and in order to achieve integrity the atmosphere of non-duality must be maintained in our groups. The Tenth Tradition is vital for our growth and spiritual well-being as a Fellowship. We cannot afford to be categorized or labeled by taking positions on outside issues. Public positions may attract some, but they would invariably alienate others. By remaining neutral on outside issues within the larger society, we are accessible to the broadest base of addicts. We do it this way so that no addict seeking recovery need ever die. As lofty and distant as that goal may seem at times, we can have it if we are willing to pay the price, don't back off and don't get sidetracked.

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### Concept 10

*"Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.."*

The Tenth Concept is our fellowship's guarantee of respect for the individual trusted servant. This concept may seem self-evident, but our belief in the principle involved is so strong that we want to say it loudly and clearly. Narcotics Anonymous is a spiritual society, with high ideals for how we treat each other. Our members, however, are only human, and we sometimes mistreat one another. The Tenth Concept is our spiritual society's promise that if one of us is wronged in the service environment, the aggrieved trusted servant may ask that the wrong be made right. Although NA is a spiritual fellowship, its members are human. We have strong opinions and attitudes, and the free expression of those attitudes is our responsibility and right during the course of contributing to the decision-making process. We learned the value of considering all viewpoints in the Ninth concept. When we have been the minority voice ourselves, however, and have challenged the status-quo with our ideas and input, sometimes our freedom imprisons us. Occasionally we might become stereotyped and judged rather than listened to and understood. If we suffer hurt during the process, the Tenth Concept allows us a vehicle by which we might address our grievance without fear of reprisal. A process for considering a Tenth Concept petition is an essential item for each service committee. Hearing such a petition is often a painful time during a committee's life together. If a process has been developed and clearly defined in the committee's guidelines or procedures, the anguish of hearing a fellow member's grievance can be lessened, and mutual respect between all parties involved should be more easily attained. As a guiding principle, the Tenth Concept is not designed to be used as a weapon against those who disagree with us. It is intended, rather, as a balance mechanism which can protect the integrity of our personal involvement in the delivery of Public Information services. The Tenth Concept's guarantee of the right to appeal for redress of a personal grievance is designed, in part, to protect those who exercise their Ninth Concept responsibility to speak their mind in service discussions. Together, the Ninth and Tenth Concepts support an atmosphere in which our members feel free to express themselves frankly on matters at hand. This open atmosphere is essential in developing an effective group conscience. If, after having demonstrated the courage of their convictions, individuals become the subject of reprisals initiated by those who have disagreed with them, the Tenth Concept allows them to petition the appropriate service body for redress of their grievance. Thus, the respect of our service structure for the rights of the individual NA member is guaranteed. In a fellowship such as ours, whose success is based upon mutual support and cooperation, that kind of respect for the individual is indispensable.

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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, Additional Info. Rows include Sunday Night Spiritual, Joyful Start, Steps to the Courthouse, Jump Start to Recovery, Ultimate Weapon Group, Daily Principles, Stone Soul Recovery, Jump Start to Recovery, Yellow Brick Road, One Step At a Time, Help Somebody, Better Way, Women's Step & Tradition, STEPS ON THE HILL, Illness In Recovery.

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Contact DC Link: DC Area Newsletter | PO Box 9863 Washington DC 20016 or dclinknewsletter@gmail.com 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/

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: Stranda 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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Signature: \_\_\_\_\_ Date: \_\_\_\_\_