



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

DC LINK

November
2020

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 - 6th Ed. -

Step 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

After applying the knowledge that we've gained from all the previous Steps, we are now ready and geared up to seek out our Higher Power's will for our lives. To work Step 11 in Narcotics Anonymous, we seek through prayer and meditation to strengthen our relationship with our Higher Power, and to live in accordance with His will for our lives. For this Step to be carried out, we have to strengthen our conscious contact with God through the two options available for us to utilize: Prayer and Meditation. By increasing our conscious contact with our Higher Power, we will acquire the essential knowledge necessary to carry out His will for our lives. By praying for knowledge and guidance, our Higher Power will reveal to us the way we should go. We will acquire direction, ability, understanding, and strength through increased conscious contact.

Conscious contact means being aware, mindful, and awake to align ourselves with God, as we understand Him. We gain all-knowing knowledge and perception of the way to truth our destined path to success, happiness, and peace of mind. To have conscious contact with God is to be alert with our inner essence. We gain awareness and attentiveness to our chosen path to freedom. We gain the familiarity and knowledge to live in accordance with God's will for our lives. When we become aware of the Light of God's love through prayer and meditation, we become at peace with ourselves, our life's direction, and of our newfound life within. To experience conscious contact brings with it a great amount of healing elements that will give us the serenity that we seek. Our life's path becomes a positive, insightful, and joyous adventure. Our Higher Power resides within, but we acquire the knowledge of His will from our inner being, and from without. Deep within us we find the serenity that we once thought was impossible to achieve. Our Higher Power has been with us from the start. He has been guiding us thus far through the Steps, and now our Higher Power desires for us to strengthen the conscious contact necessary to continue growing in our recovery, among many other things. Through prayer we seek God and find Him; and through meditation, we find His presence from within. Both prayer and meditation are the suggested tools to use to succeed with improving our conscious contact with God. Through prayer and meditation, we not only become aware of our Higher Power, but we also become alert to reality, to ourselves, and to others. Our overall attentiveness expands to enlighten us to the direction we should follow God's will for our lives. We experience peace, faith, love, tranquility, calmness, and a positive mindset that will lead us to the victory that we seek.

Reprinted.recoverytimes.com/terry18.html

Tradition 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

Spiritual integrity is at the heart of this Tradition. Anonymity rules out self-aggrandizement. In NA, we deal with energy and avoid areas of powerlessness. One of the major ways we stay within bounds is not to try to claim responsibility for other people, what they do or what they think. Standing out, alone and on our own, is necessary for us to carry out our Fifth Tradition and carry our message. When people think of NA, they think of recovering addicts who help one another. Any departure from this focus hurts our ability to carry our message. We applaud and enjoy our personal attributes as we grow through the 12 Steps. When in service to NA, we set aside our personal preferences in favor of group purpose and this Tradition enjoins us to keep this spirit alive. We addicts at any point along life's way, have some things to learn. Staying on the subject is hard if not impossible for many of us, especially in early recovery. We may not expect to actually get better. Service workers who specialize in Public Information services, study guidelines developed by members within the Fellowship to pass along what has been learned about creating and maintaining a public presence without violating our Traditions. Please refer to public information guides to get what is most current and helpful at present. To keep our program attractive, we avoid promotional images and postures that would suggest we were other than what we are: A program of recovering addicts who help one another to get help themselves. This is attractive to addicts seeking recovery who would be turned off by professional approaches or treatment programs that may not have worked in the past. While we find many of our members are better able to benefit from treatment due to the radical change recovery makes in a person, we have many members who have gotten clean and stayed clean on NA alone. Promotion would be out of place for a program of recovery based on spiritual principles. Promotion implies the need to add value to a product or proposition with intent to sell or market. We try to be sensitive to prospective members who may still be in pain from having been promised help by some other organization or program and felt let down. We are what we are and we are grateful. Our recovery should speak for itself among addicts in pain from active addiction. Until an addict is awakened by their very own custom designed 'pain', they are notoriously unlikely to respond to any offer of help. So, promotion would not only not work, it would make real addicts think we were somehow insincere pretenders and therefore avoid us when they become serious about recovery. In this way, it would run people off who we should be welcoming. Terms like 'hype,' 'bill of goods,' and 'sensational' may help us understand this point.

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Concept 11

"NA funds are to be used to further our primary purpose, and must be managed responsibly."

NA members around the world contribute money to help our fellowship fulfill its primary purpose. It is incumbent upon every element of our service structure to use those funds to carry the NA recovery message as far as possible. To do that, our service bodies must manage those funds responsibly, accounting fully and accurately for its use to those who have provided it. Narcotics Anonymous funds should always be used to further our primary purpose. Money is used to pay the expenses involved in running NA recovery meetings, to inform the public about NA, and to reach addicts who can't get to meetings. It is used to develop, produce, translate, and distribute our message in written form, and to bring our members together in a service community committed to the vision of spreading our message around the world to those in need. All of this is done in support of NA's spiritual aim: to carry the message to the addict who still suffers. Service funds aren't easy to come by. To fulfill our primary purpose, we need all of the financial resources at our fellowship's disposal. Our groups, service boards, and committees must make prudent use of the money we give them, refusing to spend money frivolously or self-indulgently. With NA's primary purpose in mind, our services will avoid wasting money, using the funds they've been given to carry our message as effectively as possible. One way we apply Concept Eleven is by establishing clear spending priorities and measuring each proposed expenditure against that priority list. Many groups, service boards, and committees have more items on their priority lists than their budgets will allow. In such cases, only the highest priorities can be funded. Money is only one of the resources we must responsibly prioritize. While the Eleventh Concept applies directly to the management of funds, it also has implications for the management of all our service resources. Most projects depend as much on ideas, information, conscience, and members' time and willingness as they do on money. If we have the funds needed to carry out a project but lack the time or the ideas, we'd best wait until we've gathered all the needed resources before proceeding. If we don't, we will have wasted NA service funds. In responsibly planning and prioritizing our service efforts, we must consider the total resource picture, not just our finances. In setting priorities, we may be tempted to look only at our own needs, tightly holding on to funds, spending money only on our own projects, and neglecting our role in providing needed funds to all levels of service. That kind of thinking is contrary to the Eleventh Concept. High on our list of priorities should be a commitment to further the goals of NA as a whole. For NA to deliver the services necessary to keep growing and fulfilling our primary purpose around the world.

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Narcotics Anonymous

DC AREA

"Our message is hope and the promise of freedom."

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.

Zoom Dial-In Numbers:	301-715-8592; 312-626-6799; 929-205-6099						
Meeting Name	Day	Time	Status	Web Meeting Link/Phone #	Meeting ID	Password	Additional Info
Sunday Night Spiritual	Sunday	7:00 PM	Virtual	https://us02web.zoom.us/j/430080727?pwd=Mk52bTc2ck5HOVpZUHRLSURIK1UvQ09	430 080 727	305173	
Joyful Start	Sunday	7:00 PM	Phone	1-917-900-1022		3619185#	90 minutes
Steps to the Courthouse	Tuesday	6:30 PM	Virtual	https://us04web.zoom.us/j/9944907494	994 490 7494		
Jump Start to Recovery	Tuesday	7:00 PM	Virtual	https://zoom.us/j/82476773969	824 7677 3969		90 minutes, Open Discussion w/Speaker
Ultimate Weapon Group	Wednesday	7:00 PM	Virtual	https://us04web.zoom.us/j/516993416			
Daily Principles	Thursday	7:00 PM	Virtual	https://us02web.zoom.us/j/84147474473	841 4747 4473	347743	
Stone Soul Recovery	Thursday	7:00 PM	Virtual	https://oceana-org.zoom.us/j/9917030277?pwd=M0lyNldJcE13U2ZPY1REVXVzciZhZ09	991 7033 0277	035510	90 Minutes, Steps/Traditions/P Speaker Discussion
Jump Start to Recovery	Friday	7:00 PM	Virtual	https://zoom.us/j/82476773969	824 7677 3969		90 minutes, Book Study: Basic Text & Guiding Principles
Yellow Brick Road	Friday	7:00 PM	Virtual	https://us04web.zoom.us/j/249857572?pwd=WkFabm51QWRWb1dyL2raWtNV2VRdz09	249 857 572		90 minutes
One Step At a Time	Friday	7:00 PM	Virtual	https://us04web.zoom.us/j/492355108	492 355 108		90 minutes
Help Somebody	Friday	8:00 PM	Virtual	https://zoom.us/j/89308848140	893 0884 8140	787123	90 minutes
Better Way	Saturday	9:00 AM	Phone	425-436-6351		344456#	
Women's Step & Tradition	Saturday	12:00 PM	Virtual	https://zoom.us/j/87462729053	874 6272 9053	632923	
STEPS ON THE HILL	Thursday	6:30 PM	Virtual		775 7711 6885	084748	
Illness In Recovery	Saturday	7:00 PM	Virtual	https://us04web.zoom.us/j/5407981372		024 922	

-DISCLAIMER-

The "DC Link" is the monthly newsletter of the DC Area Service Committee. Its purpose is to carry the message of recovery and increase unity.

The opinions here do not necessarily reflect the views of Narcotics Anonymous as a whole. No endorsement of, or affiliation with, any organization is intended or implied.

Reprint rights are granted to all service boards and committees of NA.

Submissions from members are eagerly welcomed, but the newsletter subcommittee reserves the right to return or edit.

Release Form: This signed release form must accompany all submissions. The undersigned give the NA Fellowship any of its agent's permission to publish the original written material I have submitted and also grant full unconditional release from any liability arising from its use. I understand that my material may be edited or may be published in whole or in part in another NA publication other than the "DC Link". I understand that sending my submission electronically indicates my agreement with the terms of this release.

Signature: _____

Date: _____

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 CPRCNA 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: Sandra 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