

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."

STEP 2

"Came to believe that a Power greater than ourselves could restore us to sanity"

The process of coming to believe is something that we seem to experience in similar ways. One thing most of us lacked was a working relationship with a Higher Power. We begin to develop this relationship by simply admitting to the possibility of a Power greater than ourselves. Most of us have no trouble admitting that addiction had become a destructive force in our lives. Our best efforts resulted in ever greater destruction and despair. At some point we realized we needed the help of some Power greater than our addiction. Our understanding of a Higher Power is up to us. No one is going to decide for us. We can call it the group, the program, or we can call it God. The only suggested guidelines are that this Power be loving, caring and greater than ourselves. We don't have to be religious to accept this idea. The point is that we open our minds to believe. We may have difficulty with this, but by keeping an open mind, sooner or later, we find the help we need. The Step 2 phrase "came to believe" suggests a process and a progression of faith that evolves over time. A portion of A.A.'s oral tradition defines this as a three-part unfolding: First, we came, that is, we showed up and stumbled in the door. Second, we came to, that is, we sobered up, came to our senses, and began to experience emotional sobriety. Third, we came to believe. We began our real recovery process and our spiritual growth. We prepare for Step Two by acknowledging that we don't know everything about our Higher Power. Many of us have a distorted view of God. Although we are not quick to admit it, we may believe that God is like our abusive or absent parents or significant others. We may believe that God doesn't care about how we feel that he is cruel and waiting to judge us. We may have been threatened with God's punishment all our lives. "The distorted images that parents place in our hearts and minds carry directly over to our image of God. We grow up feeling that God sees us as our parents did. And so, we grow up seeing ourselves and our God through distorted eyes." Preparing for Step Two requires that we set aside our old images and mistaken beliefs about God.

Reprinted from 12step.org

TRADITION 2

"For our Group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience; our leaders are but trusted servants, they do not govern."

Each of us has been, because of our common malady, unable to govern ourselves. Our un-manageability has become apparent, not only to others, but to ourselves as well. This is often understood as a First Step toward recovery for the individual and initial point of unity for our fellowship; each person must first realize his or her powerlessness and un-manageability. We seek to do what we have committed to as well as we can with the freedom to ask for help. Neither we, nor any form of society with which we associated, could control our insatiable desire to use drugs and abuse our surroundings. Family, friends, governments, and institutions, none of which had any long lasting success with controlling or disciplining us addicts. Through being controlled by others, our need for self-government seems further evident. We are people who have grown very sensitive to authority. It has been our experience, though we cannot be governed, we can be led or inspired toward what feels right in our hearts. This feeling of rightness or goodness is what many of us associate with the spiritual awakening we begin to experience in the fellowship of Narcotics Anonymous. It is in this context that the concept of our Second Tradition becomes more obvious. Our only real Authority rests with God, as He may express Himself in our group conscience. Both power drivers and rebels can better work together in this context to carry our message, since neither is expending their energy foolishly fighting amongst the other. While many of us claim to hate authority figures. It is with some surprise that we find out that we actually are rather quick to give ourselves over to authority without thinking about it. Because we are not in charge, we believe we have no responsibility. In active addiction, our dealers were authorities along with various representatives of the organized world like cops, judges and doctors. We feel a need for freedom that we don't associate with illness or addiction. This is responsible freedom.

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CONCEPT 2

"The final responsibility and authority for NA services rests with the NA groups.

The NA service structure has been created by the groups to serve the common needs of the groups. Our fellowship's service boards and committees exist to help groups share their experience with one another, provide tools which help groups function better, attract new members to group recovery meetings and carry the NA message further than any single group could carry it alone. Because the groups have created the service structure, they have final authority over all its affairs. By the same token, the groups also have the final responsibility for the support of all its activities. The two go hand in hand. Ideally, responsibility and authority are flip sides of the same coin; the exercise of one is also an exercise of the other. When our groups provide the resources—conscience and ideas, people, money—needed to fulfill NA services, they also provide direction to the service structure. Let's take a look at a few examples of how this principle works. The most important resource contributed to the service structure by an NA group is almost exclusively spiritual: its ideas and its conscience. Without the voice of the groups, the service structure may not know what kinds of services are needed, or whether the services it provides are ones the groups want. The groups provide the ideas and direction needed to guide the service structure in fulfilling its responsibilities. By voicing their needs and concerns, the groups also exercise their authority for the service structure they have created. The people who give their time to service work are a vital resource; without them, our service boards and committees would not exist, much less be able to serve. The group's responsibility to the service structure is to elect a group service representative who will serve the best interests of the group and the entire NA Fellowship. By carefully selecting its GSR, then providing that person with regular support and guidance, the group exercises its ability to impact NA services, both directly and indirectly. In choosing a qualified GSR, then sending him or her out to serve on the group's behalf, the group fulfills a large part of both its responsibility and authority for NA services.

Reprinted from na.org

DC LINK February 2021

NA Recovery Stories

GARI N. RECOVERY STORY...

MY EARLIEST MEMORIES WERE OF LOVE, LAUGHTER, STABILITY AND HAPPINESS. I WAS A DADDY'S GIRL AND HE WAS DEFINITELY MY FAVORITE PERSON IN THE WHOLE WORLD! THEN ONE DAY, EVERYTHING CHANGED AND MY PARENTS DIVORCED. IN MY MIND, MY MOTHER TOOK ME AWAY FROM MY FATHER. THIS EVENT BECAME THE CATALYST THAT I USED TO EXPLAIN MY BEHAVIOR AS I GREW OLDER. AS A LITTLE GIRL I STARTED TO DEVELOP HABITS THAT TODAY I KNOW ARE INDICATIVE OF ADDICT BEHAVIOR LIKE BEING SNEAKY, LYING, AND STEALING. MOST OF THE TIME I SPENT BEING ANGRY WITH MY MOTHER. I BLAMED HER FOR LEAVING MY FATHER AND THE RESENTMENT CONTINUED TO GROW AS I GREW UP. AS A TEEN, I BECAME EVEN MORE REBELLIOUS, PROMISCUOUS, STOLE AND LIED MORE, AND WOULD RUN AWAY FROM HOME. MY MOTHER WORRIED ABOUT ME ALL THE TIME AND COULDN'T UNDERSTAND WHY I WAS ALWAYS ACTING OUT. I WAS VERY SMART, LOVED SCHOOL AND WANTED TO BE SUCCESSFUL WHEN I BECAME AN ADULT. INSTEAD, I GOT PREGNANT AT SIXTEEN AND BY THE TIME I WAS 21, I HAD THREE CHILDREN WITH 3 DIFFERENT FATHERS. I REMEMBER THE FIRST TIME I USED I WAS 19 AND EXTREMELY DEPRESSED. I DIDN'T KNOW WHAT WAS WRONG WITH ME BUT I KNEW THAT THE DRUGS ALLOWED ME TO NOT FEEL WHATEVER IT WAS I FELT AND WITHIN 6 MONTHS I WAS "OUT OF CONTROL"! I WENT TO TREATMENT, DIDN'T STAY AND WENT ON WITH MY ADDICTION FUELED LIFE. DURING THIS TIME, I MANAGED TO EARN A BACHELOR'S DEGREE AND TWO MASTERS DEGREES, BUT I STILL KEPT USING AND FEELING USELESS, WORTHLESS, AND DEPRESSED THE MAJORITY OF THE TIME. I WOULD RETURN TO NARCOTICS ANONYMOUS IN 2010, STAY FOR 2 YEARS AND GO BACK TO USING AGAIN. I TRIED RELIGION, PSYCHIATRY, AND RELOCATING BUT NONE OF THESE THINGS SEEMED TO WORK. I COULD NEVER STAY STOPPED. IN 2015, I MOVED TO WASHINGTON, DC AND BROUGHT MY ADDICTION RIGHT ALONG WITH ME. THE FIRST PERSON I MET WAS A MEMBER OF THE PROGRAM AND I THOUGHT GOD WAS BEING FUNNY. WE EXCHANGED NUMBERS AND I REMEMBER IN DESPERATION CALLING THIS ADDICT 2 YEARS LATER AND ASKING HER ABOUT MEETINGS. TODAY WE CELEBRATE 3½ YEARS CLEAN! I HAVE A SPONSOR WHO HAS A SPONSOR AND I CALL HER EVERYDAY! I AM INVOLVED IN SERVICE, AND JUST COMPLETED MY 2ND STEP. I AM TREMENDOUSLY GRATEFUL FOR NARCOTICS ANONYMOUS FOR SAVING MY LIFE ON A DAILY BASIS AND I UNDERSTAND THAT GETTING BETTER DEPENDS ON ME AND THAT THE WORK IS MINE TO DO. AS ADDICTS WE COME FROM DIFFERENT BACKGROUNDS AND EXPERIENCES AND HAVE DIFFERENT STORIES; BUT ONE THING REMAINS THE SAME FOR US ALL: THE DISEASE OF ADDICTION.

GARI N. 2/1/2021

DC LINK February 2021

RECOVERY HUMOR

I'M AN ALCOHOLIC

AND AN ADDICT

I'M A CARROT

AND A VEGETABLE

WHY CAN'T I EVER FIND

A GOOD NARCOTICS ANONYMOUS
MEETING ONLINE?

THAT LOOK WHEN YOU
SEE YOUR OLD DEALER

IS THE ONE
CHAIRING THE MEETING



ADDICTION

Sometimes... you just need to put the cookie down

RECOVERY AND HOPE

SO HAPPY TO BE BACK

AFTER THAT LAST RUN

DC LINK January 2021

A
PROCESS
NOT AN
EVENT!

*January 2021 Anniversaries &
Acknowledgements Congratulations All!*



2021

2/2 Deidra F. celebrates 14yrs at Living Life On Life Terms 8pm ID: 438 348 3469 PW: 121525 ...

2/2 Francis F. celebrates 35 yrs at Living Life On Life's Terms 8pm ID: 438 348 3469 PW: 121525 ...

2/4 Raymond T. celebrates 10 yrs at Open Doors group 6pm. ID: 301445644 Pass: ODG1908...

2/6 Toni B. celebrates 17 years at Women with a Purpose" 5pm. ID: 97910449558 ...

2/8 Walston B. celebrates 29 years at IWHW ID: 623 606 6098 PW:010746 ...

2/13 Thaddeus M. celebrates 26 yrs at 818 Miracles Group Zoom ID: 7311 4984 304 Password 818 ...

2/19 Ellen C. celebrates 31yrs at One Step At A Time 7pm. Zoom ID: 492355108 PW: 349943 ...

3/4 Veronica E. and Arthur S. celebrates 16 yrs at Steps to Life 8pm ID: 261 798 5699 PW: STL ...

3/4 Kenneth S celebrates 26 yrs at Daily Principles ID: 84147474473 PW: 347743 ...



DC LINK January 2021



DC Area NA meetings are held virtually or closed until further notice!

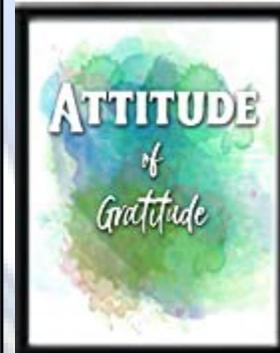
Many of the Chesapeake & Potomac Region's NA meeting have created virtual or phone meetings or have temporarily cancelled due to the Coronavirus pandemic.

For Virtual Meeting Information Go To:

<https://www.cprna.org/na-meetings/>

To Access Our DC Link Newsletter, Go To:

<https://www.cprna.org/our-areas/news/district-of-columbia-area/>



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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: Open

Secretary: Pam C.

Asst. Secretary: Vicki

RCM: Shirley B.

RCM ALT: Open

Treasurer: Tecoy W.

Asst. Treasurer: Open

COC Rep. William W.

DC Area Rep. to CPRCNA Program
Sub Committee: Open

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: Rhoda 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 TBD
Westminster Presbyterian Church
400 I St. SW 10:30am
Chair: Valencia H.
Vice Chair: Luther L.

Policy
Meets 3rd Tues. of every month
at Plymouth Congregational
United Church of Christ 6:30pm
5301 North Capitol St NE
Chair: James T.
Asst. Policy Monitor: Charles N.

Public Relations (PR)
Chair: Open
Vice Chair: OPEN

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Signature: _____ Date: _____