

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 3

"We made a decision to turn our will and our lives over to the care of God as we understood Him."

As addicts, we have turned our will and our lives over many times to a destructive power. Our will and our lives were controlled by drugs. We were trapped by our need for the instant gratification that drugs gave us. During that time, our total being-body, mind and spirit-was dominated by drugs. For a time, it was pleasurable, then the euphoria began to wear off, and we saw the ugly side of addiction. We found that the higher our drugs took us, the lower they brought us. We faced two choices: either we suffered the pain of withdrawal or took more drugs.

For all addicts, the day comes when there is no longer a choice; we had to use. Having given our will and lives to our addiction, in utter desperation we looked for another way. In Narcotics Anonymous, we decide to turn our will and our lives over to the care of God as we understand Him. This is a giant step. We don't have to be religious; anyone can take it. All that is required is willingness. All that is essential is that we open the door to a Power greater than ourselves. Our concept of God comes not from dogma but from what we believe ourselves, what works for us. Many of us understand God to be simply whatever keeps us clean. The right to a God of your understanding is total and without any catches. Because we have this right, it is necessary to be honest about our belief if we are to grow spiritually.

We found that all we needed to do was to try. When we gave our best effort to the Program, it worked for us as it has worked for countless others. The Third Step does not say, "We turned our will and our lives over to the care of God". It says, "We made a decision to turn our will and our lives over to the care of God as we understood Him". We made the decision; it was not made for us by the drugs, our families, a probation officer, judge, therapist, or doctor. We made it. For the first time since that first high, we have made a decision for ourselves.

The word "decision" implies action. This decision is based on faith. We have only to believe that the miracle we see working in the lives of clean addicts can happen to any addict with the desire to change. We simply realize there is a force for spiritual growth that can help us become more tolerant, patient, and useful in helping others. Many of us have said, "Take my will and my life. Guide me in my recovery. Show me how to live". The relief of "letting go and letting God" helps us develop a life worth living.

Surrendering to the will of our Higher Power gets easier with daily practice. When we honestly try, it works. Many of us start our day with a simple request for guidance from our Higher Power.

Although we know that "turning it over" works, we may still take our will and life back. We may even get angry because God permits it. At times during our recovery, the decision to ask for God's help is our greatest source of strength and courage. We cannot make this decision often enough. We surrender quietly and let the God of our understanding take care of us.

At first, our heads reeled with the questions: "What will happen when we turn our life over? Will we become 'perfect'?" We may have been more realistic than this. Some of us had to turn to an experienced N.A. member and ask, "What was it like for you?" The answer will vary from member to member. Most of us feel open-mindedness, willingness and surrender are the keys to this step.

We have surrendered our will and our lives to the care of a Power greater than ourselves. If we are thorough and sincere, we will notice a change for the better. Our fears are lessened and faith begins to grow as we learn the true meaning of surrender. We are no longer fighting fear, anger, guilt, self-pity, or depression. We realize that what brought us to this Program is still with us today and will continue to guide us if we allow it. We are slowly beginning to lose the paralyzing fear of hopelessness. The proof of this step is in the way we live.

We have come to enjoy clean living and want more of the good things that the N.A. fellowship holds for us. We know now that we cannot pause in our spiritual program; we want all we can get. We are now ready for our first honest self-appraisal, and we begin with Step Four.

DC LINK

TRADITION 3

"The only requirement for membership is a desire to stop using."

The desire to stop using is our only requirement. This does not refer to chemicals, people, food, sex, etc. Using refers to the way our addictive personality manifests itself in our daily lives. We live to use and use to live. We do not separate ways of means of usage nor do we focus on our use of drugs. We focus on freedom from active addiction. This freedom begins with putting down the most obvious, our addiction to drugs first. chemicals allowed us to recognize and identify our disease. As we begin to recovery, we may begin to see other ways we actively use. Identifying rather than comparing helps keep us focused on our desire for recovery. we must carry a clear message of Narcotics Anonymous recovery to enable newcomers to see what we have to offer and how we can help. When we cloud our message, we become inconsistent and this confuses the newcomer. membership is open for those with the desire. We sometimes carry our message by planting seeds with addicts who may have potential desires for recovery. As long as the still suffering addicts know about NA, we have carried out our primary purpose. We may not be able to keep a using addict clean, but we can give a struggling member a choice and a healthy environment for growth.

Though we have found that imposing conformity does not work, we do have the power of example. Unable to spiritually control the thoughts, feelings, and actions of our newer members, we can rely on our faith in a loving god that they will come to their own understanding in their own time. Eventually all addicts will conform to the principles that guarantee their survival. If not, they sicken and possible die. These are the sad truths drawn from our experience. One member shares his experience, "I have been a member of 12 step fellowships before. However, I have never experienced recovery. Recovery as it applies to me, is total abstinence from all drugs, in conjunction with an active change in ideas, attitudes and behaviors. Membership requires a commitment to making meetings, having a sponsor, using a sponsor, and practicing spiritual principles.

"This tradition ensures that recovery is available to all who seek recovery in NA. It does not matter who they are or where they come from. A persons sex, race, creed, or religion cannot exclude them from the right to recover in NA. There are no classes of membership in NA; we are all equal in NA. "Initially recovery begins by not using drugs. For me drugs are any mind or mood altering substance. There is no particular substance that a person must use to become a member. NA focuses on the disease of addiction and its effects on a person's mind, body, and spirit. Rather than effects of a specific substance on a person's being. Membership is open to anyone, no matter what someone has used or not used. "No member can quantify another member desire. I have no right to judge another person's desire to stay clean. This at times, can be difficult for me. When I examine my recovery track record, up to 2003, all of the evidence would have suggested that I would not recover, this did not discourage the people in NA. The people in NA believed in me even when I did not believe in myself. I was encouraged and I was made to feel welcome in NA. Looking back, I felt like gasoline and matches were thrown on my desire and that fire still burns today.

"I show newer members that recovery is available in NA by the way I conduct myself before, during and after the meetings. I believe in a solution orientated recovery, focusing less on my feelings and the problems. When I have a casual conversation after the meeting or if I am speaking at a meeting I do my best to live what I speak about. I am enthusiastic about my recovery and I enjoy my life. I saw these qualities in the people that were recovering in NA and I was attracted by the way they were living and the information on how God changed their lives. "This tradition helps me in working with others and in accepting other people right where they are, not where I think they should be. Tradition 3 tells me that I am not great or good enough to get anyone clean. An addict will not stop until they are ready stop; this was the case with me. Therefore, as long as I use a literature based approach and my personal experience with the literature in my work with others, I cannot beat myself up if people relapse or take credit for their recovery. All I can do is my job and let God do his job. In the end I believe it is the love that heals us."

Willingness is an action word. this program is for people who want it, not for people who need it. We have to reach a point of total surrender before the willingness comes. The breakdown of our personal world is part of what helps us get clean. It helps us remember what the last one did for us. We thank God for this Tradition because if it was not there, we could not be here. The desire to stop using is the only requirement for membership. It does not matter how much or how little, just that we want to do something about our using. In order to have the necessary desire for recovery, we had to reach a boiling point of desperation. On a deeper level, we began to actively seek a new way of life.

DC LINK

CONCEPT 3

"The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it."

The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it. The NA groups maintain final responsibility and authority for the service structure they have created. Yet if they must involve themselves directly in making decisions for all of our service boards and committees, the groups will have little time or energy left to carry the recovery message in their meetings. For this reason, the groups entrust the service structure with the authority to make necessary decisions in carrying out the tasks assigned to it. The delegation of authority can do much to free up both our groups and our services. Service decisions not directly affecting the groups can be made expeditiously; our phonelines, H&I panels, public information efforts, and literature development projects can move forward at full speed to serve NA's primary purpose. And our groups, not required to ratify every decision made on their behalf at every level of service, are freed to devote their full attention to carrying the NA message in their meetings. We often use motions and guidelines to help us apply the Third Concept.

We clearly describe each task we want accomplished, and the kind of authority we are delegating to those who will fulfill the task. However, even the most exhaustive set of guidelines cannot account for every eventuality. Our trusted servants will serve us best when we grant them the freedom to exercise their best judgment in fulfilling the responsibilities we've assigned them. Our services must remain directly accountable to those they serve, yet they must also be given a reasonable degree of discretion in fulfilling their duties. A group, service board, or committee should consult its collective conscience in arriving at its own understanding of the best way to apply this concept. Sometimes we fear that delegation will mean a loss of control over our services. Together, Concepts One, Two, and Three have been designed to help us maintain responsibility for our service structure without tying our trusted servants' hands. The Third Concept encourages our groups to focus on their own responsibilities, while assuring that the service structure is given the authority it needs to fulfill other necessary NA services. Our Twelve Concepts do not ask our groups to abdicate their authority, allowing the service structure to do whatever it pleases.

The groups, after all, have established the service structure to act on their behalf, at their direction. And when the groups need to exercise final authority in service matters, they are encouraged to do so. However, in day-to-day matters, the groups have given our service boards and committees the practical authority necessary to do the jobs assigned them. Delegating authority can be a risky business unless we do so responsibly. To make Concept Three work, other concepts must also be applied consistently. Most importantly, we must give careful attention to the selection of trustworthy trusted servants. We cannot responsibly delegate authority either to those who are fundamentally incapable of administering that authority or to those who are not willing to account fully for their actions. However, if we select our leaders carefully, choosing those who can be trusted to responsibly exercise delegated authority in fulfilling the tasks we've given them, we can feel much more comfortable with the concept of delegation.

When we give our trusted servants a job, we must adequately describe to them the job we want done, and we must provide them with the support they need to complete their job. Then, once we've given them instructions and support, we must delegate to them the authority necessary to make decisions related to the task they've been assigned. When our groups delegate sufficient authority to our service structure, our groups need not be overcome with the demands of making every service decision at every level of service, and our fellowship's primary purpose can be served to the fullest. With the Third Concept squarely in place, our groups are free to conduct recovery meetings and carry the NA message directly to the addict who still suffers, confident that the service structure they have created has the authority it needs to make the decisions involved in fulfilling its responsibilities.

In day-to-day matters, the groups have given our service boards and committees the practical authority necessary to do the jobs assigned them. This is not a blank check issued to the service structure; the groups still bear final authority. To make Concept Three work, we must carefully select trusted servants.

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NA Recovery Stories

LOGAN. RECOVERY STORY...

MY NAME IS LOGAN AND I AM A RECOVERING ADDICT. LOGAN IS MY LAST NAME AND I CHOOSE TO USE IT HERE BECAUSE MY FIRST NAME IS A DEAD GIVE-AWAY TO MY IDENTITY. HOWEVER, THERE ARE THOSE IN THE FELLOWSHIP WHO KNOW ME BY LOGAN BECAUSE EARLY IN MY RECOVERY, THAT'S WHO I CALLED MYSELF. MY CURRENT SPONSOR, WHO WASN'T MY SPONSOR AT THE TIME, SAID THAT I HAD A SELF ESTEEM PROBLEM BY NOT GOING BY MY FIRST NAME. OF COURSE, WHEN HE TOLD ME THIS, HE DIDN'T KNOW WHAT HE WAS TALKING ABOUT BUT SINCE HE WAS RESPECTED BY MANY AND WAS VERY ACTIVE IN SERVICE, AND HAD A STRONG SPONSOR FAMILY, I JUST FILED WHAT HE SAID IN THE BACK OF THE BOTTOM DRAWER—WAY BACK IN THE BOTTOM DRAWER. IT TOOK ME SEVERAL YEARS LATER TO ADMIT THAT HE WAS RIGHT. IDENTIFYING IN WAS A MAJOR ISSUE WITH ME. I WAS A CUT ABOVE. I HAD A GOOD PAYING JOB WHICH HAD SOME STATUS ASSOCIATED WITH IT. I HAD INTERNATIONAL EXPERIENCES WHICH I DID NOT HEAR MEMBERS SHARING ABOUT. I HAD A COLLEGE DEGREE. I HAD NEVER BEEN TO JAIL OR LIVED ON THE STREET. I HAD NEVER BEEN MOLESTED. I CHOSE MY FIRST SPONSOR BECAUSE I HEARD HIM SAY THAT HE WAS RECOMMITTING HIMSELF TO THE PROGRAM. FOR SOME REASON, HEARING HIM SAY HE WAS "RECOMMITTING" REALLY STRUCK SOMETHING IN ME. HE WAS AN ELDERLY GENTLEMAN AND DEEP DOWN, I WAS LOOKING FOR A FATHER FIGURE. WHEN HE DIED, OUR RELATIONSHIP HAD JUST BEGUN TO TAKE OFF. WE WERE SHARING MORE AND MORE STUFF WITH EACH OTHER. I WAS EVEN SURPRISED AT SOME OF THE THINGS HE SHARED. OUR TRUST WITH EACH OTHER WAS GROWING. A FEW YEARS INTO RECOVERY, MY JOB OFFERED ME A BUYOUT WHICH I ACCEPTED. WOW, NOW I HAD A NICE CHUCK OF CHANGE AND WAS CLEAN. I WAS LIVING IN AN SRO (SINGLE ROOM OCCUPANCY) AND HAD SERVICE POSITIONS. I DIDN'T HAVE A JOB BUT I HAD A CHUNK OF CHANGE. I TOOK TRIPS, RENTED CARS, TRIED TO BUY A RELATIONSHIP, AND EVENTUALLY BLEW THROUGH THE MONEY IN NO TIME. MY SPONSOR WANTED ME TO SLOW DOWN BUT MY UNMANAGEABILITY AND SELF-RIGHTEOUSNESS WAS TOO STRONG. NOW BROKE, I NEEDED MONEY SO I TOOK A POSITION WITH THE PUBLIC SCHOOL SYSTEM AS A SUBSTITUTE TEACHER. THIS WAS A CAREER CHANGE BUT I WAS HOPEFUL. HERE I WAS--A CLEAN, ARTICULATE AND EDUCATED BLACK MAN WITH SOMETHING TO OFFER. I WAS READY. I WAS NOT READY FOR THE BEATDOWN THOSE ELEMENTARY SCHOOL KIDS GAVE ME. I WAS CLOSE TO MY BREAKING POINT WHEN MY HIGHER POWER SAID OK. I GOT A CALL FOR JOB IN THE INDUSTRY I WAS WORKING IN BEFORE. I TOOK THE OFFER AND AM STILL THERE. STAYING CLEAN PHYSICALLY IS EASY FOR ME TODAY. IT'S THE MENTAL ASPECT OF MY DISEASE THAT'S MORE CHALLENGING. MY DEFAULT THINKING KICKS IN MORE OFTEN. HAVING PEOPLE I CAN TALK TO IS INVALUABLE. RECENTLY I WAS SPEAKING WITH MY SPONSOR GOING OVER THE RESENTMENT PART IN THE 4TH STEP AND NEW PERSPECTIVES STARTED COMING TO THE FOREFRONT. PERSPECTIVES THAT I HAD NOT OR WOULD NOT HAVE CONSIDERED BEFORE. ONE OF THE NUGGETS IN THE BASIC TEXT THAT I REALLY LOVE IS ON PAGE 94 IN THE SIXTH EDITION OF THE BASIC TEXT "EVERYTHING WE KNOW IS SUBJECT TO REVISION, ESPECIALLY WHAT WE KNOW ABOUT THE TRUTH..."

LOGAN

DC LINK

RECOVERY HUMOR

AN ALCOHOLIC AND AN ADDICT ARE SITTING ON A BENCH. A CUTE GIRL WALKS BY.



THE ALCOHOLIC SAYS, "I'D LIKE TO SCREW HER!" THE ADDICT SAYS, "OUT OF WHAT?"



3 am phone call

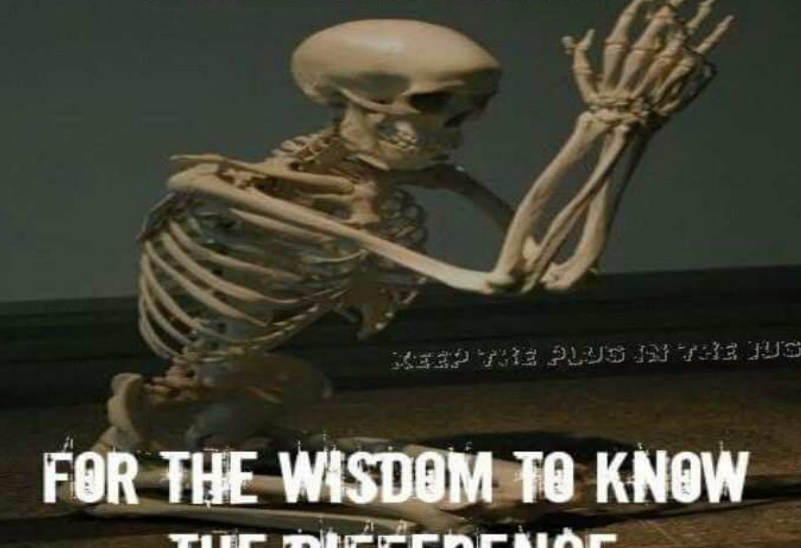
Ben C.

EVERYONE AROUND ME IS RELAPSING



AND I'M OVER HERE LIKE...

STILL PRAYING



Completed for you

Ben C.



Mission Impossible

Ben C.

DC Link March 2021 Anniversaries & Acknowledgements... Congratulations All!



March 2021

Acknowledgements: 3/1 CORNELIUS acknowledges 25yrs LEE Y 21yrs March 2... Anniversaries TBD

3/3 CAROLYN C celebrates 17yrs at Aging In Recovery Wed @7pm. ID: 824 005 5286 PW: recovery...

3/4 Renee W will be Celebrating 33 years More Will Be Revealed @ 7:30 ID. 847-6931-4215 PW: 311503...

3/4 Jimmie B 33 yrs Kim H 35 yrs celebrate @Gateway to Recovery Mtg 7pm ID: 395 553 318 PW: 1957...

3/4 ARTHUR S & VERONICA E celebrate 16yrs at Steps To Life group@8pm ID: 261 798 5699 PWD: STL...

3/4 KENNETH S celebrates 26yrs at Daily Principles@7pm. ID: 841 474 7443. PW: 347743...

3/4 Renee W 33yrs., Brian M 27yrs. @ More Will Be Revealed, 7:30 ID: 847 6931 4215. PW:311503...

3/4 Melvin C will celebrate 32 years at Free to Be Me at 8pm MTG ID: 465 403 8338, No PW ...

3/7 JACKIE B 31yrs & JOE B 20yrs celebrate @Living Clean Group 4:30pm. ID: 841 028 34213 PW:180LvClean...

3/8 JOE G celebrates 37yrs @ Beachcombers II 8:05pm. ID: 899 4259 1019 PWs: 805805...

BUNNY R celebrates 23yrs @ Wednesday Willingness 7:30pm. ID: 800 990 800. PWs: 016212...

3/13 Claude F 30yrs @The Gut Bucket 7pm ID: 9734663601 PW 875711...

3/18 BRIAN C & WESLEY F both celebrate 25yrs at Daily Principles 7pm ID: 841 4747 4473 PW: 347743...

3/19 REGGIE W celebrates 40yrs at One Step At A Time @7pm ID: 492 355 108 PW: 349943

3/21 BRICE A celebrates 3yrs & ED C celebrates 17yrs @ The Breakfast Club 10am ID: 879 4829 2214 PW:4912Donuts



DC Link NA EVENTS

VIRTUAL CPRCNA XXXIV



Save the Date:

April 16 – 18, 2021

Chesapeake & Potomac Regional Convention
This is the same great convention usually held in Ocean City

We will gather virtually this year.
more will be revealed...

Check out <https://www.cprcna.org> for more information.

DC AREA S.E. COMMITTEE 2021

JAN 17

VISION OF HOPE MARATHON

STARTS AT 12PM-8PM

FEB 14

FUNDRAISER

LOVE IS....? SPEAKER JAM

MAY 22

CLICHE' DAY

STARTS AT 12PM-10:00PM

JUN 18/19

UNITY DAY

STARTS AT 6PM-MIDNIGHT

JUL 2&3

MARATHON

\$5 DANCE FOLLOWING

Contact S.E Chair for more info
Rhoda N. 202-210-2794

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WASHINGTON, DC

SPEAKER JAM

10AM JFT GROUP
NOON TIME IS THE RIGHT TIME
STEPPIN N2 THE AFTERNOON
NO MATTER WHAT GROUP
LIVING LIFE ON LIFE TERMS

THE TIES THAT BIND US TOGETHER!!

1 YEAR ANNIVERSARY

SURVIVING THE PANDEMIC

MAR 20 & MAR 21

2 DAYS | 10AM-MIDNIGHT | 7 GROUPS
ZOOM ID# 438 348 3469 PW: 121525

FOR INFORMATION ABOUT GROUPS IN THE DMV VISIT WWW.CPRNA.ORG

UNITY IS A MUST CONVENTION COMMITTEE PRESENTS

IT'S ALL IN THE LITERATURE
SPEAKER JAM

MARCH 27, 2021

12PM EST TILL 12 AM EST

AUCTION

50/50
RAFFLE



ROOM
RAFFLE

DANCE \$5

THIS EVENT WILL BE IN PERSON

AS WELL AS ON ZOOM

10496 N. STATE ST.

HARRISON, OH 45030

ZOOM CODE: 89617358392

PW: UNITY

CONTACT GREG W. 937-581-3507; ANGELIK S 513-923-7209;
LARRY M. 937-624-9771

DC LINK NA EVENTS cont...

TO PAY FOR YOUR RESERVATION contact

Jeff Kline (park owner)
@ (843) 882-7487

Be sure to mention you are reserving for Sun City Spring Campout any questions OR if you need help please contact

Ronnie H. Chair
843-450-8017

Out post tent camping

\$20.00 per person

\$10.00 children 6-15

Children under 5 are free

NO ADDICT TURNED AWAY

Includes

Tent Camping & All Meals

Kayak Unlimited use

Bring your own tent or rent one from the campground

Tubing is an additional charge of

\$10.00 for the day per person unlimited or

\$15.00 for the weekend per person unlimited

Glamping Tent Rental

\$75.00 per night equipt w/queen size bed

lighting, heater and cooler

to rent a glamping tent you must call

the campground to reserve



Friday

Dinner 6:00 PM

Meeting 8:00 PM

Sun City Video 9:00 PM

Midnight Meeting

Saturday

Sunrise Meeting

Breakfast 8am

Crafts 10:00 am

Lunch 12pm

Workshop 2:00pm & 4:00pm

Dinner 6:00PM

Out of Town Speaker meeting

8:00PM

Hawaiian Luau Dance Party

9:00p.m.

Midnight Meeting

Sunday

Breakfast 8am

Clean up



SCANA

SPRING CAMPOUT

Get ready

4 camping

River Island

Adventures

April 30th-May 2nd, 2021

1249 Vera RD

North Myrtle Beach

S.C.

(843) 882-7480



Hawaiian Luau
Dance Party

KAYAKING

Speaker Meetings

Fellowshipping

Hawaiian Shirt
Contest

Hula Dance
Contest

Work Shops

Clean Time Countdown

Tubing

You must bring your own fire ring

for campfire at your site

Generators are permitted

NO DOGS ALLOWED

Arts & Crafts

Fishing

DC LINK



Narcotics Anonymous

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/>



-DISCLAIMER-
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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

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: _____