



# The Group Conscience

MONTHLY NEWSLETTER OF THE DULLES CORRIDOR AREA OF NARCOTICS ANONYMOUS

Dulles Corridor Area  
Narcotics Anonymous

## In This Issue

- Anniversaries . . . . . 1
- Step Three . . . . . 1
- From Our Literature . . . 2
- Tradition Three . . . . . 3
- Meeting List . . . . . 4
- Regional Events . . . . . 5
- Online Events . . . . . 6
- Service Calendar . . . . . 7
- Artist's Corner . . . . . 7



## Anniversaries

### Mandie

4 Years  
3/22

Walk the Walk

### Jason S

17 Years  
3/1

The Exact Nature

### Matthew

4 Years

The Exact Nature

### Ron Y.

1 Year  
3/22

The Exact Nature

### Lauren T

17 Years  
3/19

I'm Somebody

### Paul C.

17 Years  
4/2

I'm Somebody

### Oshi

4 Years  
4/2

Saturday Night Live



## Step Three

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

By Ben

My favorite quote from the Harry Potter series is spoken by Dumbledore shortly after Harry has been struck down by Voldemort. Harry is experiencing the afterlife and he asks his former headmaster if any of this is real or if it is all just in his head. Here is Dumbledore's brilliant reply:

*"Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?"*

I think the essence of this quote is what I need to successfully navigate step 3 in my 12 step recovery from using.

As far as I can go back in my childhood memory, I had faith in God. I can recall with clarity talking to God as an imaginary friend. He was always looking out for me and I loved him. I prayed to him at meals, in church and at bedtime, but only because my parents made me. But we talked constantly. Whenever there was no one else in the room, we would

talk and talk and talk. We sang. I showed him my art. We were pals. Sadly, I continued to go to church and that simple faith got all bollixed.

I learned about the Old Testament. I learned about Revelations. I learned about the Devil and I learned about hell. At the point those seeds were planted, my faith was doomed. As long as things went relatively well, I was able to cling to my faith. I was a really rotten Christian, but a Christian none-the-less.

Then I doubled down by going to Bible College. Ish!...make it stop. I made the colossal mistake of learning theology. I learned that the Christian Faith was cobbled together with some very outlandish claims. I was compelled by peer pressure to tie my spirituality to my political views. I accepted a very narrow world view and avoided anything that might lead me to a contrary point of view.

At a certain point, it all became too much and I had to moderate my views. I changed

*continued on page 2...*

*Step 3... continued from page 1*

denominations and embraced my liberal views. But I still tried to keep my teetering world view intact. This helped for a while. I even began to think of going into the ministry.

But then I experienced true tragedy. I felt real pain and I began to really empathize with the pain of others throughout the world. My narrow world view could not explain what had happened to me; nor could it explain the suffering of others around the world. In the span of a couple of years, my faith utterly collapsed.

I briefly tried to revive it with some program I had found television. But ultimately that turned out to be just another money making scheme ran by a

corrupt minister.

So here is the big question: How do I turn my will and my life over to someone or something I am not sure is real?

This is where I must turn to the great theologian Albus Dumbledore. “Of course it is happening inside your head... but why on earth should that mean that it is not real?”

I love the way step 3 is worded. It does not say turn over your lives to the God of the Jews, or the Christians, or the Muslims or the Hindus or even the Flying Spaghetti Monster. It says God as we understand him. That leaves space for even me.

I cannot, nor can anyone for that matter, empirically prove the existence

of a God. They cannot prove their point of view or their system of theology is right. No one can even prove that God does not exist. God in any way shape or form is not open to the scientific method. You can debunk stories, dates, and miracles of all kinds. But as to whether or not there is or is not a God is open to debate.

Here is what I do know. That kid, the one who talked and sang to God, he felt safe, loved and protected. It may have all been in my head. But it was right and good.

So that is who I will ask for help. She or He may all be in my head, but that is also where all the food goes. So if it works, I think I will give it a shot.

## From Our Literature

*“By working the Third Step, we are allowing someone or something to care for us, not control us or conduct our lives for us.”*

*Narcotics Anonymous Step Working Guides, p. 21*

The Third Step decision may be too big to make in one leap. Our fears of the Third Step, and the dangerous thinking to which these fears lead, can be eased by breaking this step down into a series of smaller, separate hurdles. The Third Step is just one more piece of the path of recovery from our addiction. Making the Third Step decision doesn't necessarily mean that we must suddenly, completely change everything about the way we live our lives. Fundamental changes in our lives happen gradually as we work on our recovery, and all such changes require our participation. We don't have to be afraid that this step will do something to us that we're not ready for or won't like.

It is significant that this step suggests we turn our will and our lives over to the care of the God of our understanding. These words are particularly important. By working the



Third Step, we are allowing someone or something to care for us, not control us or conduct our lives for us. This step does not suggest that we become mindless robots with no ability to live our own lives, nor does it allow those of us who find such irresponsibility attractive to indulge such an urge. Instead, we are making a simple decision to change direction, to stop rebelling at the natural and logical flow of events in our lives, to stop wearing ourselves out trying to make everything happen as if we were in charge of the world. We are accepting that a Power greater than ourselves will do a better job of caring for our will and our lives than we have. We are furthering the spiritual process of recovery by beginning to explore what we understand the word “God” to mean to us as individuals.



## Tradition Three

*“The only requirement for membership is a desire to stop using.”*

*Basic Text of Narcotics Anonymous - page 65*

This tradition is important for both the individual and the group. Desire is the key word; desire is the basis of our recovery. In our stories and in our experience of trying to carry the message of recovery to the addict who still suffers, one painful fact of life has emerged again and again. An addict who does not want to stop using will not stop using. They can be analyzed, counseled, reasoned with, prayed over, threatened, beaten, or locked up, but they will not stop until they want to stop. The only thing we ask of our members is that they have this desire. Without it they are doomed, but with it miracles will happen.

Desire is our only requirement. Addiction does not discriminate. This tradition is to ensure that any

addict, regardless of drugs used, race, religious beliefs, sex, sexual preference, or financial condition is free to practice the NA way of life. With “. . . a desire to stop using” as the only requirement for membership, one addict is never superior to another. All addicted persons are welcome and equal in obtaining the relief that they are seeking from their addiction; every addict can recover in this program on an equal basis. This tradition guarantees our freedom to recover.

Membership in Narcotics Anonymous is not automatic when someone walks in the door or when the newcomer decides to stop using. The decision to become a part of our Fellowship rests with the individual. Any addict who has a desire to stop

using can become a member of NA. We are addicts, and our problem is addiction.

The choice of membership rests with the individual. We feel that the ideal state for our Fellowship exists when addicts can come freely and openly to an NA meeting, whenever and wherever they choose, and leave just as freely. We realize that recovery is a reality and that life without drugs is better than we ever imagined. We open our doors to other addicts, hoping that they can find what we have found. But we know that only those who have a desire to stop using and want what we have to offer will join us in our way of life.

## Meeting List

<b>Dulles Corridor Area of Narcotics Anonymous: Zoom Meetings</b>				
Meeting Name	Day	Time	Zoom ID	Password
To Tell The Truth	Sunday	10:30 AM	935-025-791	ToTellTr7!
Women's Rap	Sunday	7:00 PM	881-6664-5122	596376
Walking the Walk (Living Clean)	Sunday	7:00 PM	985-6274-8030	509379
Exact Nature Men's Meeting	Monday	6:30 PM	982-0445-2288	374033
Bring Your Own Basic Text (Step & Tradition)	Tuesday	7:00 PM	947-3109-1392	252551
Bottom of the Mountain	Tuesday	7:30 PM	820-207-675	268644
New Attitudes	Tuesday	8:00 PM	772-1468-3075	N/A
Women's Rap	Wednesday	7:00 PM	881-6664-5122	596376
The Best is Yet to Come (TBYC)	Thursday	7:00 PM	886-2340-9846	399897
Just For Today	Friday	7:30 PM	984-9339-6322	137006
I'm Somebody	Friday	8:00 PM	449-215-767	703
Rainbow Llama	Saturday	10:00 AM	849-7852-9527	N/A
<b>Dulles Corridor Service</b>				
Area Sevice Committee	Last Sunday	2:00 PM	993-6364-9580	jWAUv4
Newsletter Subcommittee	1st & 3rd Sunday	2:00 PM	842-2058-6670	TRADITION5
Outreach Subcommittee	2nd Tuesday	5:30 PM	748-608-2772	7486082772
Special Events Subcommittee	1st & 3rd Saturday	5:30 PM	627-293-285	047311

<b>DULLES CORRIDOR IN-PERSON MEETING LIST</b>				Updated February 27, 2021		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>☐The Journey Continues - 7:00pm @ St. David's Episcopal Church (trailer) 43600 Russell Branch Pkwy, Ashburn, VA</b></p>	<p><b>• Free to Live - 8:00pm @ St. Matthew's Episcopal Church (trailer) 201 E. Frederick Dr. Sterling, VA</b></p>	<p><b>New Attitudes - 8:00pm @ St. David's Episcopal Church (trailer) 43600 Russell Branch Pkwy, Ashburn, VA bc</b></p>		<p><b>Keyhole to Recovery - 7:30pm @ St. Matthew's Episcopal Church (trailer) 201 E. Frederick Dr. Sterling, VA (75 min)</b></p>	<p><b>Living Free - 7:00pm @ St. Matthew's Episcopal Church (trailer) 201 E. Frederick Dr. Sterling, VA</b></p>	<p><b>• Literally Speaking - 7:00pm @ St. Matthew's Episcopal Church (trailer) 201 E. Frederick Dr. Sterling, VA</b></p> <p><b>Saturday Night Live - 8:30pm @ St. Matthew's Episcopal Church (trailer) 201 E. Frederick Dr. Sterling, VA</b></p>

\*\*\* Click on images to link to event! \*\*\*

## Regional Events



*Luck o' the addict!*

**BINGO & Recovery**

March 17, 2021

Meeting 6 – 7 PM ET  
Bingo 7 – 8 PM ET  
Meeting 8 – 9 PM ET

Hosted by the Chesapeake and Potomac Region

\$4 to play bingo- 50/50 jackpots  
Free to attend the meetings

Meeting ID:  
816 7668 4023  
Passcode: bingo

[cprna.org](http://cprna.org)



Do you feel like it's hard to meet people and build connections during virtual meetings?  
You're not alone!

Join the Chesapeake and Potomac Region of NA for

# Speed Fellowship

Attendees are split into randomly assigned small groups in multiple breakout sessions with various discussion topics for 5 minutes, then randomly reassigned to new groups every 5 minutes.

**Saturday, March 27**  
Fellowshipping 7-8 PM EDT • Meeting 8-9 PM EDT

Zoom ID: 834 1997 9705  
Passcode: fellowship

[cprna.org](http://cprna.org)

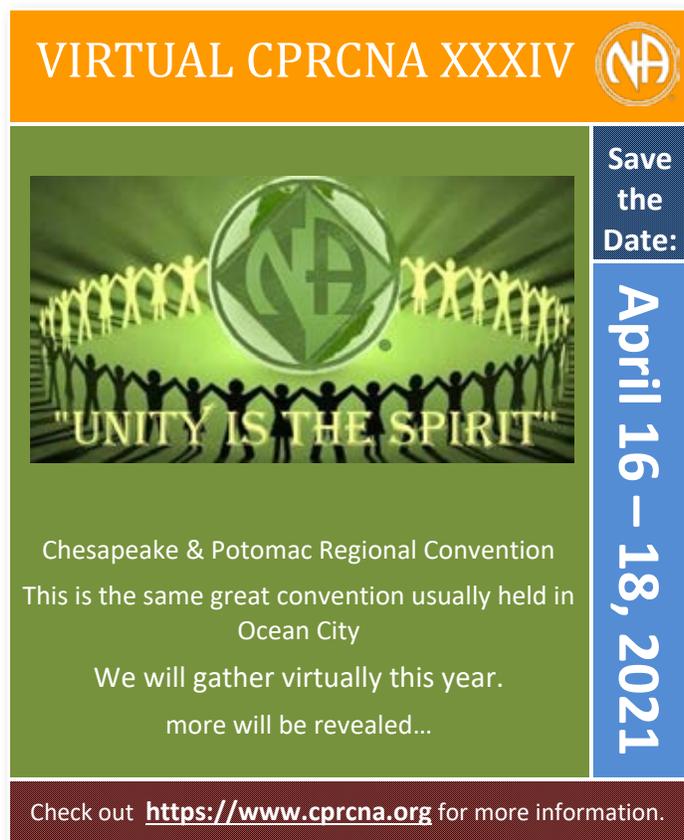


SOUTH POTOMAC AREA SPECIAL EVENTS PRESENTS

## SPRING INTO RECOVERY

MARCH 20<sup>TH</sup> 2021  
10AM-7PM EST.

10:00am-10:10am	<b>OPENING</b>	
10:10am-10:35am	Moving Beyond "Social Acceptability."	
10:35am-11am	Finding Our Place in the World	<b>Zoom ID</b>
11am-11:25am	Stability	<b>2029992020</b>
11:25am-11:50am	Getting Out of Our Own Way	<b>PASSWORD</b>
11:50am-12:15pm	Leap of Faith	<b>hope</b>
12:15pm-12:40pm	Commitment	
12:40pm-1:05pm	Education	
1:05pm-1:30pm	Money	
1:30pm-1:55pm	Work	
1:55pm-2:20pm	Anonymity	
2:20pm-2:45pm	The Gift of Hope	
2:45pm-3:10pm	Awakenings	
3:10pm-3:35pm	Living Our Principles	
3:35pm-4:00pm	The Lifelong Practice of Surrender	
4:00pm-4:25pm	Complacency	
4:25pm-4:50pm	Setting Ourselves Apart	
4:50pm-5:15pm	Keeping It Real	
5:15pm-5:40pm	Being in Service	
5:40pm-6:05pm	Principles, Practice and Perspective	
6:05pm-6:30pm	<b>CLEANTIME COUNTDOWN</b>	
6:30pm-7:00pm	Love	

## VIRTUAL CPRCNA XXXIV

Save the Date:

# April 16 – 18, 2021

**"UNITY IS THE SPIRIT"**

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.

\*\*\* Click on images to link to event! \*\*\*

# Online Events

A NARCOTICS ANONYMOUS HISTORY DAY

Sunday 7th March  
2PM-7PM GMT

East Coast Scotland Presents...

## HISTORY OF THE MIRACLE




Link - 837 7610 7014  
Password - 1953



EST - 9AM GMT - 2PM PST - 6AM

2:00PM - BO S - Atlanta Georgia  
(Writing of the Basic Text)

2:45PM - Joe T - Pacific Cascade Region  
(General History and Memorabilia)

3:30PM - Vandy A - Seattle  
(Basic Text 1983-2008)

4:15PM - Norman S - San Diego  
(In the beginning)

5:00PM - Steve L - California  
(Jimmy K's Archives)

5:45PM - Tom M - Hawaii  
(Growing NA)

Link - 837 7610 7014  
Password - 1953

East Coast Scotland

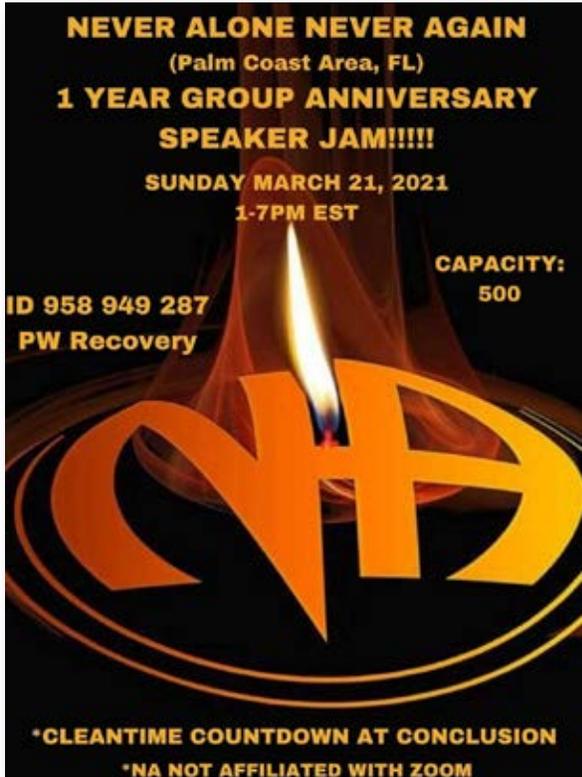
**NEVER ALONE NEVER AGAIN**  
(Palm Coast Area, FL)

**1 YEAR GROUP ANNIVERSARY**  
**SPEAKER JAM!!!!**

SUNDAY MARCH 21, 2021  
1-7PM EST

MEETING ID 958 949 287  
PW Recovery

CAPACITY: 500



\*CLEANTIME COUNTDOWN AT CONCLUSION  
\*NA NOT AFFILIATED WITH ZOOM



**GROUP MARCH 20**  
**ANNIVERSARY**  
*Celebration*

7 AM - 1 PM (EST)

Continental Start Times  
6:00 am EST  
5:30 am MST  
4:00 am PST

Speakers on the Basic Text

- 7:30 - Group History - Cleantime Countdown
- 8:00 - Chapter 1 - Who is in NA Today
- 8:30 - Chapter 2 - What is the NA Program
- 9:00 - Chapter 3 - Why Are We Here
- 9:30 - Chapter 4 - How It Works
- 10:00 - Chapter 5 - What Can I Do
- 10:30 - Chapter 6 - Traditions
- 11:00 - Chapter 7 - Recovery & Relapse
- 11:30 - Chapter 8 - We Do Recover
- 12:00 - Chapter 9 - Just For Today
- 12:30 - Chapter 10 - More Will Be Revealed

Ending at 1:00pm EST

MEETING ID: 213 499 6571

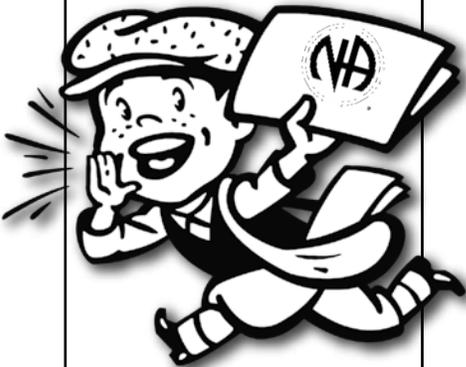


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# Artists Corner

DCANA Newsletter  
Subcommittee NEEDS YOU!

**LET'S CARRY  
THE MESSAGE  
TOGETHER!**



1ST & 3RD SUNDAYS @ 2:00PM  
**842 2058 6670**  
PASS: TRADITION5



**"Recovery"** *By Tess P.*

## 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**  
Oh hold due to COVID-19
- Newsletter**  
First and Third Sundays  
2:00 PM  
<https://us02web.zoom.us/j/84220586670>
- Outreach**  
Some schedule  
Sterling, VA
- Policy**  
Some schedule  
Location TBD
- Public Information**  
Some schedule  
Location TBD
- Special Events**  
Some schedule  
Location TBD

**Dulles Corridor Area Service**  
<http://www.dcana.org/>  
Last Sunday  
2:00-4:00 PM  
<https://zoom.us/j/99363649580>

**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)

**Autonomy Zonal Forum**  
<http://autonomyzonalforum.org/>  
April 19th, 2021  
7:00pm  
<https://us02web.zoom.us/j/87212116010>  
Password: 121212



### 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.