



## Writing the "Impossible" List

*Step 8: "We made a list of those that we had harmed, and became willing to make amends to them all."*

*Basic Text, "Narcotics Anonymous," Step 8*

(In Step 8) "Our purpose is to achieve freedom from the guilt that we have carried. We want to look the world in the eye with neither aggressiveness nor fear." An Eighth Step list is useful in heightening my awareness of the harm my shortcomings cause to others.

I need to first define "harm." Then I can (continuously), pray and become willing to write a searching Eighth Step.

Reviewing my Fourth Step inventory helps me compile a complete list of people I've harmed. Another aid in compiling my list is to reflect on anyone I find a resentment toward, or that I would feel uncomfortable running into. If I'm unsure, I put people on the list and let my sponsor help me identify exactly what the charged emotion is about, in order to decide if I've caused harm.

I focus on *my* behavior alone, so I don't get off track; resulting in a resentful mind space. Focusing on myself and taking personal responsibility for my actions, without assigning blame to others is a practice of humility, fostering growth and maturity.

This step is quite simple but can feel quite uncomfortable. It requires being really honest about the harm I caused in active addiction, back when my feelings were masked by drugs. In essence, I'm feeling these feelings for the first time. It doesn't feel good to hurt others. It is important to get this list written and bring awareness to the defects driving my behavior.

In the next Eighth Step, the same process applies but fewer people ended up on my list. I'm conditioned to review my day for any uncomfortable interactions, and promptly follow up on them.

The joy is in the journey and in my recovery relationships.

**Anonymous J**

### IDENTITY & SOLIDARITY NA MEETINGS

AGING IN RECOVERY, Fri 7-8pm, ID: 8240055286, PW: recovery

DUPONT CIRCLE CLUB, Tues, 8:30-9:30, 1623 Connecticut Av NW, DC

EXACT NATURE MEN'S MEETING, Mon 6:30-4:30pm  
ID:98204452288 PW:374033

NA FARSI, (Persian) Sun, 10:30-11:30am, ID: 558 663 8203, PW: 1212

REGARDLESS OF SEXUAL IDENTITY, Fri, 7pm-8:30  
ID:452 943 0512 PW 205542

SOLO POR HOY (Span) Thurs, 7:15-8:15 ID:232505167 PW: soloxhoyna

WOMEN LIVING CLEAN, Tues 7- 8:30pm, ID: 87687581084 PW:766458

## Living Miracles

Daniel Z 33yr,08/02,6:30p ID:9944907494 npw

Corey B, 4yrs, 08/05, *Keep It Real*, Center,  
8650 Basket Ring Rd., Columbia

Greg F, 24yrs, 08/05, *Miracles on Main Street*,  
Church, 522 Main St, Laurel MD

Jeff S, 11yrs, 08/07, *Savage Survivors*,  
Church, 9032 Baltimore St., Savage

Jack M, 11yrs, 08/08, Monday, *Lost & Found*  
Group, 7:30pm, 929 Ingleside Ave, Catonsville

Diane G 30yrs 08/08, Monday,8:05pm, *Beach-  
comers*, ID: 6437336181 PW: 805805

Kim C, 34yrs, 08/08, 7pm, *It Works How &  
Why*, ID: 6236066098 PW: 010746

Jessica M, 7yrs, 08/09, *Living a Dream*,  
8:30pm, 1905 Edmonson Avenue, Catonsville

Jessie B, 21yrs, 08/12, *Walk the Walk*,  
Church, 13611 Laurel-Bowie Rd., Laurel

Belinda M (16yrs) & Beverly L (28yrs), 08/20,  
8pm, Church, 8900 Georgia Ave, Silver Spring

Sandy R, 5yrs, 08/27, Sat, *Ladies in Recov-  
ery*, Mon-Sat, 10am, 803 826 755, No PW

## Service Works!

Central ASC: First Wednesdays, at 7pm  
ASC Meeting *in-person* (hybrid if needed) as of  
Aug 6. Church 6905 Greenbelt Dr., Greenbelt.  
Online <https://us02web.zoom.us/j/84295112293>



## NEW ASC TRUSTED SERVANTS !

**CHAIR: REBECCA M**

**VICE-CHAIR: KYLE S**

**TREASURER: PATTY B**

**SECRETARY: MATT J**

**REGIONAL DELEGATE: MIRANDA**

**PUBLIC AFFAIRS: VACANT**

**POLICY: VACANT**

**NORVANA Special Events Presents**  
**Cohosted by Rock Creek Area Special Events**



# Unity Weekend Cabin Campout

**August 5-7, 2022**

**Prince William Forest Park**

**Meetings, Speakers, Workshop, Activities**

**Bonfire Meeting 8:00 PM Sat. Aug 6 - All Welcome**

## REGISTRATION

**Full Weekend: Adults: \$45 before July 31, \$55 after August 1 • Children (5-13 yrs): \$20, Under 5: free**  
*Includes dinner Friday, breakfast/lunch/dinner Saturday, activities, bonfire meeting, breakfast Sunday, and cabin accommodations Friday and Saturday nights (bring sleeping bag/blanket, pillow, towel, toiletries, flashlight).*

**Saturday Only: \$25 before July 31, \$30 after August 1 • Children (5-13 yrs): \$15, Under 5: free**  
*Includes breakfast/lunch/dinner Saturday, activities, and bonfire meeting; no cabin accommodations.*

**Bonfire Meeting Saturday 8PM: \$5 (suggested donation)**

**Send your payment with your name, email address, & the note "Campout" to:**

**Venmo: @Chawklet419 • Cash App: \$NALITS • Facebook: <https://m.me/pay/Chawklet>**

**Zelle: 419.699.1563 • PayPal: @aatraining • Or purchase a ticket from a committee member.**

**You will receive a confirmation email with additional information, event schedule, directions, and updates.**

**Dogs not allowed in the cabin camping area. Registration does not include park entry fee.**

**Questions? Call/text Vera 914.552.0737 or Tammy 419.699.1563 or Selai 571.239.9735 • visit [cpma.org](http://cpma.org)**



**CPRCNA XXXVI**  
 April 14-16, 2023

**"VISION WITHOUT LIMITS"**

**LOGO CONTEST**

**DEADLINE: AUGUST 13, 2022**

SEND SUBMISSIONS TO:  
 ArtsGraphics@cprcna.org  
 and  
 Chair@cprcna.org  
 or mail to:  
 CPRCNA 36  
 PO Box 90068  
 Washington, DC 20090



Vision Without Limits comes from the December 3rd, Just For Today

**MEETINGS BACK TO IN-PERSON (TAKE MASKS)**

**MONDAYS:** Meditations & Miracles, (M-F) 12-1pm, 1623 Connecticut Ave NW, DC (Vaxx Card Req) ID: 3764560565 PW 3rvad5

NA at Noon, 12-1pm, Church, 9525 Colesville Rd, Silver Spring  
 Noon Group, 12-1pm, Chapel, 10 W Church St, Frederick  
 Laurel Basics 1-2-3, 7pm, Church, 7607Sandy Spring Rd, Laurel

**TUES:** Serenity/Sandy Spring, 7:30, 7607Sandy Spring Rd, Laurel.  
 Just Relationships, 7-8:15pm, City Pool, 901 Main Street, Laurel.

Hope in the Woods, 3-4pm, Cntr, 4375 Port Tobacco Rd Nanjemoy  
**WEDNESDAYS:**Back to Basics, 7-8pm, 9032 Baltimore Av Savage  
 NA in the Day, 12-1pm, Chrch, 13025 Good Samaritan Dr., Waldorf  
 STAR Group, 7-8pm, Church, 424 Main St, (at 5th St) Laurel.

**THURSDAYS:**  
 Restored to Sanity, 7-8:30pm, Church, 4409 Arnold St., Suitland  
 Bright Hope Group, 7-8:15pm, Church, 9901 Allentown Rd, Ft. WA  
 More Will Be Revealed Group, 7:30—8:45pm Church, 6600 Laurel-Bowie Rd, Bowie. ("Couch Meeting," Masks Required/Provided)

**FRIDAYS:** SYA, Church, 2631 Norbeck Rd., Silver Spring  
 Friday Night Live, 7pm, Church, 6905 Greenbelt Rd, Greenbelt.  
 Miracles on Main Street, 7pm, Church, 522 Main Street, Laurel  
 Walk the Walk, 7:30-8:30pm, Chrch, 3611 Laurel-Bowie Rd, Laurel  
 Living the Program Men's Rap, 7:30-9pm, Church, 3710 Riviera St. Temple Hills

Keep It Real, 9— 10pm, Center, 8650 Basket Ring Rd, Columbia.

**SATURDAYS:**  
 Just for Today, 12—1pm Club, 4318 Hamilton Ave, Hyattsville.  
 Fear to Faith, 5—6pm, Church, 11416 Cedar Ln, Beltsville  
 Speakeasy, 8—9:30pm. Church, 8900 Georgia Ave., Silver Spring.  
 Tracks to Recovery, 8—9pm, Club, 8610 Railroad Ave., Bowie.

**SUNDAYS:**  
 Starting Over, Center, 11am-12, 8650 Basket Ring Rd. Columbia  
 Sunday Night Spiritual Grp, 7-8:30pm, Church, 727 5th St NW, DC  
 Talking Heads, 6-7pm, Church, 7001 Connecticut Av, Chvy Chase  
 Savage Survivors, 7:30—8:30pm, 9050 Baltimore Ave, Savage.

**PLEASE EMAIL any Suggestions or Corrections RE: IN-PERSON Mtgs to papamoag@gmail.com**

We Seek though Prayer and Meditation to...



**NA TODAY NEWSLETTER**

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**Chesapeake & Potomac Region**

**Free!**

**Annual**



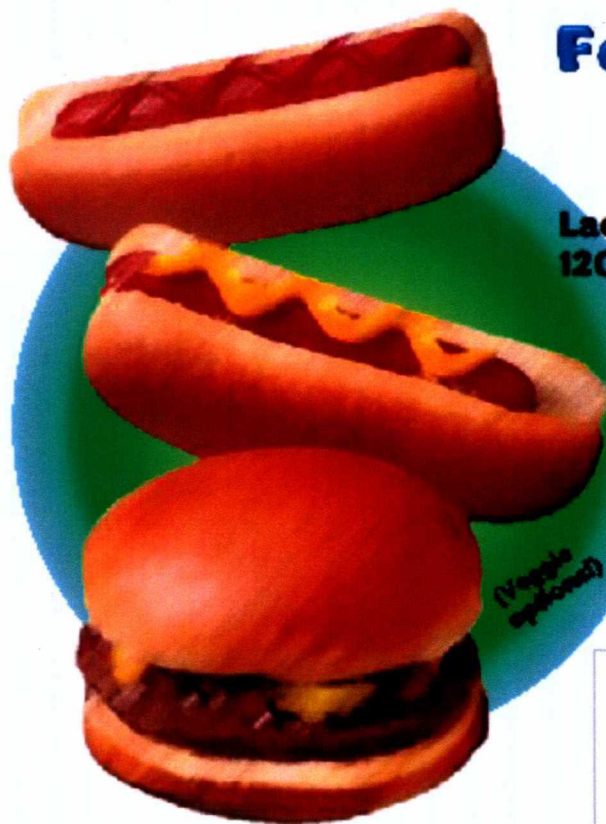
**Picnic**

**Saturday, August 20, 2022**

**12:00 PM – 5:00 PM**

**Food, Fun, Fellowship  
Speakers at 3:00 PM**

**Lacey Woods Park, Back Picnic Shelter  
1200 N George Mason Dr, Arlington, VA 22205**



*(Veggie options)*

**Free Street  
Parking  
Basketball  
Court  
Playground  
Restrooms**



**Questions? Call/text:  
Vera: 914.552.0737  
Tammy: 419.699.1563**

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