



DC Link Newsletter



May 1, 2026

DC Area Public Relations

Volume 4

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 FIVE

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

The Fifth Step is the key to freedom. It allows us to live clean in the present. Sharing the exact nature of our wrongs sets us free to live. After taking a thorough Fourth Step, we deal with the contents of our inventory. We are told that if we keep these defects inside us, they will lead us back to using. Holding on to our past would eventually sicken us and keep us from taking part in our new way of life. If we are not honest when we take a Fifth Step, we will have the same negative results that dishonesty brought us in the past.

Basic Text pg. 31, 6th Edition



You can't separate peace from freedom because no one can be at peace unless he has his freedom.

— Malcolm X —

FIFTH TRADITION

"Each group has but one primary purpose—to carry the message to the addict who still suffers."

"You mean to say that our primary purpose is to carry the message? I thought we were here to get clean. I thought that our primary purpose was to recover from drug addiction." For the individual, this is certainly true; our members are here to find freedom from addiction and a new way of life. However, groups aren't addicted and don't recover. All our groups can do is plant the seed for recovery and bring addicts together so that the magic of empathy, honesty, caring, sharing, and service can do their work.

Basic Text pg. 67, 6th Edition



THE JOURNEY CONTINUES



Hello Family,

My name is Thomas and I'm an addict. I'm grateful for this opportunity to live such a wonderful life. I was introduced to this program in 1992 and, I stayed there 19 years. I made a decision to do what I did. I don't talk a lot about my drug-a-log because we all know how to use. What motivated me is not important. The bottom line is that I made a decision and at the end of that decision, I was in the fight of my life.

I'm truly grateful for a second chance at such a wonderful life. I got here, family, in a unique situation. I remember my sponsor called me three days in a row. On the third day, he said, "Are you using?" And I said, "Yes." And he simply told me that I could come to him before he could come to me, and I understood that. Because I could take him out before he could bring me in.

The unique part about this is that, I became my sponsor's caretaker. In the mist of all of it, I'm dragging the meeting. I'm sick as a research monkey. I'm doing my best to reconnect with the fellowship and the program of Narcotics Anonymous I knew, that if I could get back to you guys, I had a chance. I can remember one day after giving him his bath and feeding him that he told me, he said, Tom, you try to get through this with a minimum of pain, but you can't. So I heard it and I took it with a grain of salt. I left his home, like I said, dragging and could barely make it but, I got to the meeting.

After the meeting, a young lady came up to me and said, "Tom, you're trying to get through this with no pain, and you can't." That's my angel to this day, because she said the same thing that my sponsor said, verbatim, word for word!

Family, I was in a fight of my life. I got clean this time, the old-fashioned way. I didn't have a detox facility. I wasn't taking any type of drug to sustain the pain, that I was going through. I remember, it had gotten so bad, I'm talking about the withdrawals at one point, I said, God, please take me. And I guess God said, no, not yet.

I understand now that once God gives you an assignment, you're already prepared for it. But he still give you the ability to make a decision to carry it out or not. And like I said, I took care of him for two and a half years. It was a struggle at moments and times, but I was able to carry that assignment out until God brought him home.

THE JOURNEY CONTINUES

And I can remember...

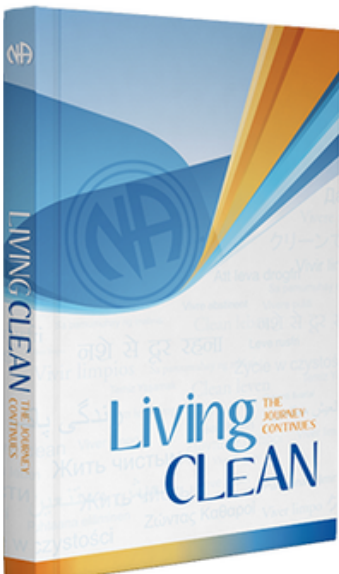
Asking people that knew what I was trying to do that was close to me, man, what did I miss? And they said, Tom, you didn't miss anything. It was God's decision. That opened my eyes on understanding how I got back to you guys. It was God's decision.

The importance of getting outside yourself and be willing to help someone out.

I understand that 'cause that's what you guys did for me. You guys actually literally nursed me back to health.

I've learned the importance of giving back what was so freely given to me. I don't want a pat on the back. I just want every attic to get clean and stay clean. So I understand now. Service for me makes me zero. Get outside yourself Tom and be willing no matter what to help somebody else. I've been able to do that thus far. You guys have been a great blessing for God has been my greatest blessing. I want to thank you for allowing me to do this. I'm just gonna try to keep coming back to the best of my ability. Thank you. Thanks for letting me share.

Special Thanks to Tom P. for his contribution to the DC Area Public Relations , DC Link



LIVING MIRACLES

Marlowe – 2 Years – 5/10/2024

Step Steph – 19 Years – 5/6/2007

[Click Here](#) to share Your NA Story.

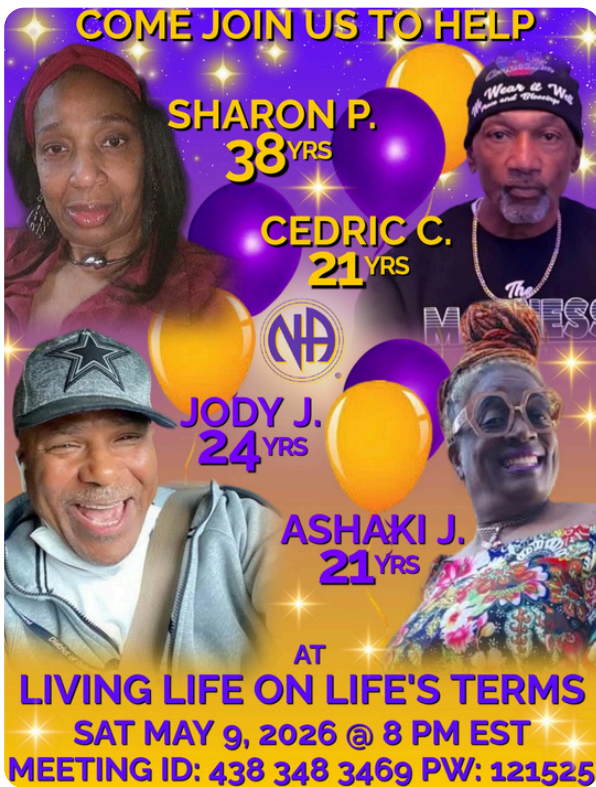
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Please submit group and/or individual anniversaries by the 20th of each month to:
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Thank you, in advance, for your submissions.



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