



DC Link Newsletter



June 5, 2026

DC Area Public Relations

Volume 5

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 SIX

"We were entirely ready to have God remove all these defects of character."

Step 6 is about readiness and willingness to allow a higher power to remove character defects that have hindered personal growth and recovery. This step follows a period of self-examination and acknowledgment of one's flaws, as outlined in previous steps. It emphasizes the importance of being open to change and accepting the need for help in overcoming these defects

-12 Step.org



FIFTH TRADITION

"An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose."

Our fellowship's primary purpose defines us. We are a society of addicts sharing with others the hope of recovery in Narcotics Anonymous. When NA's identity becomes too closely tied to the identity of another organization, the clarity of our primary purpose is muddled, losing some of its power.

It Works, How & Why, pg. 166



THE JOURNEY CONTINUES




Hey, family,

My name is Charles, and my clean date is March the 20th of 1994. I haven't found it necessary to use any drugs or anything to change my mood since then. But my story is my story. I was introduced to drugs at a young age. My first drug was a pack of Cool cigarettes and I only did that just to fit in with the crowd. So that led to other drugs, from the Newports to the marijuana to the Love Boat. The drinking the beer, you know? I just wanted to be a part of it, so I did whatever. That led me down a horrendous road. I really never had a childhood, I grew up too early, because it was all about getting high at this particular time. When I got in high school, once we got to the third period I was done! I was out the building, hanging out with the fellas, doing what they do. Until one day, a guy said, man go and try this. It was crack, it was cocaine. I started sniffing cocaine, and I loved the rush behind that, just the drain, it was a sensation to me. I would then get thirsty, so I'd want a drink. That cycle went on for years, and for years.

As time went on, I got a job working for the National Park Service, and at this time, I'm smoking weed, Love Boat, and snorting coke. One day, on a Friday, when we got paid a coworker said, man, come on, go with me. We cashed our checks at the liquor store and went to cop. So we picked up the powder cocaine, took it to his place, and he started cooking it up. When I took that hit I knew this is gonna be my drug of choice here. From that day I was chasing that same ghost. My whole behavior and everything started changing. I wasn't bringing home no checks anymore, all money was going towards the drugs and that went on for years. My girlfriend at the time got tired of it, and she said, child, you got to go.

I went into a program at Howard University Hospital, up on the fourth floor. I went into this program trying to save my relationship, trying to save my job and all that. I'm young at this particular time, maybe 25 years old. I'm not really comparing in. I'm saying this is not me. I'm too young. So after the two weeks my kid's mother came and picked me up. I came out and went right across the street to a corner store and bought me an old English 800. The process went on and on and on, and two weeks later, she told me, you got to go, and you got to go right now! So I called a buddy of mine that I went to school with and he allowed me to come stay with him on his back porch. I still couldn't see the unmanageability at that time. So, uh, I said, man, I'm not gonna do this. So I called my mother up and she allowed me to come home. At this particular time my drug use is off the chain. I did the same thing. So I started taking from my family.



I had a friend of mine was on the police force. We were real good friends. I would go to his apartment and steal just to continue to get high. I had his jewelry to sell son Chesapeake Street. Until one day they grabbed me up for the jewelry. They got the beating on me and almost be me to death til some lady said, stop, y'all might kill him. That was the only thing to save my life, because if I wouldn't have stopped back and looked, that brick would have probably took the whole side of my face off. But, that still didn't stop me, you know!

I left my sister and moved to Virginia for a new life. When I moved there, I got a nice job working for the town of Vienna. I really thought I was changing, but I was still smoking weed and drinking. The cycle started again when my brother, my cousin came up with this bright idea...This time the town of Vienna sent me a 28-day program at the Baltimore Recovery Center, but I only went trying to save the job. At the end, I would, put my uniform on, say I'm gonna go to work, I'm not gonna miss no more days, and as soon as I'd open the front door. Those drugs were calling me back! Eventually, I lost that job too.

I was in my bedroom and had plenty of drugs in the house but something just wasn't right. I was tired, I was tired, I was tired, so, I fell to my knees and I said, "God, please help me. Please help me, God. Please help me." This was the first time in my life that I had that sincere prayer that I wanted to do something different, March, 20, 1994.

God does work through people. So I called my aunt on the telephone, and I told her I was tired. But this time, I just knew in my spirit, in my gut, that I wanted to do something different. So my cousin picked me up and delivered me to Alexandria Detox where I told the people I wanted to kill myself. That's when my process started. I went to that meeting, and I heard people sharing their experience, strength, and hope...and when I went through that detox, I wanted to go to sleep. A guy said, man, come on, go to this meeting, you might hear something that just might save your life. Later, I used to thank that guy every time I seen him. May he rest in peace. His name was Monty. That was the best advice he'd given me.

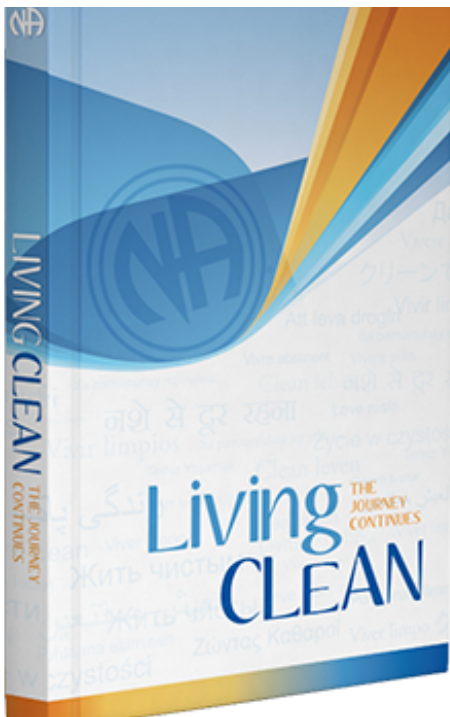
I haven't looked back since. I came in here, I listened, I got a sponsor. I did some work on me and I was starting to love myself. I knew this time that I was never gonna use again. And I meant it. So I took the suggestion that you people gave me and it's been working for me to this day. I just love the way I'm living. All the things that I gave away during my addiction, God is slowly putting them back in my life. That same woman that put my ass out years ago, she's my wife today. We've been married over 20 years. I said that I was gonna die using, but my God had other plans for me. We have a beautiful home, family and friends which are the blessings of the program.

THE JOURNEY CONTINUES

Those are blessings of the program: getting out of the way and letting you people show me how to live a better way and it's been working. So with that, I hope I said something to help someone and I'mma keep coming back! I'ma close with this, "If you know of a perfect world, please give me the address so I can go there. But ain't no such thing. We have to heal and deal around here. And no matter what, just don't use, remember your story. Remember your story at the end of it. And if you do those things, I guarantee you can stay here clean. Enjoy this beautiful life that Narcotics Anonymous, has allowed me. Thanks for allowing me to share."

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Special Thanks to Charles H. for his contribution to the DC Area Public Relations , DC Link



LIVING MIRACLES

Lavada H. – 17 Years – June 3, 2009

Greg M. – 29 Years – June 10, 1997

Rita L. – 29 Years – June 3, 1997

Rodney T. – 20 Years

Francine K. – 6 Years

Angel S. – 20 Years

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or

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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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