



Dulles Corridor Area
Narcotics Anonymous

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The Group Conscience

Step Six

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

By Karen G.

Hey everybody! I'm an addict named Karen, and I was asked to share my experience with you about Step 6. I'm new to sharing via newsletter, so I made sure to check in with my sponsor and say a prayer before sitting down to write today. The main takeaway that I got from talking with my sponsor was the emphasis on Narcotics Anonymous as a twelve-step program. Meaning, we are able to get clean, lose the desire to use, and find a new way of life by working through

all twelve of our steps and practicing each day to apply the spiritual principles of those steps in our lives. It's easy for me to get caught up in the social aspect of NA sometimes, in the fellowship, and forget that I need to be doing stepwork in order to reap the spiritual benefits of the program. So, if you've made it to Step 6 already: Congratulations!! You're halfway through your first round of steps!

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Sixth 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.

By Collete L.

Many years ago, I was involved in getting a 12-Step Club opened and in doing this we had to keep the 6th Tradition always in mind. One of the hardest parts was raising the initial funds needed to open the club - not a small amount. The most obvious way to do this was by reaching out to the people who would benefit from this club which was other members of 12 Step programs. We couldn't make announcements in meetings asking for donations without getting that groups permission to do so. Even though our goal was to benefit 12 step members, we had to remember that we were an entirely separate enterprise. We had to walk a very fine line at times.

I have to be honest and say that getting the club opened was not always a smooth process. It took a tremendous amount of effort and

work, which sometimes put a severe strain on us. Sadly, there were arguments between board members that caused serious rifts, and even ended some long term friendships. A few board members walked away wanting nothing more to do with the club, even refusing to attend meetings there after we opened. There were power struggles, gossip, and drama!

The NA program is built around spiritual principles and a set of Traditions that we didn't always remember or follow. NA needs to be a safe haven for addicts. We cannot afford to divert our focus on our primary purpose by matter of money, property or prestige.

I am glad to have been part of the effort to get this club open but it did teach me that matters of money, property or prestige can definitely distract from our primary purpose.

Step Six continued from page 1

I've worked the 6th Step twice so far since I've been clean, and there's a line in the Basic Text that sums it all up for me pretty well: "When we see how our defects exist in our lives and accept them, we can let go of them and get on with our new life" (34). It seems like a pretty simple sentence, but it really says a lot to me. For example, before I could see how my defects existed in my life, I had to get to, and then work through, the 4th and 5th Steps. Because denial has been a tool that I've used often and liberally throughout my life, including my recovery, it took some deep digging, perspective from others, and the passage of time for me to actually be able to see how my defects were working in my life. Acknowledging the defects and accepting them were two distinct parts of my 6th Step process and that's where the tension happened. Here's one way of looking at it - before working 4 and 5, it was common for me to act out on a behavior and have no self-awareness at all. There was no inner voice, no conscience, telling me not to act out; additionally, I rarely felt remorse afterward. The denial was real. During my work on Steps 4 and 5,

I was gaining awareness; immediately after acting out I could see what I had done was wrong and felt guilt or remorse. And then came the 6th Step. I knew I was about to act out, I was aware that negative consequences would be coming, but I just couldn't stop myself from acting out. I hadn't accepted my character defects yet; I had acknowledged them, but I kept resisting their existence and trying to change them myself, without the help of my Higher Power.

Now, for those of you who've worked the 6th Step before, you know that this is a common problem. When we try to change or remove our defects on our own, we fall short. The same thing happened to me before coming to Narcotics Anonymous when I tried getting clean on my own. I could string together a few days here and there, but I had no serenity and I always ended up using again. It wasn't until that deep surrender that happened when I attended my first N.A. meeting and admitted out loud that I'm an addict and I need help, that I gained the freedom to stop using. I had to get to that same point of desperation in order to surrender, to

let go, of the defects in the 6th Step. I had to get to the point where I had a deep knowing - the acceptance that our text talks about - that these defects are a part of me and that that's okay. That I am human and I'm not meant to be perfect. If I get honest and ask for help, I can get freedom from these behaviors in the same way that I got freedom from using drugs.

Despite the emotional turmoil that accompanied both of my 6th Step processes, I have to admit that I am deeply grateful for them. For me, they have been the most transformative experiences of my recovery. I've been able to let go and move forward from patterns of behavior that have caused me pain and discomfort throughout my life. The freedom that comes from getting to the other side of the 6th Step is beyond compare and well worth the work. It truly does allow us a new way to live. I just went over my most recent 6th Step with my sponsor about a week ago, and I am feeling quite free and relieved to be on my 7th Step now. I'll keep coming back and keep doing the work to experience as many of the benefits of the Narcotics Anonymous program as I can.

Whitewater Rafting in Recovery

By Mike B.

In 1977, being new and bored, nine of us decided to go rafting on the New River Gorge in West Virginia. We planned to camp and were so poor that we had to pool our money for a campsite, but five inches of rain forced us in a motel room - all nine in one room! The New River was at nine feet and a flip in Surprise, a Class 3 rapid, ejected the guide and brought me to prayer!! Fortunately, the rest of the trip was wild with no flips or ejections.

We started our trips from Ohio (where I was living at the time) and continued them even after I moved

to Northern Virginia in 1980-81. We increased our fellowship by inviting Virginia folks to join the (mostly) Ohio crowd. Currently, several groups in the SheVANA Area and groups in the Dulles Corridor and NORVANA Areas sponsor this event.

I fell in love with the comradeship, unity, and adventure! I also learned about good clean fun in recovery! In the early 80's we had many Ohio people coming, but by the mid-90's, most of them had stopped coming and it has become a mostly Virginia group. It is hard to say when families started

coming, but we currently have lots of kids, spouses, friends, and people just coming to enjoy the weekend outside! We plan the event for two in-water days: Friday on the Class 2-5 whitewater and Saturday on family-friendly tubes down a Class 1-2. We started in 1977 and the only year missed was when I was in Ocean City, MD going through a divorce, hence 2020 is our 42nd annual event. People come from all over Ohio, Pennsylvania, West Virginia, and Virginia - with

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groups from Northern Virginia, Front Royal, and Virginia Beach showing up as the mood strikes them!

Why the New River Gorge? Experience taught us a few lessons! We tried the Cheat River - it snowed, tried the Tygart River - bad idea, then the lower Yough (the Youghiogheny River) - no guides -too many swims. Once we tried the New River on a July 4th - Oh no!! - and there was no sleep, firecrackers, gunshots, and yelling all night by groups of "have-not-made-it-to-the-rooms- yet" partiers! That was a lesson learned, so we moved it to the weekend before July 4th. What we realized is that the water is the right temperature, the sun is warm, the crowds smaller, and it is generally more peaceful. This has become our standard Whitewater Rafting Trip – at the end of June going down the New




River Gorge. Caveat: we used to also run the Gauley in the Fall but in the end, we found it was too much work.

Last year, being almost 77, it was time to get the trip planning and organization into other hands so it continues another 50 years! We successfully turned the trip over to Jack, Allison, Mary, and Sharon -- they are great! There are love stories, lots of

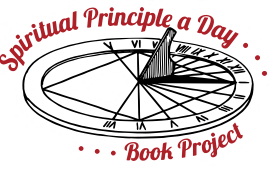
unity, teamwork, and bonfire meetings – all while learning about being clean in the outdoors! We have newcomers getting and staying clean, getting happy, and learning to love life after Hell in the drug world. People bring dogs, children, spouses, and friends – some of whom are in recovery – but the only requirement is to bring a good attitude and to prepare to have a fun weekend!

ANOTHER SPECIAL **VIRTUAL** EVENT OF THE
DULLES CORRIDOR AREA
 OF NARCOTICS ANONYMOUS
SATURDAY • JUNE 6 • 2020
 11:30AM - 12:30PM (EST)



Literature
WORKSHOP

TOPIC OF DISCUSSION:
How the Process Works
*A new book in the making,
 written by addicts, for addicts*



Spiritual Principle a Day
 ... Book Project

Zoom **946-1065-6085**
PASSWORD: 540159

ANOTHER SPECIAL **VIRTUAL** EVENT OF THE
DULLES CORRIDOR AREA
 OF NARCOTICS ANONYMOUS

GSR *Workshop*



12:00PM (EST)

SATURDAY • JUNE 13 • 2020

Zoom **960 9322 8374**
PASSWORD: 856589

Dulles Corridor Area of NA
Our area is located in Northern Virginia and holds about 20 meetings per week in Aldie, Ashburn, Chantilly, Herndon, Leesburg, McLean, Purcellville, Reston, and Sterling.



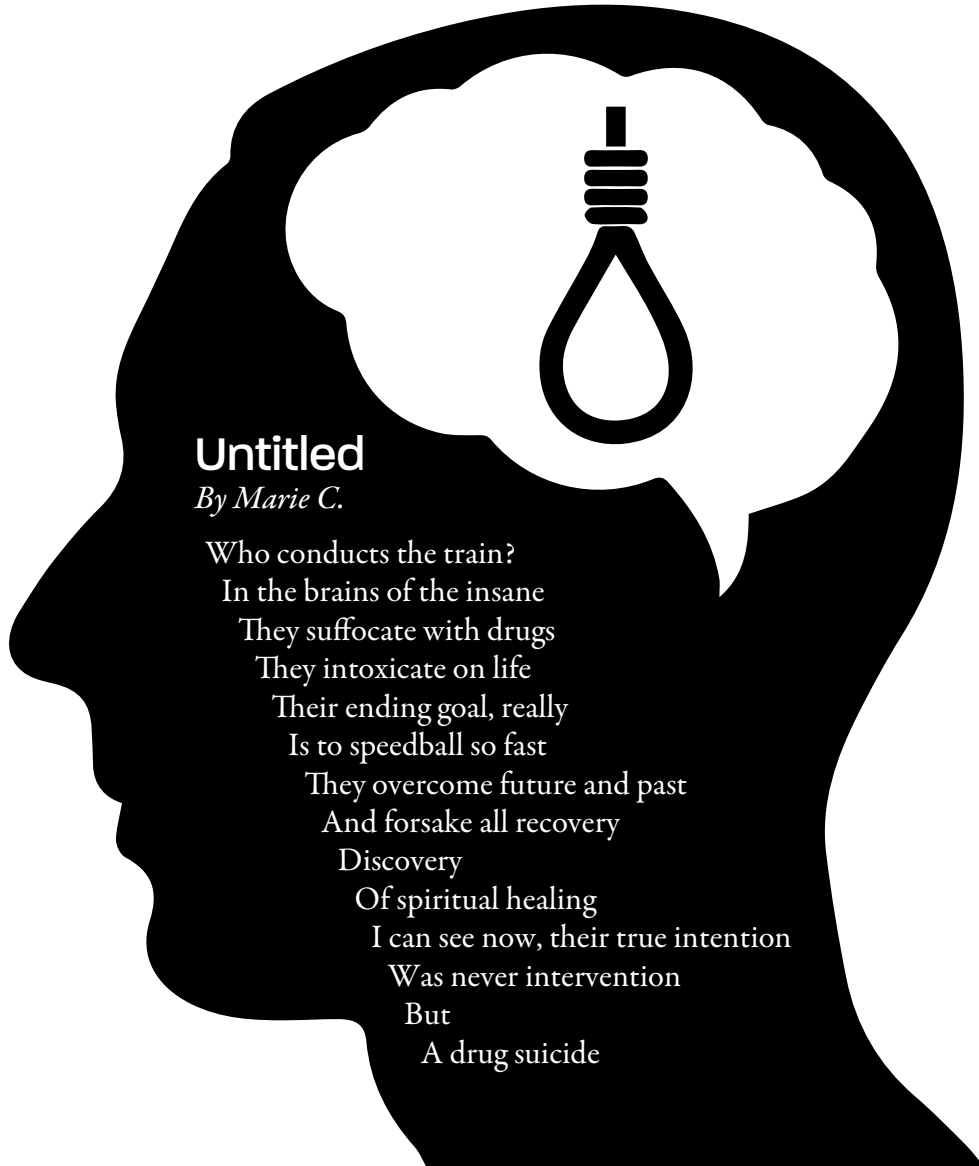
Anniversaries

Megan C.
1 Year
June 13
Rainbow Llama

Atticus M.
10 Years
June 13
Rainbow Llama

Dillon E.
2 Years
June 22
The Exact Nature

Artists' Corner



Untitled

By Marie C.

Who conducts the train?
In the brains of the insane
They suffocate with drugs
They intoxicate on life
Their ending goal, really
Is to speedball so fast
They overcome future and past
And forsake all recovery
Discovery
Of spiritual healing
I can see now, their true intention
Was never intervention
But
A drug suicide

Want to see your work in print?
Email newsletter@dcana.org



NA Narcotics Anonymous

is 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 used, but only in what you want to do about your problem and how we can help.

June Service Event Calendar

6 Saturday
Literature Workshop
11:30 AM - 12:30 PM
Zoom ID: 94610656085
Password: 540159

13 Saturday
GSR Workshop
12:00 - 1:00 PM
Zoom ID: 96093228374
Password: 856589

28 Sunday
Area Service
June 28
2:00 PM
Zoom ID: 599683812