



Living Miracles **STEP 8**

◇ **Jess M**—9yrs—8/4
Starting Over
9650 Basket Ring Rd, Columbia

◇ **James A**—2yrs—8/12
It Works How & Why
6905 Greenbelt Rd Greenbelt

◇ **Eli B**—3yrs—8/12
Living A Dream
1905 Edmondson, Catonsville

◇ **Jack M**—13yrs—8/12
Lost and Found
929 Ingleside Ave, Baltimore

◇ **Dimitri**—20yr—8/14
Star Group
424 Main St, Laurel

◇ **Cleve**—12yrs—8/18
Starting Over
9650 Basket Ring Rd, Columbia

◇ **Savage Survivors**
950 Baltimore St, Savage
Jeff S—13yrs—8/04
Greg F—26yrs—8/11
Darlene C.—15yrs—9/01
Kurt R. 3- 9yrs—9/22

◇ **Women Clean Group**
Zoom ID: 87687581084; Passcode: 766458
Kia J—2yrs—8/06
Erica C—18yrs—8/20
Charmaine S—6yrs—9/3
Stephanie E—15yrs—9/17

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.

(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 have caused 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 those that would feel uncomfortable running into. If I am unsure. I put them on the list, and let my sponsor help me identify exactly what has charged the emotion. In order to decide if I have caused harm.

I focus on my behavior alone, so I don't get offtrack; resulting in a resentful mind space. Focusing on myself and taking responsibility for my action 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 have caused in active addiction, back when my feelings were masked by drugs. I'm feeling these feeling for the first time, and 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. Now, I am 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 7/2024

Eighth Concept

Our service structure depends on the integrity and effectiveness of our communications.

Regular communication is essential to the fulfillment of all these concepts, and to the integrity and effectiveness of our services themselves.

TRADITION Eight

Narcotics Anonymous remains forever nonprofessional because what we give is beyond words, beyond measure. The very best we can give is ourselves—we give freely, and what we give is hope.

At a casual glance, Tradition Eight might not seem like one of our more "spiritual" Traditions. But in fact it reaches to the core of our spiritual program. By committing to being nonprofessional, we ensure that our simple way will be an enduring legacy—freely given among equals, our program is safe from the whims and fancies of the public

Service Works!

GSRs & Chairs:

Central Area Service

ASC Meets 1st Wednesdays 7-8pm
Church, 6905 Greenbelt Rd, Greenbelt

NOTE: On-line ASC Zoom link
Online: zoom.us/j/83624520975 PC: 353938

South Potomac Area
Special Events
Presents:



8:00 PM to Midnight
August 17, 2024

Hensen Valley Christian Church
1900 Tucker Rd. Fort Washington
Maryland 20744

Let's Dance
donation in advance
at the door

Let's Dance
For more informat
Contact Chair: Paul
240-645-2255 NA

Central MD
Special Events
Is in need of trusted
servants!

No clean time
requirements

Lets plan something fun!

Be an INFORMED member...



- Why are there so many motions to vote on?
- Where does our group donation actually go?
- What really goes on during area service?

Central MD Area Service
ASC Meets 1st Wednesdays 7-8pm
Church, 6905 Greenbelt Rd, Greenbelt
NOTE: On-line ASC Zoom link
Online: zoom.us/j/83624520975 PC: 353938

DCANA Summer Picnic

Algonkian Regional Park, Shelter 3
47001 Fairway Dr., Sterling, VA
Saturday, August 3rd 11-4 pm
\$5 suggested donation per person

We'll Have Hot Dogs, Hamburgers & Water
Bring a Side Dish | Sodas/Redbulls for Sale
Join us for a NA speaker @ 12 pm!

What to Bring:

- Camp Chairs
- Sunscreen
- Bug Spray
- A Newcomer
- Sports Equipment

if you are bringing a large group (more than 5), please contact Jess G at 202.8709272 so we can accommodate your group



Brought to you
by the Special
Events Committee of

**Dulles Corridor Area
Narcotics Anonymous**

Join our WhatsApp



to get all the latest

Special Events Info



CPRNA

Regional Service Committee Will Be In Person Again!!

SATURDAY AUGUST 10TH 2024
10:00 Am to 6:00 PM

Location; Cedar Lane Unitarian Church
9601 Cedar Ln, Bethesda, MD 20814

Schedule of events:

9:00 AM to 10:00 AM

Breakfast; Coffee, Donuts & Bagels

10:00 AM to 12:00 PM

Subcommittee meetings, Space is available for all subcommittees to meet in person if needed

11:30 AM to 12:30 PM

Board of Directors Annual meeting

12:00 PM to 1:00 PM

Lunch; Sub Sandwiches, Wraps, Water, Soda & Chips

1:00 PM to 6:00 PM

CPRNA Regional Service Committee meeting



Questions, please contact Robert F. 240-372-5072,
Cheryl D. 202-812-4171, Suzanne W. 240-793-1799



Empowering Women

Thursdays 6:00 pm



The Serenity Center
9650 Basket Ring Rd
Columbia, MD 21045



NA Today

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WCNA 38

Opportunities to Serve!

<https://volunteer.na.org>

Although the NA World Convention does not actually start until **Thursday, 8/28**, there are opportunities to serve beginning Tuesday, 8/26 with Pre-Registration activities. The possibilities to serve and be a part of are endless until the end of the convention, **Sunday 9/1/24!**

Come help out with a marathon meeting, or registration, or the Coffee House, or be a line monitor, or...or....(you get the drift!). Become "a part of" the **38th World Convention of Narcotics Anonymous in Washington, DC** and not just a spectator!



The World Convention of Narcotics Anonymous
WCNA 38: The Power of Love

The World
Convention of NA
is coming to
Washington DC
Aug 29 to Sep 1, 2024!

Scan the QR Code or go to
<https://www.na.org/wcna>
To find out more and register!



SCAN ME

