



August 2024

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

TT R

0

0

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.

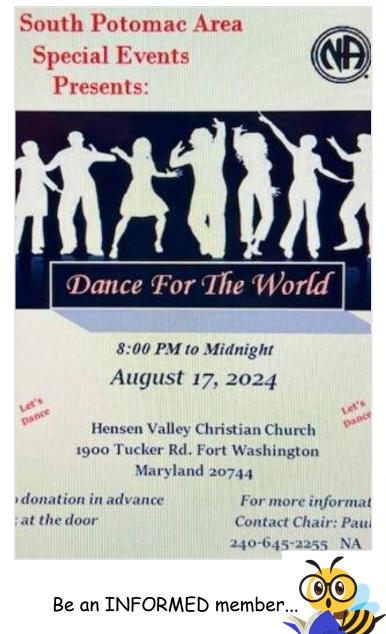
Regular communication is essential to the fulfillment of all these concepts, and to the integrity and effectiveness of our services themselves.



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 **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



- 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

Central MD **Special Events** Is in need of trusted servants No clean time requirements

Lets plan something fun!

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:

- Bug Spray
- Camp Chairs Sunscreen
- 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









CPRNA

Regional Service Committee Will Be In Person Again!!

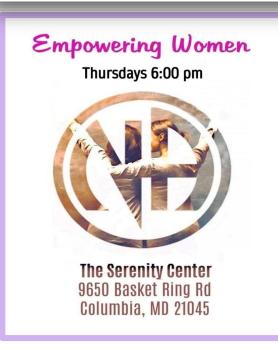
SATURDAY AUGUST 10TH 2024 10:00 Am to 6:00 PM

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





N | Q A Z T L D C M Z D F H D A A C P C STVFLEXIBILITYMIFKMU A H I I L D A O U O Q S G C X V H V M Q K C A I C G N C Q I B L G D G C G T K P COKKNKWACWWEWQWHFRSR BNVDPTYYNOUJYHBSDVSU XSSSLSEIPOUKZXRZETUD IVNIEQGRFNNIWMYAIRE U T H L V F K T X I U D M A S R E C E C ΤΕ U S T A B I L I T Y Q I B P K Z N E ΟΝΜΤΙСΜΜΡΗΕΥΗΤΤΙΟΑΟΝ NCIQCCWALPNZMLNYLHEA OYLRREINLYLESVDFLIRN MHILAPVFCTQMODQ | RCTP Y S T A U T G A N E C X N B C S Y M R Y G V Y L D A Z Q E S S C G I W E H O R E G D A K D N W E Q V B L R V H S J L D Z BSFGVCDFRUCVDZMEUCRD P X H B V E R I K Y U D W V L S L O Q H



NA Today Editor/Publisher: Amanda K NAT Contact Info: aalbizu333@gmail.com





Although the NA World Convention does not actually start until **Thursday, 8/28**, there are opportunities to serve <u>beginning</u> **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!



