

## Welcome to the Dupont Circle Club!



**The Dupont Circle Club celebrated 30 years of helping others find recovery last year!** Whether you are coming back into the rooms or exploring 12-step recovery for the first time, we hope that you find a safe, welcoming environment at DCC as you begin your journey towards a better life. Here are some suggestions that we have found helpful in recovery:

1. **Share your experience.** Speak up in meetings.
2. **Get involved.** Volunteer to be of service to your group.
3. **Keep an Open Mind.** Be open to suggestions in the rooms.
4. **Get a sponsor.** They share experience, strength and hope.
5. **Keep Coming Back!** A new way of life IS possible!

### Get Up to Date

#### DCC now accepts Venmo!

We now have our very own Venmo account:

**@DupontCircleClub**

The club values its members and is always on the lookout for ways to help our members contribute.

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#### Re-opening

The club may re-open after the DC government Phase 3 timeframe provided by the DC Mayor's office. Stay tuned!

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#### Meeting Contacts Needed

We are compiling a list of the main points of contact for each fellowship meeting. Please contact the club manager with the best point of contact for your meeting via:

**DCCMANAGER1623@GMAIL.COM**

## 30 Years of Sobriety at DCC!



The Dupont Circle Club first opened its doors in **November of 1989** in a building located in the alley behind our current location. That alley eventually was affectionately nicknamed *Flat Rat Ally* due to its poor lighting, dumpsters and some “flat” rats. But it is where we got our start! After growing on *Flat Rat Ally* for a few years, the landowner offered the Club space at our present location, 1623 Connecticut Ave. on the second story.

The Club came into existence due to the hard work of a group of peers in recovery who saw the need for a reliable space for meetings in downtown Washington. Some of those founding members still attend meetings regularly at Dupont.

Today we provide space for over 90 recovery meetings each week and host twenty different 12-step fellowships. These meetings bring hundreds of people a week into the rooms of DCC. Our central location, a block north of Dupont Circle provides for a rich diversity of ethnicity, class, gender, and geographic origin, with many out-of-town visitors.

The Dupont Circle Club is honored to be part of the Washington, DC recovery community!

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### DCC Founding Member: John D.

*What was your early recovery like?* When I came into sobriety, the Dupont Circle didn't exist yet. In the 1980's I was fortunate to be surrounded by so many recovering alcoholics – it was very much a feeling of comrades in the foxhole of sobriety back then.

*How did you view the DCC?* The Dupont Circle Club started in May 1989 and it was another Godsend on my road of recovery. At that time, it was touch and go how long the Club would go – but it was fulfilling a need and people kept coming back! The first Club was in the alley behind DCC's present location... we affectionately called the entrance 'flat rat alley' which made it even cooler to come into the club! I made the Dupont Circle Club and AA the center of my life.

*Any tips for newcomers?* My suggestion to newcomers to the club is to read the AA message, go to meetings every day, try the 12 steps, find your own way and salute the daily progress you make.

*Did you serve on the DCC Board?* In my experience participation is the key to harmony and serving on the DCC board has been a delight – it has been a gratitude in action thing for me. Also, serving on the board has taught me how much occurs behind the scenes to make 12 step recovery available to us.

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## How the Wisdom of 12-Step Programs Can Help Us With COVID-19

*Seven practices to help you navigate quarantine.*

Posted Mar 30, 2020 in Psychology Today

**About the Author** Scott T. Allison is Professor of Psychology at the University of Richmond and is author of *Heroes* and *Heroic Leadership*.

At first blush, it would not seem like 12-Step programs could help ordinary people through difficult times. After all, these programs are only designed to help people recover from addiction, right?

Yes and no.

It turns out that handling an addiction problem has much in common with handling the next month at home in isolation during a pandemic.

The key is to understand that 12-Step programs are designed to promote emotional well-being, not just physical sobriety. The Al-Anon program, derived from Alcoholics-Anonymous, is intended to help people cope with living in crazy times. Al-Anon is a 12-Step program for people who live with or once lived with alcoholics. One of the central tenets of Al-Anon is that “we can be happy whether the alcoholic is still drinking or not.” We can tweak that sentiment to read, “we can be happy whether we are in quarantine during a pandemic or not.”

Here are some of Al-Anon’s secrets to not just weathering the storm, but flourishing during it:

### 1. Letting go of control

Human beings are designed to seek control and to seize it whenever possible. During a pandemic when so much is out of our control, the best gift we can give ourselves is to follow the Serenity Prayer made so famous by 12-Step programs.

The prayer encourages us to let go of the things we cannot change and to focus only on things we can control. “Letting go” calms us and assures us that we’re neither designed nor able to fix the entire world.

### 2. Patience

One of the central ideas of 12-Step programs is the notion that in any crisis there are rarely quick-fixes. A crazy addiction or a crazy pandemic didn’t happen overnight, and it won’t resolve itself overnight, either.

We can work on increasing our patience by understanding that solutions to big problems require a process that is already well underway. We can trust that process and allow it to unfold on its own timetable. Letting go of our need to fix and control can help foster patience.

### 3. Keeping the focus on oneself

Al-Anon teaches its members that the solution to most problems resides in our own attitudes and mindsets. Spiritual teachers throughout the ages have cautioned against taking the mental stories in our heads too seriously.

A pandemic quarantine offers an opportunity for stillness and solitude — two keys to calming ourselves and changing the self-narrative to gratitude and to letting go of the need to control things beyond our own individual lives.

#### 4. Trust

12-Step programs emphasize the importance of trusting that even when things seem to be going wrong, there is a deeper, more long-term perspective that we can take. Such a perspective sees the potential good in any situation.

We can trust that despite appearances, a power greater than ourselves is in charge and will somehow provide solutions that we're unaware of right now. Trust means, again, letting go of control and having faith that the world is slowly but surely healing itself.

#### 5. Living in the present

One of the most important tools of 12-Step recovery programs is the practice of staying in the present moment. Our minds can easily wander to the past, where regrets or resentments lie waiting for us, or to the future, where anxieties lurk.

There are no problems in the present moment, only challenges that can be met one at a time, one moment at a time. Staying in the present keeps our fears at bay and converts our problems into bite-sized, manageable issues that we can easily deal with.

#### 6. Social connections

It has been said that every person with addiction's "sore spot" is the feeling of isolation, of being socially disconnected. Yet psychologists know that the need to belong is central to every model of human well-being. All 12-Step programs strongly encourage their members to find a mentor, a sponsor who can walk the path of life with us.

We each need to have one or more persons we can turn to for advice, for comforting words, for companionship, even if it's over Zoom or the phone. Reaching out to people, even just texting them, can promote our well-being.

#### 7. Service to others

The 12th and final step of recovery programs states that the key to maintaining our own emotional well-being is to help, encourage, and comfort others. Each one of us possesses a gift to share with the world, whether it is painting, writing, singing, or simply listening. The latest research is very clear: When we reach out to help others, we are helping ourselves get better, too. Research on heroism tells us that we are all designed to do what all classic heroes do — encounter adversity, seek help from friends, make mental adjustments, behave accordingly, and then share our experience, strength, and hope with others. The hero's journey is the 12-Step journey that we can all benefit from during any phase of our lives. We have the opportunity to engage in practices that will help us grow and transform into our best selves, pandemic or no pandemic.

### Did You Know?

- The Club is making a ZOOM account available for any meetings that need one. Contact the manager at: [DCCMANAGER1623@GMAIL.COM](mailto:DCCMANAGER1623@GMAIL.COM) to request an account for your meeting.
- Each month The Club has about 6,500 visits; hosting more than 90 meetings weekly for over 20 different recovery fellowships.
- A volunteer board of 11-13 members commit approximately 65 hours of service each month to keep The Club running smoothly.
- You can follow The Club on Facebook by searching [@thedupontcircleclub](#)