

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from the Traditions.

As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

- * Go to a meeting * Get a Sponsor**
*** Work the Steps * Trust your Higher Power**
*** No matter what—*DO NOT USE***

SPOKANE AREA MEETINGS

Sunday

10:00am H K D Clean Club– Spofford & Post (Fellowship Hall)
12:00pm D A K The Nooner– 303 W. 2nd Ave. (Our Club)
7:00pm D H K SS Wrap up– 1222 W. 2nd Ave.
9:45pm K Crazy Sundays -Hoot Owl 2016 E. Sprague Ave.

Monday

12:00pm D A K SS The Nooner –303 W. 2nd Ave. (Our Club)
12:00pm A H Jolly Rodger- 2016 E. Sprague Ave (Hoot Owl)
6:00pm A H K Hugz not Drugz-901 N. Monroe 3rd floor
7:00pm K H B Mon. Night Miracles-202 N. Pines Rd. (Valley)
8:00pm H K SS B Addicts in Action– 315 S. Spruce (Church)
9:45pm K Crazy Mondays–Hoot Owl 2016 E. Sprague Ave

Tuesday

12:00pm D A K SS The Nooner –303 W. 2nd Ave. (Our Club)
12:00pm A H Jolly Rodger-2016 E. Sprague Ave. (Hoot Owl)
5:30pm CA K You Grow Girl- 901 N. Monroe 3rd floor (women)
7:00pm C H SS D Lost and Found- 1222 W. 2nd (NO kids under 10)
7:00pm A K H Northside NA- 4520 N. Crestline (Corner of Hoffman & Crestline)
9:45pm K Crazy Tuesdays-Hoot Owl 2016 E. Sprague Ave.

Wednesday

12:00pm D A K The Nooner –303 W. 2nd Ave. (Our Club)
12:00pm A H Jolly Rodger-2016 E. Sprague Ave (Hoot Owl)
6:30pm A CL Recovery by Candlelight– 827 W. Cleveland
7:30 pm C B H K SS Brothers Living Clean-1222 W. 2nd Ave (Men)
9:45pm K Crazy Wednesdays- Hoot Owl 2016 E. Sprague

Thursday

12:00pm D A K SS The Nooner –303 W. 2nd Ave. (Our Club)
12:00pm A H Jolly Rodger-2016 E. Sprague Ave (Hoot Owl)
7:00pm D H K Thursday Night Moved Again 1222 W. 2nd Ave
7:30pm A SS Thursday Night Literature Study 2102 E. Everett Ave.
9:45pm K Crazy Thursdays- Hoot Owl 2016 E. Sprague

Friday

12:00pm D SPA K The Nooner – 303 W. 2nd Ave. (Our Club)
12:00pm A H Jolly Rodger-2016 E Sprague Ave. (Hoot Owl)
7:30pm SPA Friday Night Speaker Meeting 1700 W. 7th Ave
6:00pm A SS Step Sisters -1700 W. 7th Ave (Women)
9:45pm K Crazy Fridays-Hoot Owl 2016 E. Sprague

Saturday

10:00am K D H Clean & Serene-214 N. Cedar
 Peaceful Valley Community Center
12:00pm D A K The Nooner – 303 W. 2nd (Our Club)
6:30pm LGBT A Regardless of.... -927 S. Perry (Temple)
8:15pm A CL K H Saturday Night NA 1700 W. 7th (Alano Club)
9:45pm K B Crazy Saturdays-Hoot Owl 2016 E. Sprague

GROUPS ARE LISTED AT THEIR REQUEST. A DIRECTORY LISTING DOES NOT IMPLY NA APPROVAL OR ENDORSEMENT OF ANY GROUP.

MEETINGS OUTSIDE SPOKANE

MON- Colville- Dopeless Hope Fiends- 7:00pm

(215 S. Oak- County Commissioners Bldg -brown door)

Third Monday is birthday celebration with potluck and cake @ 6:30

THUR -Newport- 7:00pm- Unloaded -612 W. 1st

Colville- 7:30pm -Dopeless Hope Fiends

(Youth Center 401 North Wynne Street)

Lewiston, ID/Clarkston, WA

Tues-Lewiston-12:00pm Willing Addicts-1720 18th Ave

Tues-Lewiston-7pm-Never Alone-1830 Ave. North

Wed-Lewiston-7pm-Willing Addicts-St Joseph's Hospital

Thurs-Lewiston-7pm-Never Alone-Behind Church 347 Thain Rd (Agape Hall)

Fri-Lewiston 7pm-Willing Addicts- St. Joseph Hospital

(2nd floor Conference Room B)

Sat-Clarkston-7pm-Willing Addicts- Alano Club 1435 S Elm St. (last meeting of the month is a speaker meeting)

Sun-Lewiston-7pm-Never Alone- @ 1830 N. 6th Ave

Pullman, WA

Tuesday, Thursday, Friday and Saturday

7:00pm Pullman- Recovery Quest NE 1125 Stadium Way
 (Church Basement Door) (Sat is CL and K)

Legend

“C”-----*(closed) Meeting is for addicts only*
 “CL”-----*Candle Light*
 “H”-----*Handicap Accessible Meeting*
 “SP”-----*Speaker Meeting*
 “SS”-----*Step/Tradition/Literature Study Meeting*
 “K”-----*Key Tag Meeting*
 “A”-----*1 Hour Meeting*
 “B”-----*1 1/4 Hour Meeting*
 “D”-----*1 1/2 Hour Meeting*
 “LGBT”-----*All are welcome*

Upcoming NA Activities

Volleyball @ Mission Park

E. Mission Ave & N. Superior Street
 (Noon every Sunday)

Monday Nite Miracles 2nd Annual BBQ **Valley Mission Park**

September 11th. Starts at Noon, Speakers at 2pm

Learning Days Sept 24th time TBA

PRC Fundraiser October 29th

Central Grange (7001 E. Bigelow Gulch Rd.)

What is the Narcotics Anonymous Program?

N.A. is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. There are no strings attached to N.A. We are not affiliated with any other organization, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, religion or lack of religion. We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscience contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

WHO IS AN ADDICT?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another– the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same, jails institutions, and death.