The Twelve Traditions of Narcotics Anonymous

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.

1. Our common welfare should come first: personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other Groups or N.A. as a whole.
5. Each group has but one primary purpose--to carry the message to the addict who still suffers.
6. An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A. as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues, hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion: we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

JUST FOR TODAY

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new life that we had lost the power to do anything about it.

Why are we here?

Before coming to the fellowship of N.A., We could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands and our children. We had to have drugs at all cost. We did many people great harm, but most of all we harmed ourselves.

Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail or sought help through medicine, religion and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continue to progress until in desperation, we sought help from each other in Narcotics Anonymous.

SERVICE WORK HELPS- KEEP US CLEAN

All interested members are encouraged to attend the Area Service Committee (ASC) meeting and/or the Sub-committee meetings.

ASC is held the first Sat. of the month @ 9:30am (827 W. Cleveland, Spokane.)

Orientation for new GSR’s begins @ 9am.

ANC Chair: Bruce S.
ASC Chair: Michelle M.
ASC Vice Chair: Justin H.
ASC Treasurer: Janet T.
ASC Treasurer Trainee: Cory B.
ASC Secretary Robin B.

RMC 1: Sam
RMC 2: Nathan H.
C & E Coordinator: Tara S.

Literature: Tim W.
Website Coordinator: Chadwick K.

Schedules: Jacob P.
Archivist: Jennifer D.
Outreach: Billy
Activities Chair: Jessie W.
Activities Vice Chair: Shane M.
Fundraising Chair: Jaimie O
Fundraising Vice Chair: Patty A.

PRC Chair: Roberta C.
PRC Vice Chair: Anthony C.
PI Coordinator:
H&I Coordinator: Greg K.

Helpline: Sharilyn B.

“God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference.”

Habitat for Humanity

NARCOTICS ANONYMOUS
MEETING SCHEDULE
JUNE 2020

24-HOUR HELPLINES
Spokane (509) 325-5045
Lewiston/Clarkston (208) 746-7632
Pullman (208) 883-5006

www.newana.org
info@newana.org

Names & Numbers You Can Call Anytime

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

Other Area Helpline Numbers

Aberdeen/Hoquiam, WA.............(360)524-8008
Bellevue/Kirkland.................(206)790-8888
Centralia, WA......................(360)754-4433
Coeur d’Alene/ Hayden Lake/ Sandpoint, ID........(888)624-3577
Chelan/Douglas County........(855)322-3282
Everett, WA.........................(425)609-6790
Hermiston, OR....................(509)726-8384
Kettle/Longview, WA............(360)605-1250
La Grande/Pendleton, OR, Walla Walla, WA...........(800)766-3724
Olympia, WA......................(360)541-4433
Port Angeles, WA................(360)477-9397
Seattle, WA.......................(206)546-7477
South King County.............(253)392-2494
Tacoma, WA/Pierce County.....(253)392-8792
Tri-Cities, WA.....................(509)347-3480
Vancouver, WA...................(360)560-1441
Walla Walla......................(509)766-3724
Wenatchee, WA...................(877)664-0398
West Pudget Sound/Port Orchard, WA........(877)866-6556
Whitman Co.....................(509)767-2524
World Service Office, Inc.
Phone...........(888)773-9999
Phone...........(888)780-3035

Mailing Address
Area Service Committee
PO Box 10555
Spokane WA 99209
**DAILY MEETINGS**

- **9:00am** Wake Up Recovery 1917 E Pacific (Hoot Owl)
- **9:00am** The Nooner 303 W. 2nd St.
- **12:00pm** The Noonner 303 W 2nd Ave. (Our Club)
- **5:45pm** Roots Hall Crazy NA 3038 E Trent (Roots Hall)
- **9:15pm** NA Means Necessary 1917 E Pacific (Hoot Owl)
- **9:45pm** Roots Hall Crazy NA 3038 E Trent (Roots Hall)

**SUNDAY**

- **10:00am** Clean Club Spofford & Post (Fellowship Hall) (D H)
- **7:00 pm** Wrap Up 2815 W Sunset Blvd (D H SS)
- **4:00 pm** Regardless Of... 927 S. Perry St.

**MONDAY**

- **6:00pm** Hugz Not Drugz 901 N Monroe 3rd floor (A H)
- **7:00pm** Mon. Night Miracles 202 N Pines Rd. (B H)
- **8:00pm** In Action in Action 1700 W 7th (H SS)

**TUESDAY**

- **5:30pm** You Grow Girl 901 N Monroe 3rd fl. women (A C)
- **7:00pm** Northside NA 7315 N Wall St. (Basement)
- **7:00pm** Lost and Found 303 W. 2nd Ave. (C H SS)

**WEDNESDAY**

- **6:00pm** Brothers Living Clean 303 W. 2nd Ave Men (B C H)
- **6:30pm** Recovery by Candlelight- 827 W. Cleveland (A C L)
- **7:00pm** Wednesday Night WeCovery – 202 N. Pines

**THURSDAY**

- **7:00pm** Thurs Night Moved Again 3016 E 5th Ave (D H K)
- **7:30pm** Thurs Night Literature Study 1700 W. 7th Ave (A SS)

**FRIDAY**

- **6:00pm** Step Sisters 1700 W 7th Ave. (women) (A SS)
- **7:30pm** Friday Night Speaker Meeting 1700 W 7th Ave

**SATURDAY**

- **10:00am** Clean & Serene 214 N. Cedar (K H A)
- **6:30pm** Regardless of... 927 S. Perry (LGBT A)
- **8:15pm** Saturday Night NA 1700 W. 7th Ave (A CL K)

**MEETINGS OUTSIDE SPOKANE**

**MON - Colville:**
- 7:00pm Dopeless Hope Fiends- 215 S. Oak St. (Go to Brown Door)
- Ritzville-Just for Today NA-7:00pm – 11 W. Main

**SAT – Colville:**
- 7:00pm Dopeless Hope Fiends 576 N. Wynne St.

**THUR - Newport:**
- 7:00pm Unloaded 612 W. 1st Colville - 7:30pm -Dopeless Hope Fiends 603 N. Main St. (Warming Center)

**Lapwai, ID / Lewiston, ID / Clarkson, WA**

Sun-Lewiston 4:00pm Willing Addicts in Recovery -1720 18th Ave

Sun-Lewiston 8:00pm Never Alone - 124 6th St.

Mon-Lewiston 8:30pm Never Alone – 1020 Main St.

Mon-Lapwai 7pm - DreamCatchers Hwy 95 & Willow Ave

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

Tues-Clarkston-7:00pm Never Alone - 615 6th St.

Wed-Lewiston-7:00pm Never Alone – 1002 Idaho St.

Wed-Lewiston-7pm-Willing-Addicts-in-Recovery-St Joseph’s Hospital

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

Fri-Lewiston -7pm-Willing-Addicts-in-Recovery-St Joseph’s Hospital

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

**Orofino, ID**

Sun & Wed 6:00pm Down Payment on Life- 155 Main St.

Tues & Thurs 12:00pm-Down Payment on Life- 155 Main St.

**Davenport WA**

Sun 5pm #Clean AF 708 Logan St Harvest Celebration Church

**Kamiah, ID**

Sun 4:30pm – Clearwater Valley NA – Highway 12 Life Center

**Pullman, WA**

Tues, Thurs, Fri – Recovery Quest – 1125 NE Stadium Way

**Grangeville, ID**

Fri 5:30pm – 7:00pm – Survivors – 304 N. State St.

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**Legend**

“A”----------------------------- 1 Hour Meeting

“B”---------------------------- 1 1/4 Hour Meeting

“C” _____________________________(closed) Meeting is for addicts only

“CL” _____________________________Candle Light

“D”---------------------------- 1 1/2 Hour Meeting

“H”_________________________Handicap Accessible Meeting

“K” _____________________________Key Tag Meeting

“LGBT”_________________________All are welcome

“SP”__________________________Speaker Meeting

“SS”_________________________Step/Tradition/Literature Study Meeting

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**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, creed, 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 to 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

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.

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**Public Relations Committee**

Held the last Sat. of the month

1700 W. 7th Ave. Spokane, WA. @ 11:00am

**Activities Meeting**

2nd & 4th Sunday @ 5:30pm

303 W. 2nd Ave, Spokane, WA

**Fundraising Committee**

1st & 3rd Tuesdays @6:45

1700 W. 7th Ave. Spokane, WA

**Outreach Committee**

3rd Saturday @2:00pm

303 W. 2nd Ave.