

SERENITY PRAYER

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.

JUST FOR TODAY

(Tell yourself:)

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 associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

CALL BEFORE YOU USE!!!

CALL JUST TO TALK.

You don't have to wait for an overdose or jail sentence to get help from N.A. It is possible to overcome the desire to use drugs with the help of the Twelve Step Program of Narcotics Anonymous and the fellowship of recovering addicts. What have you got to lose?

Names and Phone Numbers

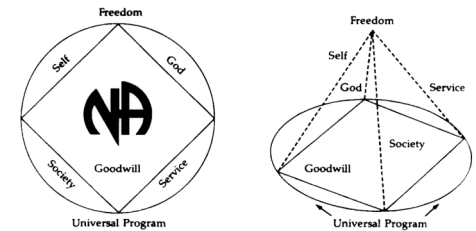
"Keep Coming Back"

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.**



MEETING SCHEDULE



3rd Step Prayer

God Take our will and our lives,

Guide us in our recovery and

Show us how to live...

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The Twelve Steps of Narcotics Anonymous

1. **We** admitted that 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 all 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 conscious 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.



Sunday 7:00 p.m.
"Sunday Salvation Group"
FAMILY SERVICES CENTER
Lighthouse Recovery Center



Monday 7:00 p.m.
"Monday Night Alive Group"
SDA Church Agana Heights
1st floor, hallway on your left 1st door on your right.
(look for the NA meeting sign)



Friday 7:00 p.m.
"Friday Night Basic Text Group"
FAMILY SERVICES CENTER
Lighthouse Recovery Center

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.

The Twelve Traditions of Narcotics Anonymous

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 non-professional, 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**.