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 of our affairs.

Meeting Key:

O=Open meeting, all are welcome
C=Closed meeting, addicts only please

CT=California Tag	CL=Candlelight
ST=Step	BT=Basic Text
TR=Tradition	IP=Info Pamphlet
SP=Speaker	JT=Just for Today
IW=It Works How & Why	LC= Living Clean
PS=Personal Stories	MT=Meditation
SG=Step Working Guide	WR=Writing
AK=Ask it basket	TT=Tag Topic
TD=Topic Discussion	BE=Beginner's
♿=Handicap access	BL=Bi-Lingual
CC=Chair's Choice	LD=Lit Discussion
FB=Flat book	CH=chapter

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 for membership, 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 organizations, 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 our 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.

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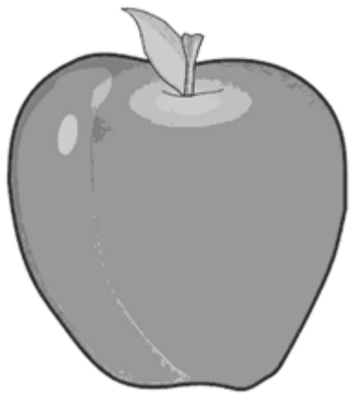
Call us before you use!

Meeting List



Little Apple Area
Of
Narcotics Anonymous

24-hour Help Line
610-439-1998
L.A.A.N.A.
P.O. Box 4475
Allentown, PA 18101

www.NA.org