

**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**

**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 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.

**Other Area Helpline Numbers**

- Aberdeen/Hoquiam, WA.....(360)249-1008
- Bellevue/Kirkland.....(206)790-8888
- Centralia, WA.....(360)754-4433
- Coeur d'Alene/ Hayden Lake/ Sandpoint, ID.....(888) NAHELPS
- Chelan/Douglas County.....(855)522-3262
- Everett, WA.....(425)609-6170
- Hermiston, OR.....(800)726-8314
- Kelso/Longview, WA.....(888)605-1250
- La Grande/Pendleton, OR & Walla Walla, WA.....(800)766-3724
- Olympia, WA.....(360)754-4433
- Port Angeles, WA.....(360)477-9367
- Seattle, WA.....(855)464-7477
- South King County .....(253)872-3494
- Tacoma, WA/Pierce County.....(253)531-8792
- Tri-Cities, WA.....(800)726-8314
- Vancouver, WA.....(360)690-1144
- Walla Walla.....(800)766-3724
- Wenatchee, WA.....(877)664-0398
- West Pudget Sound/Port Orchard, WA.....(877)861-6156
- Whatcom Co.....(360)647-3234

**World Service Office, Inc.**  
Phone.....(818)773-9999  
Phone.....(818)780-3951

"God,  
*Grant us the Serenity to accept the things we cannot change, The courage  
to change the things we can, And the wisdom to know the difference."*

**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.

After coming to N.A. we realized we were sick people. We suffered from a disease from which there is no known cure. It can however, be arrested at some point, and recovery is then possible.

**SERVICE WORK HELPS KEEP US CLEAN**

All interested members are invited and encouraged to attend the Area Service Committee meeting and/or the Sub-committee meetings.  
**Area Service Committee. (ASC) held first Sat. of each month @ 9:30am**  
827 W. Cleveland, Spokane. Orientation for new GSR's begins @ 9am.  
ASC Chair: Rina M.  
ASC Vice Chair: David R.  
ASC Treasurer: Janet T.  
Treasurer Trainee: Open  
ASC Secretary: Michelle M  
RCM1: Nathan H.  
RCM2: Kimberly C.  
C&E Rep: Cheyrlie N.  
**Call in your literature order a week before area please!!!!**  
Literature: Jennefer  
Website Coordinator: Cory B.  
Schedules: Ricky O.  
Archivist: Jennifer D.  
**Activities Committee and Merchandise.....**  
5:30pm 2<sup>nd</sup> and 4th Thursday @ 1222 W.2<sup>nd</sup> (Mid City Senior Center)  
Chair: Cheyrlie N.  
**Public Relations Committee (PRC)held the last Sat. of the month @ Alano Club.**  
1700 W. 7<sup>th</sup> Ave. Spokane, WA. Orientation begins @ 11:00 meeting @ 11:30  
Chair: Jesse W.  
Vice Chair: Roberta C.  
Secretary: Terren B  
PI Coordinator: Patty A.  
**Hospitals & Institutions (H&I)**  
H&I Coordinator: Barry W  
Helpline: Warren R.  
Outreach Liaison: Billy G.

**Mailing Address**  
**Area Service Committee**  
**P.O. Box 10353**  
**Spokane WA. 99209**

**NARCOTICS ANONYMOUS  
MEETING SCHEDULE**

**January 2018**



**24-HOUR HELPLINES**

Spokane  
(509) 325-5045  
Lewiston/Clarkston  
(208) 746-7632  
Pullman  
(208) 883-5006  
[www.newana.org](http://www.newana.org)  
[info@newana.org](mailto:info@newana.org)

**Names & Numbers You Can Call Anytime**

_____	_____
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**Suggestions**

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

## Sunday

**10:00am** H K D Clean Club– Spofford & Post (Fellowship Hall)  
**12:00pm** D A K The Nooner– 303 W. 2<sup>nd</sup> Ave. (Our Club)  
**5:45pm** A 6 O'clock @ 5:45 Roots Hall 3038 E. Trent  
**7:00pm** D H K SS Wrap up– 1222 W. 2<sup>nd</sup> Ave.  
**9:45pm** K B Crazy NA-Roots Hall 3038 E. Trent

## Monday

**12:00pm** D A K SS The Nooner –303 W. 2<sup>nd</sup> Ave. (Our Club)  
**5:45pm** A 6 O'clock @ 5:45 Roots Hall 3038 E. Trent  
**6:00pm** A H K Hugz not Drugz-901 N. Monroe 3<sup>rd</sup> floor  
**7:00pm** K H B Mon. Night Miracles-202 N. Pines Rd. (Valley)  
**8:00pm** H K SS B Addicts in Action– 527 S. Cannon  
**9:45pm** K B Crazy NA-Roots Hall 3038 E. Trent

## Tuesday

**12:00pm** D A K SS The Nooner –303 W. 2<sup>nd</sup> Ave. (Our Club)  
**5:30pm** CA K You Grow Girl- 901 N. Monroe 3<sup>rd</sup> floor (women)  
**5:45pm** A 6 O'clock @ 5:45 Roots Hall 3038 E. Trent  
**7:00pm** C H SS D Lost and Found- 1222 W. 2<sup>nd</sup> (NO kids under 10)  
**7:00pm** A K H Northside NA- 4520 N. Crestline  
**9:45pm** K B Crazy NA-Roots Hall 3038 E. Trent

## Wednesday

**12:00pm** D A K The Nooner –303 W. 2<sup>nd</sup> Ave. (Our Club)  
**5:45pm** A 6 O'clock @ 5:45 Roots Hall 3038 E. Trent  
**6:30pm** A CL Recovery by Candlelight– 827 W. Cleveland  
**7:30 pm** C B H K SS Brothers Living Clean-1222 W. 2<sup>nd</sup> Ave (Men)  
**9:45pm** K B Crazy NA-Roots Hall 3038 E. Trent

## Thursday

**12:00pm** D A K SS The Nooner –303 W. 2<sup>nd</sup> Ave. (Our Club)  
**5:45pm** A 6 O'clock @ 5:45 Roots Hall 3038 E. Trent  
**7:00pm** D H K Thursday Night Moved Again 1222 W. 2<sup>nd</sup> Ave  
**7:00pm** SS Back to Basics- Text study. Roots Hall  
**7:30pm** A SS Thursday Night Literature Study (303 W. 2<sup>nd</sup> Ave (Our Club)  
**9:30pm** A K H New Beginnings Hoot Owl 2016 E. Sprague Ave  
**9:45pm** K B Crazy NA-Roots Hall 3038 E. Trent

## Friday

**12:00pm** D SPA K The Nooner – 303 W. 2<sup>nd</sup> Ave. (Our Club)  
**5:45pm** A 6 O'clock @ 5:45 Roots Hall 3038 E. Trent  
**7:30pm** SPA Friday Night Speaker Meeting 1700 W. 7<sup>th</sup> Ave  
**6:00pm** A SS Step Sisters -1700 W. 7<sup>th</sup> Ave (Women)  
**9:45pm** K B Crazy NA-Roots Hall 3038 E. Trent  
**11:15pm** K A NA After Hours Roots Hall 3038 E. Trent

## Saturday

**10:00am** K A H Clean & Serene-214 N. Cedar  
Peaceful Valley Community Center  
**12:00pm** D A K The Nooner – 303 W. 2<sup>nd</sup> (Our Club)  
**5:45pm** A 6 O'clock @ 5:45 Roots Hall 3038 E. Trent  
**6:30pm** LGBT A Regardless of.... -927 S. Perry (Temple)  
**8:15pm** A CL K H Saturday Night NA 1700 W. 7<sup>th</sup> (Alano Club)  
**9:45pm** K B Crazy NA-Roots Hall 3038 E. Trent  
**11:15pm** K A NA After Hours Roots Hall 3038 E. Trent

## MEETINGS OUTSIDE SPOKANE

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

(Garden Holmes Medical Center lower level. 143)

**Ritzville-Just for Today NA-7:00pm-111 W. Main**

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

**Colville- 7:30pm -Dopeless Hope Fiends**

(Youth Center 401 North Wynne Street)

### Lewiston, ID/Clarkston, WA

**Mon- Lewiston 12:00pm Never Alone 838 Main St**

**Tues-Lewiston-12:00pm Willing Addicts in Recovery-1720 18<sup>th</sup> Ave**

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

**Wed-Lewiston-7pm-Willing Addicts in Recovery-St Joseph's Hospital C SS**

**Wed-Lewiston 12:00pm-Never Alone 838 Main St**

**Thurs-Lewiston-7pm-NeverAlone-Behind Church 347 Thain Rd (Agape Hall)(2<sup>nd</sup> floor Conference Room)**

**Thurs-Lewiston-12:00- Willing Addicts in Recovery-1720 18<sup>th</sup> Ave**

**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)

### Pullman, WA

#### Tuesday, Thursday, Friday and Saturday

**7:00pm Pullman- Recovery Quest NE 1125 Stadium Way**

(Church Basement Door) (Sat is CL and K)

### Orofino, ID

**Sun. 7-8pm Down Payment on Life- 155 Main St.**

### Moscow, ID

**Tuesday and Friday 5:30-6:30 (531 S Main #B)**

Latah Recovery Center- (private room)

### Colfax WA

**Wed. 7pm- Clean Sweep 312 S Main St**

(Plymouth Congregational Church)

### Davenport WA

**Thurs. 7pm #Clean AF 915 Morgan St. Masonic Lodge**

#### 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*

• **Clean & Free 2018! March 8<sup>th</sup> to March 11<sup>th</sup> in Ocean Shores, Washington**  
• **SPIRITUAL BREAKFAST , FEBRUARY 25<sup>TH</sup> @ 8AM.**  
**4000 W. RANDOLPH ROAD**  
**MUKOGAWA FORT WRIGHT INSTITUTE**

## *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 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.