

SUNDAY

NOON	Midday Miracles Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	Clean and Serene Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	Miracle Workers Group , Sacred Heart Church, 607 Sanders, Pineville, Louisiana, 71630 (O)

MONDAY

NOON	Do or Die Group , Harmony Missionary Baptist Church, 2907 Houston St., Alexandria, Louisiana, 71301 (O)
NOON	High Noon Group , Sacred Heart Church, 607 Sanders, Pineville, Louisiana, 71630 (O)
NOON	Midday Miracles Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	Zoo Krew Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)

TUESDAY

NOON	High Noon Group , Sacred Heart Church, 607 Sanders, Pineville, Louisiana, 71630 (O)
NOON	Midday Miracles Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	Talking Heads Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)

WEDNESDAY

NOON	Do or Die Group , Harmony Missionary Baptist Church, 2907 Houston St., Alexandria, Louisiana, 71301 (O)
NOON	High Noon Group , Sacred Heart Church, 607 Sanders, Pineville, Louisiana, 71630 (O)
NOON	Midday Miracles Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	Jones Street Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)

THURSDAY

NOON	High Noon Group , Sacred Heart Church, 607 Sanders, Pineville, Louisiana, 71630 (O)
NOON	Midday Miracles Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	No Matter What Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)

FRIDAY

NOON	High Noon Group , Sacred Heart Church, 607 Sanders, Pineville, Louisiana, 71630 (O)
NOON	Midday Miracles Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	Talking Heads Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)

SATURDAY

NOON	High Noon Group , Sacred Heart Church, 607 Sanders, Pineville, Louisiana, 71630 (O)
NOON	Midday Miracles Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)
7:00PM	Gratefully Dedicated Group , River City's Club House, 3623 Lee St., Alexandria, Louisiana, 71302 (O)

Meeting Format Legend

O	Open	
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Helplines

Acadiana Area (Lafayette, Abbeville, Crowley, St. Martinville)	(337) 406-1300
Bayou Recovery Area (Baton Rouge)	(225) 381-9609
Central Louisiana (Alexandria)	(318) 542-7557
Free At Last (Monroe & Farmerville)	(855) 325-2621
Lake Area (Lake Charles, Nederland, Port Arthur, Sulphur)	(337) 439-5753
North Louisiana Area (Shreveport, Bossier City, Ruston, Springhill)	(800) 624-9776
New Orleans Area (New Orleans)	(504) 899-6262
Freedom Area (Westbank, Chalmette, New Orleans)	(504) 883-8202
Northshore Area (Hammond, Covington, Slidell)	(877) 554-8308
Unity Area (Metairie)	(504) 889-8840

NA Meeting Format

Hello, I'm an addict and my name is _____. Welcome to the _____ group of Narcotics Anonymous. Can we open this meeting with a moment of silence for the addict who still suffers, followed by the WE version of the Serenity Prayer.

Serenity Prayer:

"God grant us the serenity

To accept the things we cannot change;

Courage to change the things we can;

And wisdom to know the difference."

Is there anyone here attending their first NA meeting, or this meeting for the first time? If so, WELCOME! You are the most important people here!

For the protection of our group as well as the meeting facility, we ask that you have no drugs or paraphernalia on your person at the meeting. If you have any now, please leave, dispose of them, and return as quickly as possible.

Recognize those with various periods of clean time—thirty, sixty, ninety days, six months, nine months, one year, eighteen months, and multiple years. Keytags, chips, or medallions may be given out.

Will someone please read:

a) Who Is an Addict?

b) What Is the NA Program?

c) Why Are We Here

d) How it Works

e) The Twelve Traditions

f) We Do Recover

*g) Today's JFT (book)**

** from "Just for Today: Daily Meditations for Recovering Addicts", www.jftna.org/jft/ or OK to skip if no book and no internet,*

The meeting is now open for discussion. Does anyone have a topic? Like to share on something from

the readings, or just have a burning desire to share?

About ten minutes before the meeting is scheduled to close begin passing the basket around, announcing:

The basket being passed around is one way of practicing our Seventh Tradition, which says, "Every NA group ought to be fully self supporting, declining outside contributions." The money we collect pays for rent, literature, and refreshments.

Will someone please read:

h) Just for Today (reading)

Are there any NA related announcements?

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities -- so who you see here, what you hear here, when you leave here let it stay here.

Close by forming a circle and reciting the WE version of the 3rd Step Prayer:

Many of us have said:

"Take our will and our lives

Guide us in our recovery

Show us how to live"

Keep coming back. It works!

Group Readings:

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.

What Is the NA Program?

NA 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 NA. 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 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.

Why Are We Here?

Before coming to the Fellowship of NA, 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 we 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 costs. 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 continued to progress until in desperation we sought help from each other in Narcotics Anonymous.

After coming to NA, 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.

How It Works

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

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.

