

THE TWELVE STEPS OF N.A.

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.

THE TWELVE TRADITIONS OF N.A.

1. Our common welfare should come first; personal recovery depends on NA 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 NA as a whole.
5. Each group has but one primary purpose – to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA 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. NA, 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 NA 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.

SUNDAY

7:00–8:30 pm..... **SUNDAY NIGHT WE DO RECOVER**
O,SP,NS
Marine Center Classroom
(upstairs)
125 Harbor Way
Santa Barbara

MONDAY

12:00–1:00 pm..... **DAYTIME DOWNTOWN**
O,P,NS
El Carrillo Apts. –
Community Room, 315 W.
Carillo St.
Santa Barbara

7:30–9:00 pm..... **GOING TO ANY LENGTHS**
O,T,P,NS
Church – Couch Room, 909
La Cumbre Rd. at Foothill
Rd., Santa Barbara

TUESDAY

7:30–9:00 pm..... **OUR MEETING**
O,P,NS
Church – Fellowship Hall,
909 La Cumbre Road at
Foothill Road,
Santa Barbara

WEDNESDAY

7:30–9:00 pm..... **MOTHER GROUP**
O,P,NS,WC
Church – Garden Room, 21
E. Constance Ave. at State
St., Santa Barbara
*1st & 3rd Wed./mo. are
Speaker Meetings*

THURSDAY

6:30–7:30 pm..... **WOMEN DO RECOVER**
C,W,D,P,NS,WC
Church – Couch Room, 909
La Cumbre Rd. at Foothill
Rd., Santa Barbara

7:30–8:30 pm..... **SPACE COWBOYS**
O,M,NS,P
Church – Fireside Room
2101 State Street
Santa Barbara

8:00–9:00 pm..... **PARTICIPATION MEETING**
O,NS,P
Veteran’s Memorial Building,
112 W. Cabrillo Blvd., Santa
Barbara

FRIDAY

7:30–8:30 pm..... **CANDLELIGHT MEETING**
O,P,NS,CL
Church, Wesley Hall,
Garden & Anapamu Streets,
Santa Barbara

SATURDAY

10:00–11:15 am..... **HOPE WITHOUT DOPE**
O,P,S,WC
Ledbetter Beach at Picnic
Tables, Cabrillo Blvd. & Loma
Alta Rd., Santa Barbara – *In
case of rain, meet at: Club
House, Cota & Garden*

7:30–9:00 pm..... **UNITY MEETING**
O,P,NS,SP
Marine Center Classroom
(upstairs)
125 Harbor Way
Santa Barbara – *1st Sat./mo.
is Speaker Meeting*

WHAT IS THE NARCOTICS ANONYMOUS 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.

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.

SP= Speaker
ST = Step Study
D = Discussion
M = Men’s Meeting
S = Smoking
C = Closed - Addicts Only
WC = Wheelchair Access
P = Participation

T = Topic
TR = Traditions
B = Book Study
W = Women’s Meeting
NS = Non-Smoking
O = Open
G/L = Gay/ Lesbian
CL = Candlelight