

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 used to live and lived to use. 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 NARCOTICS ANONYMOUS PROGRAM?

N.A. is a non-profit 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 keep to anyone. We are not connected with any political, religious, or law enforcements 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, 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.

HOW IT WORKS THE TWELVE STEPS OF N.A.

If you want what we 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 we were powerless over our addiction, and 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 mad 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.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember —*easy does it*.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness and willingness. With these, we are well on our way.

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to N.A., many of us viewed alcohol separately, but we cannot afford to be confused about this. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

WHY IT WORKS THE TWELVE TRADITIONS OF N.A.

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the groups springs from our 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 out 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 to be organized; but we may create service boards or committees directly responsible to those they serve.
10. N.A. has no opinion on outside issues; hence the N.A. name ought never to 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 LIVING THE PROGRAM

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.

If you need general information about Narcotics Anonymous or meeting times and locations in the New England Region, or if you would like to contact N.A. about a public information presentation, please call our in-state or regional helpline.

New England Regional Helpline
(866) 624-3578

Rhode Island Helpline
(401) 461-1110
(877) 461-1110 (In-state Toll Free)

***FREE SPIRIT and
GREATER PROVIDENCE
AREAS***

WWW.GPANA.ORG

ASC Meetings (Open):

FREE SPIRIT

3rd Sunday of the month
St. Rita's Church
Oakland Beach Ave.
Warwick, RI

GREATER PROVIDENCE

4th Sunday of the month
Mt. Carmel Church
Corner – Dean & Spruce Sts.
Providence, RI

H&I	2:30-3:30		
Administrative:	3:00-3:30	Administrative:	12:30-2:00
Subcommittees:	3:30-4:00	Literature Sales:	1:45-2:45
ASC Meeting:	4:00-6:00	Subcommittees:	2:00-3:00
Literature Sales:	2:30-3:45	ASC Meeting:	3:30-5:30
New GSR		New GSR	
Orientation:	3:45-3:55	Orientation:	3:15-3:25

Send Mail To:
Free Spirit Area
P.O.Box 7545
Warwick, RI 02886

GPA
P.O. Box 72792
Providence, RI 02907

401-461-1110
877-461-1110
(In-state Toll Free)

Rev 3.0

All of RI and some of Southeastern Massachusetts
Please Do Not Copy

SUNDAY

CRANSTON, RI

"DEDICATION" 7:00-8:30pm (O STEP)
John O' Pastore Center, Mathias Building (#56)
111 Howard Avenue

NEWPORT, RI

"NEVER TOO YOUNG" 7:00-8:00pm (JFT O)
St. Paul Church, 12 Marlborough St.

PROVIDENCE, RI

"STARTING OVER" 10:00-11:30am (O SP D)
Crossroads/YMCA, 160 Broad St.

"SUNDAY SERENITY/INSANITY" 10:30am-12noon (O SP D)
6th Ward Democratic Headquarters, 957 Atwells Ave.

"FAITH IN RECOVERY" 5:00-6:30pm (O SP D)
Providence Presbyterian Church, 500 Hope St.

"MEN IN RECOVERY" 6:00-7:30pm (C 12/12 M)
Calvary Baptist Church, 747 Broad St.

"NEVER ALONE AGAIN" 7:00-8:30pm (O SP D W/A)
Roger Williams Hospital, Main Cafeteria, 825 Chalkstone Ave.

"RECOVERY IS MORE THAN ABSTINENCE" 7:00-8:15pm (O JFT)
Butler Hospital, Ray Conference Center
345 Blackstone Blvd. (East Side, No Smoking on Grounds)

"RESURRECTION" 7:00-8:30pm (RT O) First Tabernacle
105 Dodge St. (corner of Dodge & Cranston streets)

WEST WARWICK, RI

"AWAKENINGS" 7:00-8:30pm (O SP D)
Upper Room Coffee House, 1221 Main St.

MONDAY

BLACKSTONE, MA

"DIG DEEP" 7:30-8:30pm (T D W/A)
St. Theresa's Rectory, 630 Rathbun St.

NARRAGANSETT, RI

"NARAGANSETT RECOVERY SYSTEMS" 7:30–8:45pm (O T D)
St. Peter's by the Sea Episcopal, 72 Central St.
(corner of Central & Caswell streets)

MIDDLETOWN, RI

"GROW OR GO" 7:30–8:45pm (STEP)
Calvary Methodist Church, 200 Turner Rd.

PROVIDENCE, RI

"STEP SISTERS" 7:00–8:30pm (W STEP C)
Amos House, 415 Friendship St.

"SMITH HILL NA" 7:00–8:15pm (O SP D)
Roger Williams Hospital, 825 Chalkstone Ave (K auditorium)

WARWICK, RI

"STEPS TO FREEDOM" 7:15–8:45pm (O SP D 12/12)
Pilgrim Lutheran Church, 1817 Warwick Ave.

"NEW FREEDOM" 7:30–9:00pm (O SP D)
Warwick Central Baptist Church, 3260 Post Rd. (Apponaug)

TUESDAY

ATTLEBORO, MA

"STEPPING INTO RECOVERY" 7:00–8:30pm (O STEP W/A)
Arbor Fuller Memorial Hospital, 200 May St. (off of Rt. 1)
Auditorium near the front reception desk

BLACKSTONE, MA

"BLACKSTONE NA" 8:00–9:30pm (JFT)
Christ Community Church Parish Hall,
74 Main St. (corner of Main & Blackstone streets)

COVENTRY, RI

"SERENITY PLUS" 6:00–7:00pm (JFT O)
St. Vincent De Paul, 6 St. Vincent De Paul St. (off RT 117)

CRANSTON, RI

"SERENITY MANIACS" 7:00–8:00pm (O SP D)
Woodridge United Church,
546 Budlong Rd.

GREENVILLE, RI

"RECOVERY IN THE COUNTRY" 8:00–9:15pm (O SP D)
St. Thomas Episcopal Church, 1 Smith Ave. (corner of RT 44 & 116)

PAWTUCKET, RI

"LIVING FREE" 7:30–9:00pm (O SP D W/A)
First Baptist Church, 91 Cottage St. (entrance off of Lyon St.)

PROVIDENCE, RI

"A RAY OF HOPE" 6:30–7:50pm (O 12/12)
West End Community Center, 109 Bucklin St.

"WE DO RECOVER" 7:30–9:00pm (O SP D)
Nickerson House Community Center, 133 Delaine St.
(entrance & parking in rear)

RIVERSIDE, RI

"ROAD TO RECOVERY" 7:30–9:00pm (O SP D)
Riverside Congregational Church, 347 Bullocks Point Ave.

WAKEFIELD, RI

"POSITIVE STEPS" 7:30–9:00pm (O STEP)
Wakefield Baptist Church, 236 Main St.

WARWICK, RI

"RECOVERY IN THE BEACH" 7:30–9:00pm (O 12/12)
1st Congregation Church, 715 Oakland Beach Ave.

WEDNESDAY

ATTLEBORO, MA

"ADDICTS ARE US" 7:00–8:30pm (O T D W/A)
Arbor Fuller Memorial Hospital, 200 May St.
Auditorium near the front reception desk

EAST GREENWICH, RI

"107 CLUB" 7:00–8:00pm (RT O D W/A)
St. Luke's Church, 99 Peirce St.

KINGSTON, RI

"DRUGBUSTERS" 7:30–9:00pm (12/12)
St. Augustine's Church, 35 Lower College Rd. (URI)

PROVIDENCE, RI

"STEPPIN OUT WEDNESDAY NIGHT" 7:00–8:15pm
(C STEP W/A) Crossroads YMCA, 160 Broad St.
"RECOVERY IN THE LAKE" 7:30–9:00pm (O SP D W/A)
Silver Lake Community Ctr. 529 Plainfield St.
"LOVELINE" 7:30–8:45pm (O Lit D W/A)
First Unitarian Church, 1 Benevolent St. (at Benefit St.)

WARWICK, RI

"WOMEN UNITED" 7:30–9:00pm (W SP T D O W/A)
Jonah Community Center, 830 Oakland Beach Ave.

WESTERLY, RI

"THE WAY OUT - JUST FOR TODAY N.A." 7:30–8:30pm
Warm Shelter 56 Spruce St.

WOONSOCKET, RI

"STRAIGHT TODAY" 8:00–9:30pm (O SP D W/A)
Senior Citizens Center, 84 Social St.

THURSDAY

ATTLEBORO, MA

"NEW WAY NA" 7:00–8:30pm (O D W/A)
Arbor Fuller Memorial Hospital, 200 May St. (off of Rt. 1)
Auditorium near the front reception desk

CHARLESTOWN, RI

"CROSSMILLS NA" 7:30–8:30pm (O JFT D)
Church of the Holy Spirit, 4150 Old Post Rd.

FRANKLIN, MA

"BETTER WAY" 7:30–9:00pm (RT)
Franklin Federated Church, 171 Main St.

GREENVILLE, RI

"FREE AT LAST" 7:30–8:45pm (O STEP 12/12)
St. Thomas Episcopal Church, 1 Smith Ave. (corner of RT 44 & 116)

JAMESTOWN, RI

"JAMESTOWN NA" 7:30–8:30pm (O LIT W/A)
St. Matthews Episcopal Church, 87 Narragansett Ave.

JOHNSTON, RI

"RECOVERY IN JOHNSTON" 7:30–8:45pm (O STEP W/A)
St. Roberts Bellarmine, 1804 Atwood Ave.

NORTH KINGSTON, RI

"RECOVERY AT THE EDGE" 6:00–7:00pm (O T D)
Meadows Edge Treatment Facility, 580 Ten Rod Rd.

PROVIDENCE, RI

"CHOOSE LIFE" 6:30–8:00pm (O D)

7 Thomas P. Whitten Way, 2nd Floor
"IP TIME (Things I Must Learn)" 6:30–8:00pm (O SP D LIT/IP)
Family Life Center, 841 Broad St. (Side door near picnic table)
"THE MEETING STREET MEETING" 7:30–8:30pm (O T)
Brown University, Alumnae Hall, 194 Meeting St.

RIVERSIDE, RI

"WHY ARE WE HERE" 7:00–8:30pm (12/12)
Riverside Congregational Church, 347 Bullocks Point Ave.

WARWICK, RI

"ALONE NO MORE" 7:30–9:00pm (O SP D)
Bishop Hendricken HS, Room 101, 2615 Warwick Ave.

FRIDAY

CUMBERLAND, RI

"RECOVERY IN THE CHAPEL" 7:30–9:00pm (O SP D)
Four Corners Community Chapel, 200 Angell Rd.
(corner of Diamond Hill & Angell roads)

MIDDLETOWN, RI

"FREE AT LAST" 7:30–8:45pm (O SP)
Calvary Methodist Church, 200 Turner Rd.

PAWTUCKET, RI

"NEW ASSOCIATIONS" 7:30–9:00pm (O SP D)
Epworth Methodist Church, 915 Newport Ave.

PROVIDENCE, RI

"GIMME SHELTER" 6:30–8:00pm (O SP D)
7 Thomas P. Whitten Way, 2nd Floor
"CLEAN AND CRAZY" 7:30–8:45pm (O SP D)
Butler Hospital, Ray Conference Center, Upstairs
345 Blackstone Blvd. (East Side, No Smoking on Grounds)
"THE LIE IS DEAD" 7:30–9:00pm (O SP D LIT)
Nickerson House Community Center, 133 Delaine St.
(entrance & parking in rear)
"LATE NIGHT WITH N.A." 10:00–11:15pm (O JFT D)
6th Ward Democratic Headquarters, 957 Atwells Ave.
WARWICK, RI
"CLEAN AND SERENE" 7:30–9:00pm (O SP D)
St. Rita's Church, 722 Oakland Beach Ave.

SATURDAY

ATTLEBORO, MA

"START YOUR NITE RIGHT" 6:30–8:00pm (O SP D W/A)
Arbor Fuller Memorial Hospital, 200 May St. (off of Rt. 1)
Auditorium near the front reception desk

NARRAGANSETT, RI

"OPT FOR LIFE" 7:30–8:45pm (O SP T D W/A)
St. Peter's by the Sea Episcopal
72 Central St. (corner of Central & Caswell streets)

PAWTUCKET, RI

"BREAKFAST CLUB" 10:30am–12:00noon (O STEP)
Epworth Methodist Church, 915 Newport Ave.

PROVIDENCE, RI

"KEEP IT SIMPLE SATURDAY" 1:00–3:00pm (O SP D)
St. Patrick's School, 244 Smith St. (rear door one level up)

"SISTERS IN RECOVERY" 5:00–7:00pm (W C D)
The Crossroads/YMCA, 160 Broad St.

"SURRENDER OR DIE" 7:30–9:00pm (O SP D)
Gerry House (behind RI Hospital) 1 Pearl St.

"HARDCORE RECOVERY" 8:00–9:30pm (O STEP H&W)
Providence Presbyterian Church, 500 Hope St.

WARWICK, RI

"RECOVERY & BEYOND" 7:00–8:15pm (JIM JFT)
Pilgrim Lutheran Church, 1817 Warwick Ave.