

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 NA, 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.

### The Twelve Traditions of NA

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 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 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.

Understanding these Traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn't until we get involved with service that someone points out that "personal recovery depends on NA unity," and that unity depends on how well we follow our Traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free.

By following these guidelines in our dealings with others, and society at large, we avoid many problems. That is not to say that our Traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and troubles with individuals and groups outside the Fellowship. However, when we apply these principles, we avoid some of the pitfalls.

Many of our problems are like those that our predecessors had to face. Their hard-won experience gave birth to the Traditions, and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

### The Twelve Concepts of NA

1. To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.
2. The final responsibility and authority for NA services rests with the NA groups.
3. The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.
4. Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.
5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.
6. Group conscience is the spiritual means by which we invite a loving God to influence our decisions.
7. All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.
8. Our service structure depends on the integrity and effectiveness of our communications.

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9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.
10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.
11. NA funds are to be used to further our primary purpose and must be managed responsibly.
12. In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.

### SUPPORT CONTACTS

Name	Number/Email
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“JUST FOR TODAY”

# Rappahannock Area Of Narcotics Anonymous

2019 – 1<sup>st</sup> Quarter Meeting List



24-Hour Information Line

(800) 777-1515

www.rappahannockareaofna.com



1 <sup>st</sup> Sunday	
RANA AREA SERVICE COMMITTEE	
4 - 6:30 pm	Fairview Baptist Church 900 Charlotte St.; FXBG, VA 22401
1 <sup>st</sup> Sunday	
HOSPITALS & INSTITUTIONS (H&I)	
3 - 4:00 pm	Fairview Baptist Church 900 Charlotte St.; FXBG, VA 22401
1 <sup>st</sup> Sunday	
PUBLIC RELATIONS (PR)	
3 - 4:00 pm	Fairview Baptist Church 900 Charlotte St.; FXBG, VA 22401
Last Monday	
ACTIVITIES SUBCOMMITTEE	
5:30 pm – 6:30pm	United Methodist Church 308 Hanover St.; FXBG, VA 22401

Sunday	
<b>PRIMARY PURPOSE</b>	O/D/H+
<b>Noon - 1:30 pm</b>	<b>Snowden Mental Health</b> (enter left side & go to room 119) 1200 Sam Perry Blvd; FXBG, VA 22401
<b>WELCOME HOME**</b>	O/H+
<b>7:30 pm - 8:45 pm</b>	<b>United Methodist Church</b> (Enter church by dumpster - via Princess Anne St.) 308 Hanover St.; FXBG, VA 22401

Monday	
<b>WHO WANTS TO LIVE</b>	O/AF
<b>Noon - 1:15 pm</b>	<b>FXBG Baptist Church</b> (Enter side of church - via Amelia St.) 1019 Princess Anne St.; FXBG, VA 22401
<b>IN IT TO WIN IT**</b>	O/SP/H+
<b>7 - 8:30 pm</b>	<b>United Methodist Church</b> (Enter church by dumpster - via Princess Anne St.) 308 Hanover St.; FXBG, VA 22401

Tuesday	
<b>WHO WANTS TO LIVE</b>	O/AF
<b>Noon - 1:15 pm</b>	<b>FXBG Baptist Church</b> (Enter side of church - via Amelia St.) 1019 Princess Anne St.; FXBG, VA 22401
<b>NEW BEGINNINGS OF KING GEORGE</b>	O/T/H+
<b>6 - 7 pm</b>	<b>Tabernacle Baptist Church</b> 10640 Kings Hwy, King George, VA 22485
<b>A SPIRITUAL CONNECTION</b>	O/W
<b>7 - 8:30 pm</b>	<b>Life Empowerment Ministries</b> 621 Cambridge St.; FXBG, VA 22405
<b>MEN'S SHAREHOUSE</b>	C/T/M
<b>7 - 8:30 pm</b>	<b>Life Empowerment Ministries</b> 621 Cambridge St.; FXBG, VA 22405
<b>STANDING BY RECOVERY</b>	AF/H+
<b>7:30 - 8:30 pm</b>	<b>Garrison Woods Center</b> 207 Garrison Woods Dr.; Stafford VA 22556

Wednesday	
<b>WHO WANTS TO LIVE</b>	O/AF
<b>Noon - 1:15 pm</b>	<b>FXBG Baptist Church</b> (Enter side of church - via Amelia St.) 1019 Princess Anne St.; FXBG, VA 22401
<b>CLEAN WORKS</b>	O/D/NC/H+
<b>7 - 8:15 pm</b>	<b>St. George's Episcopal Church</b> (Enter side of church - via George St.) 905 Princess Anne St.; FXBG, VA 22401
<b>ALIVE &amp; FREE</b>	O/D/NC/H+
<b>8 - 9 pm</b>	<b>Culpeper Hospital (Boardroom)</b> 501 Sunset Lane; Culpeper, VA 22701 (USE ER ENTRANCE AFTER 8PM)

Thursday	
<b>WHO WANTS TO LIVE</b>	O/AF
<b>Noon - 1:15 pm</b>	<b>FXBG Baptist Church</b> (Enter side of church - via Caroline St.) 1019 Princess Anne St.; FXBG, VA 22401
<b>START LIVING GROUP</b>	O/HW/SW
<b>7 - 8 pm</b>	<b>Wrights Chapel United Methodist Church</b> 8063 Ladysmith Rd.; Ruther Glen, VA 22546
<b>WELCOME TO THE NABORHOOD</b>	O/LS
<b>7 - 8:30 pm</b>	<b>Falmouth Baptist Church</b> (enter basement - via back lot) 302 Colonial Ave.; FXBG, VA 22405
<b>FREEDOM FROM BONDAGE</b>	O/CL/AF//H+
<b>9 - 10 pm</b>	<b>Fairview Baptist Church</b> (Enter church on ramp - via Shepherd St.) 900 Charlotte St.; FXBG, VA 22401

Friday	
<b>WHO WANTS TO LIVE</b>	O/AF
<b>Noon - 1:15 pm</b>	<b>FXBG Baptist Church</b> (Enter side of church - via Amelia St.) 1019 Princess Anne St.; FXBG, VA 22401
<b>COLONIAL BEACH SURVIVORS</b>	O/SP
<b>7 - 8 pm</b>	<b>Colonial Beach Baptist Church</b> 10 Garfield Ave.; Colonial Bch., VA 22427
<b>BACK TO BASICS**</b>	O/AF/NC/H+
<b>7 - 8:30 pm</b>	<b>United Methodist Church</b> (Enter church by dumpster - via Princess Anne St.) 308 Hanover St.; FXBG, VA 22401
<b>ALIVE &amp; FREE</b>	O/D/NC/H+
<b>7 - 8 pm</b>	<b>Culpeper Hospital (Conference Room)</b> 501 Sunset Lane; Culpeper, VA 22701

Saturday	
<b>PRIMARY PURPOSE</b>	O/AF/H+
<b>Noon - 1:30 pm</b>	<b>Snowden Mental Health</b> (enter left side & go to room 119) 1200 Sam Perry Blvd; FXBG, VA 22401
<b>EXPERIENCE STRENGTH &amp; HOPE</b>	O/D/T/H+
<b>7 - 8:30 pm</b>	<b>Presbyterian Church</b> 810 Princess Anne St; FXBG, VA 22401
<b>SATURDAY NIGHT LIVE</b>	O/SP/NC
<b>10 pm - ?</b>	<b>Fairview Baptist Church</b> (Enter church on ramp - via Shepherd St.) 900 Charlotte St.; FXBG, VA 22401

### LEGEND

AF	ALTERNATING FORMAT	C	CLOSED
CL	CANDLELIGHT	D	DISCUSSION
H+	HANDICAP ACCESSIBLE	O	OPEN
LS	LITERATURE STUDY	T	TOPIC
M / W	SUGGESTED MEN'S / WOMEN'S MEETING		
NC	NEWCOMER FRIENDLY	SP	SPEAKER
**	MONITORED VIDEO SURVEILLANCE		

### i. **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.

### ii. **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.

### iii. **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.

### iv. **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.
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.

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