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.

The Twelve Steps of Narcotics Anonymous

- 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.
- 6. We humbly asked Him to remove our shortcomings.
- 8. We made a list of all persons we had harmed, an 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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"The ultimate weapon for recovery is the recovering addict"

Basic Text page 15

Narcotics Anonymous



MEETING DIRECTORY

North Puget Sound Area

P.O. Box 2327 Mount Vernon, WA 98273

Anacortes Burlington Mount Vernon Clearlake Oak Harbor Sedro-Woolley Concrete San Juan Islands Freeland Langley Big Lake

Area Website: www.npsana.org

World Service Office

PO Box 9999 Van Nuys, CA 91409-9099 818-773-9999

WSO Website: www.na.org

SUNDAY

6:00 PM

South Whidbey NA – St Peter's Lutheran Church, 6309 S. Wilson Pl., Clinton O, W
Sunday Ruminations – Friday Harbor 395 Spring Street – Rear Entrance O, BS, W
N.A. Lengths Group – Burlington Washington Federal Bldg – 300 E. Fairhaven – Rear Entrance O, CL, W
Circle of Friends - Concrete Resource Center, 45770 Main Street, Concrete WA O, BS

MONDAY

7:00 PM

Big Rock – Mount Vernon Church of the Nazarene – 23684 Dalacy Lane C = 1st, 2nd, 3nd O = Last, B, W Solutions Group –Oak Harbor Lutheran Church – 1253 NW 2nd Avenue O, BS, W It Works How and Why – Friday Harbor 395 Spring St. Rear Entrance O, BS, W

TUESDAY

7:30 PM

Positive Connection Group – Mount Vernon Hillcrest Church – 1830 South 13th Street O, W

WEDNESDAY

7:00 PM

Wednesday Inspirations – Friday Harbor 395 Spring Street (rear entrance) O, BS, W South Whidbey NA - Freeland St. Augustine's Church Basement – 5127 Honeymoon Bay Rd O, W, BS

THURSDAY

5:30 PM

Sea Of Serenity – Orcas Island 236 Prune Alley – Orcas Longhouse O, W

6:00 PM

South Whidbey NA - Langley AA Fellowship Hall - 432 2nd St. at Park Ave. O, W

7:00 PM

Circle of Friends - Concrete Resource Center, 45770 Main Street, Concrete WA O. BS

Rock Island Line – I.O.O.F. Temple – 721 SE Barrington Dr, Oak Harbor, WA O, B, W

7:30 PM

Into Action Group – Mount Vernon Hillcrest Church – 1830 South 13th Street O, BS, W

FRIDAY

7:00 PM

The Exchange – Friday Harbor 395 Spring Street – Rear Entrance CL, O, BS, W

Chrysalis Group – Anacortes Dakota Creek Industries, 820 4th St, in the Galley O, BS, W, B

7:3Ó PM

South Whidbey NA – Langley United Methodist Church, 3rd and Anthes O, W NO MEETING on first Fridays

SATURDAY

7:00 PM

OpenBook OpenMinds - Mount Vernon Skagit Valley Hospital, 1415 E Kincaid / Cascade Room C, BS, W

Abbreviations

O = Open Meeting C = Closed Meeting CL = Candlelight BS = Book Study W = Wheelchair Accessible B = Break

Revised last meeting change February 9th 2015 North Puget Sound Area Committees

<u>Area Service Committee (ASC)</u> Meets the 1st Wednesday of the month at 6:00 PM at Fredonia Grange.

SERVICE POSITIONS/COMMITTEES

Public Relations Subcommittee – Positions open for Panel Leaders & panel participants, and phone line volunteers.

Report Schedule Changes/Corrections:

schedules@npsana.org

For a current printable schedule go to http://npsana.org/NA Meeting Schedule.pdf

For a current list of events and service go to: http://npsana.org/events.html

Regional Website: www.wnir-na.org

WASHINGTON NORTHERN IDAHO REGION Phone Numbers

Aberdeen / Hoquiam	360-249-1008
Bellevue / Kirkland	
	425-451-1516
Central Washington	877-664-0398
Everett	425-689-6170
Greater Cascade Loop / Omak	509-826-6371
Hermiston	800-726-8314
Kelso / Longview	888-605-1250
Lewiston / Clarkston	208-746-7632
North Puget Sound	877-789-0819
Northern Idaho	888-624-3577
Northwest Washington	800-805-3079
Olympia	360-754-4433
Pendleton	800-766-3724
Seattle	206-790-8888
South King County	253-872-3494
Spokane	509-325-5045
Tacoma Tacoma	253-531-8792
Tri-Cities	800-726-8314
Vancouver	360-703-0990
Walla Walla	800-766-3724

877-861-6156

West Puget Sound