

## 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.

Twelve Steps and Twelve Traditions reprinted with adaptation by permission of AA World Services, Inc.

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## Southeast Nebraska Area of Narcotics Anonymous

**[www.sena-na.net](http://www.sena-na.net)**

### Meeting Directory Sept, 2017

**Narcotics Anonymous  
24 Hours A Day**

**402.474.0405  
(Help-Line)**

**1.888.347.4446  
(Toll Free Info-Line for Nebraska)**

**Mailing Address:  
SENANA  
P O Box 80902  
Lincoln, NE 68501**

**E-mail:  
[Pi@sena-na.net](mailto:Pi@sena-na.net)  
PRINTED ON Yellow**

O=open to anyone interested in NA  
C=closed for addicts only or for those who feel they themselves may have a problem with addiction H=Handicapped accessible CL=Candlelight

### Sunday

11:00 am: Sunday Morning Reflections; 2729 North 12th St; Unity Room O/H/Just For Today

3:00 pm: First Step Mission; 110 Q St Peoples City Mission

6:15pm: Ladies & Gents of NA; 2222 S 16th St; Bryan-LGH Plaza; Conference Room "C" O/H/75 mins 1st Sunday-Tradition Study

7:00 pm: Sunday Night Solutions; 2015 S 16th St; Christian Center; Just For Today O

6:30 pm: (Beatrice) Joyful Hearts; 2727 Lincoln Street; Christ Community Church O/H

### Monday

12:00 Noon: Back To Basics; 504 S 7th; 3rd Floor; The Bridge O/H/Just For Today

6:00 pm: Women's Step Study; 2915 S 16th; Southminister Methodist Church—2nd Floor C

7:30 pm: Road to Recovery; 1420 K St; St Mary Catholic Church; E. side, S. door; basement (wheelchair access, N side, W door) O/H/Just For Today/75 mins

8:00 pm: (Beatrice) Monday Night Makin It; 321 N. 5th St; First Presbyterian Church O

### Tuesday

12:00 Noon: Show me how to live, 504 S 7th; 3rd Floor; The Bridge O/H

5:30 pm: T&T; 2729 N 12th; Unity Room O/H

6:30 pm: (Beatrice) Tuesday Night Remedy; 701 N 6th; St John Lutheran Church (Basement—way in the back) O/H

7:30 pm: Let It Out; 1144 M street, Saint Paul United Methodist Church, Room 027 in the basement, use south door entrance O/H/90 mins

8:00 pm: Never Alone; 504 S 7th; 3rd Floor; The Bridge @ Cornhusker O/H/Speaker Last Tuesday of month

8:00 pm: (York) Back to Basics, First United Methodist Church, 309 E 7th St, Use alley entrance, O/H

### Wednesday

12:00 Noon: (Beatrice) Joyful hearts; 2727 Lincoln Street; Christ Community Church O/H

12:00 Noon: Practicing These Principles; 1430 South Street; 2 Pillars Church (Enter off 15th Street on East side of building)

7:00 pm: Wednesday Night Wild Women; 2729 N 12th St; Unity Room O/H/Women's

7:30 pm: Welcome Home; 2222 S 16th; Bryan-LGH Plaza; Conference Room "1A" O/H/CL

7:30 pm: Boys to Men; 1124 North Cotner Boulevard; Houses of Hope (Use north entrance) O/H/Men's

### Thursday

12:00 Noon: Antlers ; 605 S 10th Rm 134 O/H/This mtg in Gov bldg that is closed on holidays

5:30 pm: T&T; 2729 N 12th; Unity Room O/H

8:00 pm: How & Why; 2729 N 12th; Unity Room O/H Step/Tradition

8:00 pm: (York) Back to Basics, First United Methodist Church, 309 E 7th St, use alley entrance, O/H

8:15 pm: (Beatrice) Thursday Night Undergrounders; 1918 Garfield; Holy Cross Lutheran Church O

### Friday

12:00 Noon: Back to Basics; 504 S 7th; 3rd Floor; The Bridge O/H/Just For Today

6:30 pm: Happy Havlock Group; 5945 Fremont st; United Luthern Church O/H/90 mins

8:00 pm: Lost & Found; 2222 S 16th; Bryan-LGH Plaza; Conference Room "B" O/H

8:00 pm: (Beatrice) Guardian Angels; 1918 Garfield; Holy Cross Lutheran Church O

10:00pm Candle Light 2729 N 12thUnity Room O/H/CL

### Saturday

9:00 am: Saturday Morning Social; 2729 N 12th St; Unity Room O/H/Just For Today

7:00 pm: Saturday Night Live; 2222 S 16th; Bryan-LGH Plaza; Conference Room "C" O/H (Step/Tradition)

6:30 pm: (York) Back to Basics, First United Methodist Church, 309 E 7th St, use alley entrance, O/H

8:00 pm (Hebron) Turning Point; 145 s 4th O/H

**For the most current meeting list information:**  
<http://sena-na.net/page3.php>

**Mailing Address** for all SENANA meetings:

P O Box 80902; Lincoln, NE 68501

**South East Nebraska Area of Narcotics Anonymous  
Area Service Committee Meeting (ASC)**

1st Sunday of every month; 2:00 pm; 6400 S 70th St, Lincoln Borean Church, Room D104, Use North West Door

#### **Subcommittee Meetings:**

**Literature:** Every month before the ASC meeting at 1:00 pm; 2729 N 12th St; Unity Room

**Hospitals & Institutions (H&I):** 2nd Sunday of every month; 1:00 pm; 2729 N 12th St; Unity Room

**Activities:** 3rd Sunday of every month; 1:00 pm; 2729 N 12th St; Unity Room

**Public Information (PI):** 12:00 noon the Saturday before the Area Service Committee Meeting;

**Policy:** Please check the webpage below for information on this committees schedule

## 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 our-selves 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.

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.**

## Keep Coming Back

## It Works