



**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; 1035 N 33rd(33rd st entrance) 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 min 1st Sunday-Tradition Study

7:00 pm: Sunday Night Solutions; 2015 S 16th St; Christian Center; Step & Tradition study O

8:00 pm (David City) 372 s 9th Butler County health care clinic O

### 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; South minister 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 min

### Tuesday

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

6:00 pm: Recovery At Work group; 1645 N Cotner blvd Bethany Christian Church enter on west side of church O/75min/literature study

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 min

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

### Wednesday

7:00 pm: Wednesday Night Wild Women; 1035 N 33rd(33rd st entrance) 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 90 min

### Thursday

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

7:00 pm: One Promise; 2225 Washington; Grace Lutheran Church; Enter in rear (Literature Study) O/H

7:00 pm (Fairbury) New Hope; 1111 K Street; American Lutheran Church O/H

7:30 pm: How & Why; 4530 A st Christ United Methodist downstairs rm 118 O/H lit study

8:00 pm (Tecumseh) T-n-T SENCA building 172 South 4th st O

### Friday

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

6:30 pm: Happy Havelock Group; 5945 Fremont st; United Lutheran Church O/H/90 min

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

9:30 pm: ( Nebraska city) The Nebraska City Flockers 406 N 22nd ave Life house Church O

### Saturday

9:00 am: Saturday Morning Social; 1035 N 33rd(33rd st entrance) O/H/Just For Today

9:00 am (Nebraska City) Experience Strength and Hope mtg 200 N 3rd Riverview Terrace O (doors open @ 8:45am)

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

7:30 pm (Crete) 440 E 12thst, United Church; west entrance; O

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

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

**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; Cross Line Church  
5925 Adams, Lincoln

#### **Subcommittee Meetings:**

**Literature:** Every month before the ASC meeting at 1:00 pm;

**Hospitals & Institutions (H&I):** 2nd Sunday of every month; 1:00 pm; 1035 N 33rd(33rd st entrance)

**Activities:** 3rd Sunday of every month; 1:00 pm; 1035 N 33rd(33rd st entrance)

**Public Information (PI):** 12:00 noon the Saturday before the Area Service Committee Meeting; 1600 S 48th Bryan E Hospital small dining rm off of cafeteria

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

<http://sena-na.net/>

**for current listing of all SENANA service meetings**

### 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.

**KEEP**

**COMING BACK**

**IT WORKS!**