

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.

Phone Numbers:



**Southeast Nebraska Area
of Narcotics Anonymous**
www.sena-na.net

Meeting Directory
Sept, 2019

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
Printed on Blue

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

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

12:15: Back To Basics; 721 K st; 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 Closed mtg

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

6:00 pm: Recovery At Work group; 1645 N Cotner blvd Bethany Christian Church enter on west side of church O/90 min/literature study

7:30 pm: Let It Out; 1144 M street, Saint Paul United Methodist Church, Room 027 in the basement, use south door O/H/75min

8:00 pm: Never Alone; 721 K st; 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 90 minutes

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

7:00 pm: One Promise; 2225 Washington; Grace Lutheran Church; Enter in rear (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

12:15: Back to Basics; 721 K st 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)

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

11 pm Saturday Serenity 721 K st; The Bridge 3rd fl small meeting room

**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: Sun ASC meets at 12 pm the same location as ASC

<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!**