



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

### Sunday

7:00 pm:

Sunday Night Solutions; 1333 N 33rd (Connection Point Church) O/Step /Tradition / Speaker Last Sun of month

### Monday

6:00 pm:

Women's Step Study; 1035 N 33rd: C

### Tuesday

6:00 pm:

Recovery At Work group; 1645 N Cotner blvd Bethany Christian Church enter on west side of church O/90 min/lit study

7:30 pm:

Let It Out; 1144 M street, Saint Paul United Methodist Church, Room 027 in the basement, O/H/75min (Masks required facility also has several Covid guidelines to abide by)

8:00 pm:

Never Alone; 721 K st; 3rd Floor; The Bridge O/H/Speaker Last Tuesday of month (meeting in gathering Room)

### Wednesday

7:00 pm:

Wednesday Night Wild Women; 1035 N 33rd(33rd st entrance) O/H/Women's 90 minutes

7:30 pm:

Boys to Men; 6520 Colfax Ave (Havelock Christian church) O/H/Men's 90 min

### **Instructions how to access meetings using zoom**

**Download the Zoom Cloud Meetings app for your phone\computer**

**2. Open the app and click on "Join a Meeting"**

**3. Enter meeting ID**

**4. Update your screen name to your first name**

**5. Click Join**

**6. Enter the password if there is one**

**7. Choose to use video or not – up to you**

### Thursday

7:00 pm:

One Promise; 721 K st; 3rd Floor; The Bridge (meeting in gathering Room) O/H

7:30 pm:

How & Why; currently being held via Zoom (Meeting ID# 221-038-915) no password

### Friday

6:30 pm:

Happy Havelock Group; 1035 N 33rd st (City Impact) Masks required group also has several other Covid guidelines O/H/

### Saturday

9:00 am:

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

7:00 pm:

Saturday Night Live; O/H (Step/Tradition) currently meeting via Zoom (Meeting ID# 460-769-915) no password

7:00 pm

Sat (Falls City) Face Everything & Recover (FEAR); 1322 Stone St, O/H Also meeting via Zoom (Meeting ID# 428-082-5175)

11 pm

Saturday Serenity currently

meeting via Zoom (meeting ID# 816-4773-0486) no password

**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; 1035 N 33rd st (City Impact), Lincoln

**Do to current Covid situation in the world today all meeting times and locations are subject to change please visit <http://senana.net/meeting-list/> for updated current meeting information**

### 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!**