

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 Oct, 2020

**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:
publicinformation@sena-na.net
Printed on white

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; 1333 N 33rd (Connection Point Church) O/H

7:30 pm:

How & Why; currently being held via Zoom (Meeting ID# 221-038-915) password T0iPb9

Friday

6:30 pm:

Happy Havelock Group; United Evangelical church 50th & Fremont st. Masks required group also has several other Covid guidelines 90/O/H/ (meeting limited to 40 people)

Saturday

9:00 am:

Saturday Morning Social; 4000 Sheridan Blvd (2 pillars Church) O/H/Just For Today

7:00 pm:

Saturday Night Live; O/H (Step/Tradition) First Baptist Church, 1340 K St N alley entrance downstairs.

(also meeting via Zoom (Meeting ID# 547-665-1067) password 2020

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 721 K st; 3rd Floor; The Bridge O/lit

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

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!**