

Who Is An Addict?

Most of us do not have to think twice about this question. WE KNOW! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same; jails, institutions, and death.

What Is The Narcotics Anonymous Program?

N.A. is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only ONE requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply, that we can follow them in our daily lives. The most important thing about them is that THEY WORK.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

How It Works — The Twelve Steps of N.A.

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 ourselves 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 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 the 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.

Why It Works — The Twelve Traditions Of N.A.

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 N.A. 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 N.A. as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. N.A., 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 N.A. 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.

Just For Today Living The Program

Tell yourself :

- Just for today** my thoughts will be on my recovery, living and enjoying life without the use of drugs.
- Just for today** I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.
- Just for today** I will have a program. I will try to follow it to the best of my ability.
- Just for today** through N.A. I will try to get a better perspective on my life.
- Just for today** I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

People I Can Call

(O) = Open To Public (RT) = Recovery Text
(C) = Closed—Addicts Only N.A. Blue Book
(D) = Discussion Meeting (T) = Topic Meeting
(SP) = Speaker Meeting (BM) = Beginner's Meeting
(L) = Literature (I) = Interpreter
(HIP) = Handicap Access (NS) = No Smoking
(12) = Step Meeting (AF) = Alternating Format
N.A. Blue Book



Green Mountain Area Meeting List

July 1989

HELPLINE
(802)773-5575



That no addict seeking recovery need die

Sunday

- 10:00 AM New Beginnings Group
Canterbury Farms (Rt. 103)
Proctorsville, VT (O D L)
- 12 Noon Take Hugs Not Drugs Group
Champlain Drug and Alcohol
45 Clark Street (Rear Entrance)
Burlington, VT (O D HP NS)
- 6:00 PM Step By Step Group
St. Peter's School (Basement)
River and Meadow Streets
Rutland, VT (O 12)
- 6:00 PM Elevator Is Broken Group
Greater Hartford United Church of Christ
Hartford, VT (O 12 HP NS)
- 6:00 PM Clean, Green, & Serene Group
Howard Mental Health
Pine and Flynn Streets
Burlington, VT (O SP D HP)
- 6:30 PM Hugs Not Drugs Group
Congregational Church
Church Street
St. Albans, VT (O D)
- 7:00 PM Shot In The Dark Group
Brattleboro Retreat Cafeteria
75 Linden Street (Rt. 30)
Brattleboro, VT (O SP D HP NS)
- 7:00 PM Staying Clean Group
Grace Methodist Church
St. Johnsbury, VT (O 12 NS)
- 8:00 PM Clean Kingdom Group
Mental Health Building
Newport, VT (C 12)

Monday

- 7:00 PM Back To Basics Group
Maple Leaf Farm
Underhill, VT (O SP D)
- 7:00 PM Staying Clean Group
Grace Methodist Church
St. Johnsbury, VT (C D NS)
- 7:00 PM Minute By Minute Group
Rockingham Hospital
Bellows Falls, VT (O D NS HP)
- 7:30 PM No Excuses Group
Marlboro Volunteer Fire Co.
Marlboro, VT (O L D)
- 7:30 PM New Beginnings Group
Unitarian Church
Palmer Street
Plattsburgh, NY (O D)

- 8:00 PM Expecting Miracles Group
Federated Church
Marlboro, NH (O L D)
- 8:00 PM Take Hugs Not Drugs Group
Champlain Drug and Alcohol
45 Clark Street (Rear Entrance)
Burlington, VT (O T HP NS)
- 8:00 PM The Lie Is Real Dead Group
Catholic Church
Danby, VT (O D)
- 8:00 PM Beaver Meadow School Group
Beaver Meadow School House
Norwich, VT (ONS D)

Tuesday

- 7:30 PM Last Connection Group
St. Peter's School (Basement)
River and Meadow Streets
Rutland, VT (O SP D NS)
- 7:30 PM Came To Believe Group
St. Mary's Church
Wilmington, VT (O D)
- 7:30 PM Keene State College
Morrison Hall
Keene, NH (O L BM)
- 8:00 PM Clean, Green, & Serene Group
Howard Mental Health
Pine and Flynn Streets
Burlington, VT (O AF)
- 8:00 PM Clean And Serene Group
Harbor Club
34 Kingman Street
St. Albans, VT (O L D)
- 8:00 PM Straight Talk Group
116 North Main Street
Barre, VT (O 12)

Wednesday

- 7:00 PM Starting Over Group
Methodist Church
Bradford, VT (O D)
- 7:30 PM The Lie Is Real Dead Group
Masonic Lodge
Spruce Street
Manchester, VT (O 12)
- 7:30 PM Hope Without Dope Group
1st United Methodist Church
South Winooski Avenue
Burlington, VT (O AF)
- 7:30 PM Way Of Life Group
Serenity House
Church Street
Wallingford, VT (O D)

- 8:00 PM Clean Kingdom Group
Mental Health Building
Newport, VT (C D)
- 8:00 PM Wednesday Night Step Meeting
Methodist Church
Maple Street
Essex Junction, VT (12)

Thursday

- 12 Noon Just For Today Group
St. Peter's School (Basement)
River and Meadow Streets
Rutland, VT (O D)
- 3:30 PM Back To Basics Group
St. John The Baptist Church
Houghton Street
North Bennington, VT (O D L)
- 7:00 PM Staying Clean Group
Grace Methodist Church
St. Johnsbury, VT (O D NS)
- 7:00 PM Steppin' Up Group
Marathon House
101 Western Avenue
Brattleboro, VT (O 12 NS)
- 7:30 PM More Will Be Revealed Group
United Methodist Church
Chestnut and Williams Streets
Rutland, VT (O L DNS HP)
- 7:30 PM Freedom Group
Congregational Church (2nd floor)
South Winooski Avenue
Burlington, VT (O D HP NS)

Friday

- 6:30 PM The Generic Group
Methodist Church
Sunapee, NH (O SP D HP)
- 7:30 PM Coming Home Group
St. Thomas Episcopal Church
9 West Wheelock Street
Hanover, NH (O SP D NS)
- 7:30 PM Living Free Group
All Saints Episcopal Church
16 Church Street
Littleton, NH (O SP D NS)
- 7:30 PM Back To Reality Group
Community Cottage
Seymore Street (Next to firehouse)
Middlebury, VT (O D)
- 8:00 PM New Attitudes Group
Howard Mental Health
Pine and Flynn Streets
Burlington, VT (O BM NS HP)

- 8:00 PM The Last Straw Group
Congregational Church (Rt. 7A)
Manchester Village, VT (O D HP NS)
- 8:00 PM Straight Talk Group
Bethany Church
Montpelier, VT (O SP D)
- 8:00 PM Live Straight Or Die Group
Seminole Point Hospital
Sunapee, NH (O SP D HP NS)
- 8:00 PM Free At Last Group
Day One
Twin Oaks Terrace
South Burlington, VT (O D T HP NS)

Saturday

- 10:30 AM Free At Last Group
Day One
Twin Oaks Terrace
South Burlington, VT (O D HP NS)
- 12 Noon Steppin' Up Group
Marathon House
101 Western Avenue
Brattleboro, VT (O 12 NS)
- 1:00 PM A Woman's Place In Recovery
Marathon House
101 Western Avenue
Brattleboro, VT (O SP D NS)
- 6:00 PM The Freedom Group
Burgess Hall
MCHV, Colchester Avenue
Burlington, VT (C 12 HP NS)
- 6:00 PM Coming Home Group
Alice Peck Day Hospital
Sun Room
Lebanon, NH (O D NS HP)
- 7:00 PM Last Connection Group
St. Peter's School (Basement)
River and Meadow Streets
Rutland, VT (O D SP NS)
- 7:00 PM Back To Basics Group
2nd Congregational Church
Hillside Avenue
Bennington, VT (O L D HP NS)
- 8:00 PM Just For Today Group
Bethel Parish House
Bethel, VT (O SP D NS)
- 8:00 PM Straight Talk
116 North Main Street
Barre, VT (BM)