



**THE TWELVE STEPS OF NARCOTICS ANONYMOUS**

- 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 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.

**THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS**

- 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.

**THE TWELVE CONCEPTS FOR SERVICE IN NA**

- 1. To fulfill our fellowship’s primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.
2. The final responsibility and authority for NA services rests with the NA groups.
3. The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.
4. Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.
5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.
6. Group conscience is the spiritual means by which we invite a loving God to influence our decisions.
7. All members of a service body bear substantial responsibility for that body’s decisions and should be allowed to fully participate in its decision-making processes.
8. Our service structure depends on the integrity and effectiveness of our communications.
9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.
10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.
11. NA funds are to be used to further our primary purpose, and must be managed responsibly.
12. In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.

**AREA HELPLINE PHONE NUMBERS**

Table with 2 columns: Area and Phone Number. Rows include Blue Mountain (800-766-3742), Central Washington (877-664-0398), Everett (425-609-6170), Grays Harbor (360-589-8620), Greater Cascade Loop (509-826-6371), Lower Columbia (888-605-1250), North Puget Sound (877-789-0819), Northeast Washington Spokane (509-325-5045), Northern Panhandle (800-624-3577), North Olympic Peninsula (360-477-9367), Northwest Washington (360-647-3234), Pierce County Tacoma (253-531-8792), Seattle (206-790-8888), South King County (253-872-3494), South Puget Sound (360-754-4433), Southwest Washington (360-703-0990), The Lewis County (360-754-4433), Tri-Cities/Hermiston OR (800-726-8314), West Puget Sound (877-861-6156).

**AREA SERVICE COMMITTEE (ASC)**

1:00 PM, First Sunday of the Month
Date and location subject to change-see website or call
New GSR Orientation begins at 12:30PM

**AREA SUBCOMMITTEES PUBLIC RELATIONS**

11:00AM prior to ASC
10:30AM Orientation

**LITERATURE**

NOON prior to ASC

Literature is available for purchase at this time

**ACTIVITIES**

Saturdays at 6PM
421 W. Kennewick Ave (1st United Methodist) Kennewick, WA

**SUMMER SIZZLERS**

1st and 3rd Saturday of the month at 2PM
418 N. Yelm (1st Lutheran Church) Kennewick, WA

**TRI-CITIES AREA OF NARCOTICS ANONYMOUS**

P.O. BOX 3925
PASCO WA 99301
800-726-8314
www.3citiesna.org

**WASHINGTON / NORTHERN IDAHO REGION OF NARCOTICS ANONYMOUS**

P.O. BOX 5998
KENT, WA 98064
www.wnirna.org

**NARCOTICS ANONYMOUS WORLD SERVICES, INC**

P.O. BOX 9999
VAN NUYS, CA 91409
PHONE: 818-773-9999
FAX: 818-700-0700
www.na.org

**CALL BEFORE YOU USE!!**

Series of horizontal lines for contact information.

**24-HOUR Helpline and Meeting Info 800-726-8314**

No addict seeking recovery need ever die without having had a chance to find a better way of life.
WASHINGTON NORTHERN IDAHO REGION



**Narcotics Anonymous® TRI-CITIES AREA MEETING SCHEDULE**
includes Benton City and Hermiston

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