

## WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

NA 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 NA. 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 use 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.

### **For Professionals and the Public**

To receive more information or speak with a member of our HI/PI Subcommittee please call the phone line or visit us at [emeraldcoastna.org](http://emeraldcoastna.org)

## THE TWELVE STEPS OF N. A.

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.



**NARCOTICS ANONYMOUS**

**EMERALD COAST AREA  
MEETING LIST  
SEPT 2017**



**Emerald Coast Area of NA**

P.O. Box 15006  
Panama City, FL 32406  
[www.alnwflrscna.org](http://www.alnwflrscna.org)

**Info Line**  
**1.866.985.0008 ext. 3**  
(local extension)

**[www.emeraldcoastna.org](http://www.emeraldcoastna.org)**

**ECANA SCHEDULE**

**SUNDAY**

7:30 pm Beach NA O 2 3  
8:00 pm New Attitudes Group O 2 3

**MONDAY**

6:00 pm How It Works O 2 3  
7:00 pm Bridge to Freedom O 2 3 4  
7:00 pm Second Chance O 2 3 6

**TUESDAY**

noon H.U.G.S. O 2 4  
6:00 pm High on Life Group O 2 3 5  
7:00 pm Last Chance Group O 2 3  
7:00 pm Second Chance O 2 3  
7:00 pm Back Woods Recovery O 2 3  
8:00 pm Bridge to Freedom O 2 3 5

**WEDNESDAY**

7:00 pm Beach NA C 2 3 4  
8:00 pm Bridge to Freedom C 2 3

**THURSDAY**

noon H.U.G.S. O 2 3 4  
6:00 pm Message of Hope (EST) Promise of Freedom O 2 3  
6:00 pm High on Life Group O 2 3 4  
7:00 pm Second Chance O 2 3  
8:00 pm Bridge to Freedom O 2 3 4

**FRIDAY**

7:00 pm Beach NA O 2 3 5  
8:00 pm New Attitudes Group O 2 3

**SATURDAY**

8:00 pm Bridge To Freedom O 2 3

**ECANA MEETING LOCATIONS**

**Beach NA Group**

YANA Club  
8715 Laird St. Panama City Beach, Fl. 32408

**Bridge to Freedom**

St Andrews Episcopal Church  
1608 Bakers Court, Panama City, FL 32401

**High on Life**

Hiland Park United Methodist Church  
2420 East Baldwin Road, Panama City, FL 32405

**How it Works**

Bayou George Christian Church 7814 Hwy. 2301  
Panama City, Fl. 32401

**H.U.G.S.**

519E. 13<sup>th</sup> St. Panama City, Fl. 32401

**Last Chance**

First Presbyterian Church 1063 Circle Drive,  
DeFuniak Springs, FL 32435

**New Attitudes**

St. Andrews Episcopal Church 1608 Bakers Ct.,  
Panama City, Fl. 32405

**Second Chance**

249 East Hewitt Rd. Santa Rosa Beach, Fl. 32459

**Message of Hope Promise of Freedom**

401 Peters St. Port St Joe, Fl.

**Backwoods Recovery**

Westside Baptist Church  
842 River Road, Wewahitchka, Fl. 32465

**O = Open, All welcomed    C = Closed, Addicts Only**  
**1 = Speaker Meeting       2 = Non-Smoking**  
**3 = Handicap Accessible   4 = Book Study**  
**5 = Candlelight Meeting   6 = Step Meeting**

**ECANA SERVICE MEETINGS**

**ASC:** 3rd Sunday of the month @ 3:00pm;  
place TBA

(Call Info Line or visit emeraldcoastna.org  
for location)

*There are many suggestions that have proven  
themselves over time. Calling a member of NA  
before you use is one of the strongest. If you are  
given a member's number remember...it is an  
invitation to call if you need help. ...*

***Those who keep coming to our  
meetings regularly—STAY CLEAN...***

**PHONE NUMBERS**

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*...So that no addict seeking recovery  
**NEED EVER DIE***

*... We only keep what we have by  
**GIVING IT AWAY...***