**SUNDAY**

**7:00PM** Stone Free Group, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O.C.S.,D,WC,NS,LT)

**8:00PM** NLANTA Virtual, www.zoom.us Meeting ID 597 874 465, Bossier City, LA, 71112 (O.C.S,D,WC,NS,VM)

**MONDAY**

**7:00PM** Black Sheep Group, 12 Step Club, Masks Required, 328 2nd Street Pinheill, Springhill, LA, 71075 (O,C, S, K, B, K, L, T)  https://blacksheepna.org

**Care and Share Group, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O.C.S.WC,NS,LT)

**8:00PM** NLANTA Virtual, www.zoom.us Meeting ID 597 874 465, Bossier City, LA, 71112 (O.C.S,SD,W-CN,NS)

**TUESDAY**

**8:00PM** Care and Share Group, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O.C.S,W-CN,NS)

**WEDNESDAY**

**7:00PM** Black Sheep Group, 12 Step Club, Masks Required, 328 2nd Street Pinheill, Springhill, LA, 71075 (O.C.S,D,WC,NS)  https://blacksheepna.org

**8:00PM** Care and Share Group, Survivors Club, Meeting ID 597 874 465, 1321 Airline Drive, Bossier City, LA, 71112 (O.C.S.D,WC,NS)

**FRIDAY**

**7:00PM** Stone Free Group, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O.C.S,SD,WC,NS)

**8:00PM** Will some one please read:

- a) Who is an Addict?
- b) What is the NA Program?
- c) Why Are We Here?
- d) How It Works
- e) The Twelve Traditions
- f) We Do Recover
- g) Today's JFT (book)*

**SATURDAY**

**10:00AM** Principles Before Personalities, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O.C.T,B.CT,BS,K,LT)

**5:00PM** Crossroads Group, The Gratitude House, 1501 White St, Ruston, LA, 71270 (O.C.S, D, WC, NS,VM)
honesty, open-mindedness, and willingness. With these we are well on our way.

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know just when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about alcohol. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

The 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 carry the message to the addict who still suffers.
4. Each group has but one primary purpose—to carry the message to the addict who still suffers.
5. Each group should be autonomous except in matters affecting other groups or NA as a whole.
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.

Understanding these Traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn’t until we get involved with service that someone points out that “personal recovery depends on NA unity,” and that unity depends on how well we follow our Traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free.

By following these guidelines in our dealings with others, and society at large, we avoid many problems. That is not to say that our Traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and troubles with individuals and groups outside the Fellowship. However, when we apply these principles, we avoid some of the pitfalls.

Many of our problems are like those that our predecessors had to face. Their hard won experience gave birth to the Traditions, and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

We Do Recover

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma: What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man’s entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

Just For Today

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 NA 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 NA, 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.

Suggestions:

• Don’t Use! No Matter What!
• Attend Meetings Regularly
• 90 meetings in 90 days
• Get some N.A. Literature and read it
• Avoid people & places with/where you used
• Get and Use a Sponsor
• Before using, call someone in N.A.
• Keep coming back! It works!

• Keep coming back! It works!

The North Louisiana ASC meets monthly at 2:00 PM, at 1321 Airline Drive, Bossier City, LA 71112. ASC meetings are typically on the third Sunday of each month.

If you ARE an Addict or THINK you MIGHT be an Addict then leave a message on our Help Line or fill out the Contact form on our website and an Addict from NA will contact you — or better yet just come to a meeting!!