

The Twelve Steps of Narcotics Anonymous



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 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.*

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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 the 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.*

**Wyo-Braska Area
Info Line – toll free
1-866-4-NODOPE**

12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



Official Fall 2009 Meeting List
Updated October 11, 2009

Wyo-Braska Area Service Committee
P.O. Box 21
Cheyenne, WY 82003

To contact us via Email:
Help@wyo-braskana.org



The Wyo-Braska Area includes:
In Wyoming: Albany and Laramie Counties.
In Nebraska: Scotts Bluff & Cheyenne Counties.

The Wyo-Braska Area is part of the Upper Rocky Mountain Region. As always, the individual NA group is at the top of our service structure. Our leaders are but trusted servants - they do not govern. Our primary purpose is to stay clean and to carry the message to the addict who still suffers.

“Recovery is what happens in our meetings. Our lives are at stake.” Basic Text, page 15

Area N.A. Support Services

Such as this meeting list, the Information Phonenumber, the Wyo-BraskaNA.org web site and various other N.A. activities are financed entirely by your 7th Tradition donations. Please keep this in mind when the basket is passed at your next meeting.

Sunday:

Anchors Away (O/D/NS) 12:30 PM
3411 Pershing Cheyenne, WY
Clean & Serene Group (O/D/NS) 10AM
14 W. 17th St. Scottsbluff, NE
Clean & Serene Group (C/SWG/NS) 6:30PM
14 W. 17th St. Scottsbluff, NE
Footsteps In Recovery (C/BT/NS) Men Only 7PM
2310 E. 8th St. (TRP Kitchen) Cheyenne, WY
Free Bird Group (O/LS-D/NS) 7PM
3005 Thomes (church bsmnt) Cheyenne, WY
Live From Laramie (O/D/NS) 7:30PM
1215 E. Gibbon St. Rm 202 Laramie, WY
Clean & Serene Group (C/BT/NS) 8PM
14 W. 17th St. Scottsbluff, NE

Monday:

Clean & Serene Group (O/D/NS) 10AM
14 W. 17th St. Scottsbluff, NE
On Life’s Terms (O/D/NS) 7:30 PM
3005 Thomes Ave. Cheyenne, WY
Manic Mondays (C/D/NS) 6:30PM
14 W. 17th St. Women-children only Scottsbluff, NE
Live From Laramie (O/D/NS) 7:30PM
1215 E. Gibbon St. Rm 210 or 202 Laramie, WY
Clean & Serene Group (O/D/NS) 8PM
14 W. 17th St. Scottsbluff, NE

Tuesday:

Clean & Serene Group (O/D/NS) 10AM
14 W. 17th St. Scottsbluff, NE
Clean & Serene Group (O/D/NS) 8PM
14 W. 17th St. Scottsbluff, NE
Clean & Free Group (C/NS/IW) 7PM
2600 E. 12th St. (church bsmnt) Cheyenne, WY

Wednesday:

Clean & Serene Group (O/D/NS) 10AM
14 W. 17th St. Scottsbluff, NE
Footsteps In Recovery (C/D/NS) Men Only 7PM
2310 E. 8th St. (TRP Kitchen) Cheyenne, WY
Live From Laramie (O/ST/NS) 7:30PM
1215 E. Gibbon St. Rm 202 Laramie, WY
Clean & Serene Group (C/D/NS) 8PM
14 W. 17th St. Scottsbluff, NE

Thursday:

Clean & Serene Group (O/D/NS) 10AM
14 W. 17th St. Scottsbluff, NE
Manic Mondays (C/SWG/NS) 3rd thr only 6:30PM
14 W. 17th St. Women-children only Scottsbluff, NE
On Life’s Terms (O/D/NS) 7 PM
3005 Thomes Ave. Cheyenne, WY
Clean & Serene Group (C/D/NS) 8PM
14 W. 17th St. Scottsbluff, NE
Staying Clean in Sidney (O/D/S) 8PM
1904 4th St. Sidney, NE

Friday:

Clean & Serene Group (O/D/NS) 10AM
14 W. 17th St. Scottsbluff, NE
Clean & Free Group (C/D/NS) 7PM
Last Fri of mth O/B-day/Speaker Tape Meeting/NS
2600 E. 12th St. (church bsmnt) Cheyenne, WY
Live From Laramie (O/D/NS) 7:30PM
1215 E. Gibbon St. Rm 202 Laramie, WY
Clean & Serene Group (O/D/NS) 8PM
14 W. 17th St. Scottsbluff, NE

Saturday:

Clean & Serene Group (O/D/NS) 10AM
14 W. 17th St. Scottsbluff, NE
Saturday Nite Live (O/D/NS/LST Sat. SP) 7:30PM
1400 E. College Dr. (LCCC, CC Bldg. Rm 336) Cheyenne, WY
Clean & Serene Group (O/D/NS) 8PM
14 W. 17th St. Scottsbluff, NE

Staying Clean in Sidney (O/D/S)

1904 4th St.

8PM
Sidney, NE

BT = Basic Text; C = closed meeting; D = discussion meeting;
IW = It Works, How & Why; LS = literature study;
M = men only; NS = non-smoking; O = open meeting;
S = smoking allowed; SWG = Step Working Guide

Area Website:

www.Wyo-BraskaNA.org

Rocky Mountain Forum:

www.rmfn.org

NA World Services:

www.na.org

Other neighboring regional websites:

Colorado.....www.nacolorado.org
Montana.....www.namontana.org
Nebraska.....www.nebraskana.org
South
Dakota.....www.southdakotana.org
Southern Idaho.....www.sirna.org
Utah.....www.utahna.org

The Wyo-Braska Area Service Committee meets the second or third Sunday of every month at various meeting locations throughout the area. Ask your GSR.



Support your local home group!

PHONE NUMBERS (CALL BEFORE YOU USE!):
