The 12 Steps Of Narcotics Anonymous

1. We admitted we were powerless over our addiction, and 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 the 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 the steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

The 12 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 conscious. Our leaders are but trusted servants; they do not govern.
3. The only require for membership is the 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 non-professional, 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 personality.

~~ Regional Phoneline Numbers ~~

Aberdeen/Hoquiam……(360)249-1008
Centralia/Chehalis……..…(866)922-8800
Everett……(425)609-6170
Hayden Lake, ID……(888)624-3577
Hermiston……..……(877)861-4885
Kelso/Longview…..……(360)636-1622
Kent……(253)872-3494
Lewiston, ID…….. ……(208)746-7632
Moscow, ID/Pullman, WA.(208)883-5006
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Sandpoint, ID..……..…...(877)571-7897
Spokane……..……..…(509)325-5045
Tacoma……(253)531-8792
Tri Cities……..……(509)546-8244
Vancouver……..……(360)690-1144
World Service Office……...(818)773-9999

24 Hour Phonelines:
1-800-766-3724

Call BEFORE You Use!!!

BLUE MOUNTAIN AREA NARCOTICS ANONYMOUS MEETING SCHEDULE

Walla Walla, Milton-Freewater, Arlington, Hermiston, Stanfield, Pendleton, La Grande, Baker City & Union

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