

The Twelve Steps Of
Narcotics Anonymous

Key

O - Open Meeting
C - Closed Meeting (addicts ONLY)
NS - No Smoking
WC - Wheelchair Accessible

Sunday

7:00PM - 8:00PM Our Choice
O, NS
Mental Health Association(MHA)
31 Waters St, Suite 7
Jamestown, NY 14701

Monday

7:00PM - 8:00PM Our Choice
O, NS
Mental Health Association(MHA)
31 Waters St, Suite 7
Jamestown, NY 14701

Tuesday

7PM - 8PM Never Alone Never Again
O, NS
First Lutheran Church,
3rd Floor Youth Room
120 Chandler St, Jamestown, NY 14701

Wednesday

Thursday

Friday

8:00PM - 9:00PM Our Choice
O, NS
Mental Health Association(MHA)
31 Waters St, Suite 7
Jamestown, NY 14701

Saturday

7PM - 8PM Never Alone Never Again
O, NS
First Lutheran Church,
3rd Floor Youth Room
120 Chandler Street, Jamestown, NY

- 1 We admitted 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 the knowledge of His will for 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.