

Open

“Welcome to *<meeting name>* meeting of Narcotics Anonymous. This is

- *<open>* an open meeting and may be attended by anyone interested in how we have found recovery from the disease of addiction.
- *<closed>* a closed meeting and for those individuals who identify themselves as addicts or for those who are uncertain and think they might have a drug problem. We encourage you to attend an open meeting if this is not the case.

“My name is _____ and I am an addict and your chairperson today. Please help me open this meeting with a moment of silence followed by the Serenity prayer.”

“There are no drugs or paraphernalia allowed during meetings; this is for the protection of this group and NA as a whole.”

“Narcotics Anonymous is not affiliated with the Zoom in any way.”

“Will someone please read _____.” (Go through all readings)

Who Is an Addict?

Most of us do not have to think twice about this question. *We know!* Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

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 used 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.

Why are we here?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation we sought help from each other in Narcotics Anonymous.

After coming to NA, we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point and recovery is then possible.

How It Works (page 1)

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.

How It Works (page 2)

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—*easy does it*.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are 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 that 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 this. 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 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 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.

Introductions

“We will now introduce ourselves. If you are in your first 60 days of recovery, please let us know when it is your turn so that we can get to know you better. You are the most important person in this meeting.”

“If you’ve used today, please listen to what is being said and talk to someone after the meeting.”

“We ask that the virtual meeting space have the same atmosphere of recovery as our in-person meeting, please respect each other by attending the meeting fully clothed and in a neutral space, muting your mics when you're not sharing, and respect the 12th tradition by refraining from recording or taking screenshots during the meeting.”

Meeting format determines how the meeting proceeds... Open the meeting...

Close

“I would like to thank everyone for sharing. If you did not get a chance to share, please speak with someone after the meeting.”

“You are a member of NA when you say you are, but if you would like to become a member of this group let us know and after the meeting.”

“Are there any announcements for the good of NA?”

Donate

“We are collecting funds on the Uncoast Area website, uncoastna.org, in accordance with our Seventh Tradition, which states that every NA group should be fully self-supporting. All money donated goes to support the area and groups in order to spread the message to the addict who still suffers.”

The image shows a screenshot of the website for Narcotics Anonymous Uncoast Area. At the top, there is a blue header with the organization's logo (a diamond shape) and the text "Narcotics Anonymous Uncoast Area". To the right of the header, the address "PO BOX 12151, Gainesville, FL 32604" and phone number "Help Line: (352) 376-8008" are listed. Below the header is a navigation menu with links for Home, Meetings, Calendar, Just For Today, Service, Links, Contact, Sitemap, and About NA. The main content area is divided into two columns. The left column has a "Welcome" section with text about the Uncoast Area's location and meeting information, followed by an "Online Donations" section. The right column has a rounded box titled "What is Narcotics Anonymous Program?" containing text about the fellowship and a reference to "NA Basic Text page 8". At the bottom of the "Online Donations" section, there is a "Donate" button with a red circle around it, and below it are logos for VISA, MasterCard, American Express, Discover, and PayPal.

Narcotics Anonymous
Uncoast Area

PO BOX 12151, Gainesville, FL 32604
Help Line: (352) 376-8008

Home Meetings Calendar Just For Today Service Links Contact Sitemap About NA

Welcome

The Uncoast Area of Narcotics Anonymous is located in North-Central Florida and serves meetings in Branford, Gainesville, Lake City, and Live Oak.

Meetings in the Uncoast Area are held daily and can be located on our [Meeting List](#). Please contact our Phone Line at (352) 376-8008 with any immediate questions or concerns. Please use our [Contact](#) form to reach all of the Uncoast Area trusted servants, including individual group representatives.

Online Donations

Members can donate to our local Uncoast Area during this pandemic, funds handled in accordance with our 7th Tradition.

Only NA Members should donate to our fellowship. Neither NA nor the Uncoast Area is affiliated with PayPal. Thank you!

Donate

VISA MasterCard American Express Discover

What is Narcotics Anonymous Program?

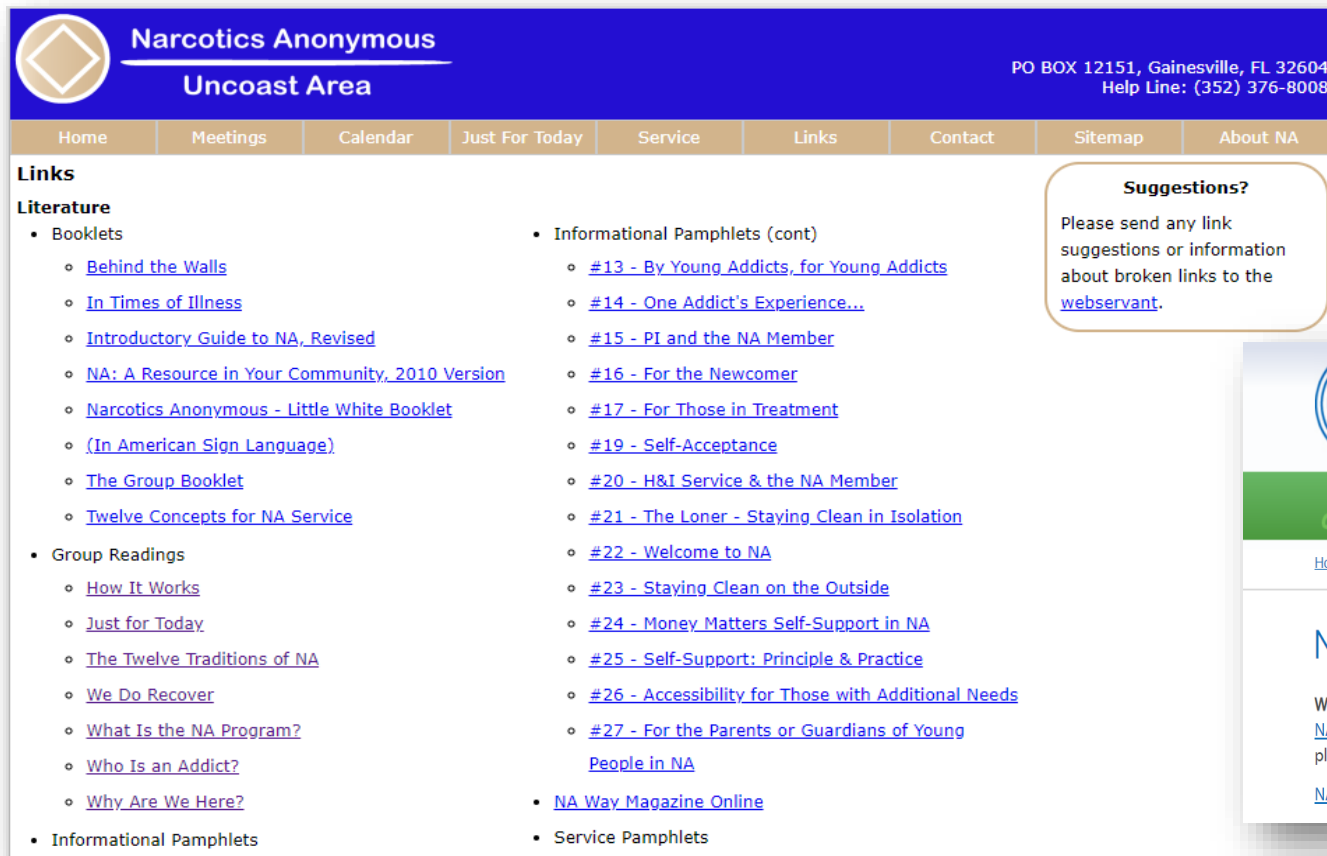
"N.A. is a Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

- NA Basic Text page 8

Literature

“We have free literature online at **UncoastNA.org**, and you can visit the regional site or world site to purchase other literature online.

Free: **UncoastNA.org**



Narcotics Anonymous
Uncoast Area

PO BOX 12151, Gainesville, FL 32604
Help Line: (352) 376-8008

Home Meetings Calendar Just For Today Service Links Contact Sitemap About NA

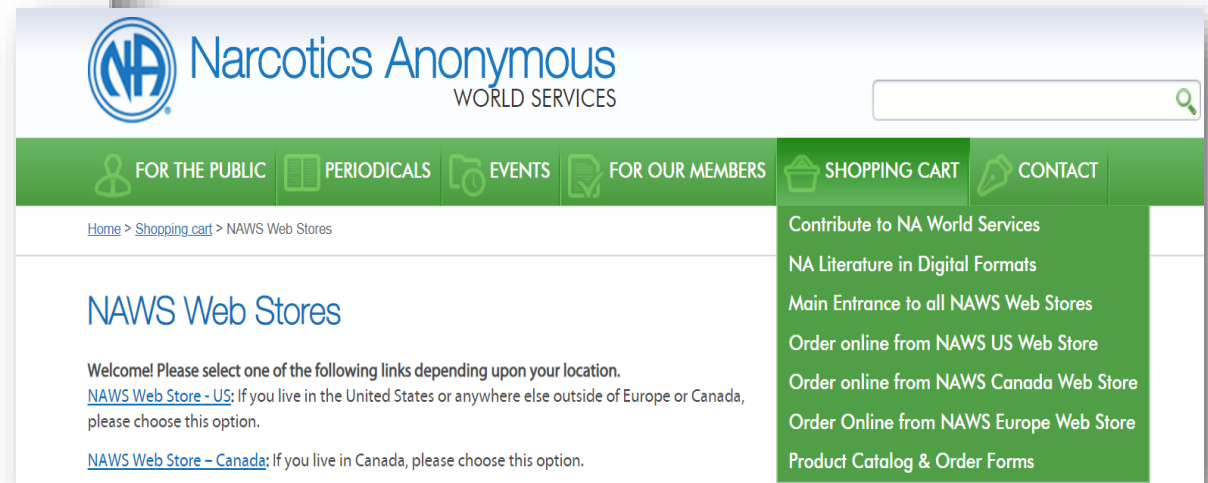
Links

Literature

- Booklets
 - [Behind the Walls](#)
 - [In Times of Illness](#)
 - [Introductory Guide to NA, Revised](#)
 - [NA: A Resource in Your Community, 2010 Version](#)
 - [Narcotics Anonymous - Little White Booklet](#)
 - [\(In American Sign Language\)](#)
 - [The Group Booklet](#)
 - [Twelve Concepts for NA Service](#)
- Group Readings
 - [How It Works](#)
 - [Just for Today](#)
 - [The Twelve Traditions of NA](#)
 - [We Do Recover](#)
 - [What Is the NA Program?](#)
 - [Who Is an Addict?](#)
 - [Why Are We Here?](#)
- Informational Pamphlets (cont)
 - [#13 - By Young Addicts, for Young Addicts](#)
 - [#14 - One Addict's Experience...](#)
 - [#15 - PI and the NA Member](#)
 - [#16 - For the Newcomer](#)
 - [#17 - For Those in Treatment](#)
 - [#19 - Self-Acceptance](#)
 - [#20 - H&I Service & the NA Member](#)
 - [#21 - The Loner - Staying Clean in Isolation](#)
 - [#22 - Welcome to NA](#)
 - [#23 - Staying Clean on the Outside](#)
 - [#24 - Money Matters Self-Support in NA](#)
 - [#25 - Self-Support: Principle & Practice](#)
 - [#26 - Accessibility for Those with Additional Needs](#)
 - [#27 - For the Parents or Guardians of Young People in NA](#)
- NA Way Magazine Online
- Service Pamphlets

Suggestions?
Please send any link suggestions or information about broken links to the [webservant](#).

Purchase: **NA.org** or **FloridaRSO.org**



Narcotics Anonymous
WORLD SERVICES

FOR THE PUBLIC PERIODICALS EVENTS FOR OUR MEMBERS SHOPPING CART CONTACT

Home > Shopping cart > NAWS Web Stores

NAWS Web Stores

Welcome! Please select one of the following links depending upon your location.
[NAWS Web Store - US](#): If you live in the United States or anywhere else outside of Europe or Canada, please choose this option.
[NAWS Web Store - Canada](#): If you live in Canada, please choose this option.

- Contribute to NA World Services
- NA Literature in Digital Formats
- Main Entrance to all NAWS Web Stores
- Order online from NAWS US Web Store
- Order online from NAWS Canada Web Store
- Order Online from NAWS Europe Web Store
- Product Catalog & Order Forms

Key Tags



Just for Today

Tell yourself:

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.

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.

Closing

“The Twelfth Tradition states: ‘Anonymity is the Spiritual foundation of all our traditions, ever reminding us to place principles before personalities.’”

“Suggestions for newcomers:

- Go to 90 meetings in 90 days.
- Get and use phone numbers.
- Find a sponsor who has a sponsor.
- Read NA literature.
- Join a homegroup.
- Just for today... DO NOT PICK UP!”

“I have asked _____ to help close the meeting with the Third Step Prayer for those who would like to join.”

“Please stick around and socialize with members online after the meeting.