

SUNDAY

9-10:15AM Wake Up Recovery, Online, Online Only, Spokane WA, 99202

(O,VM) *Password: wakeup

10-11:30AM Clean Club, Spokane Central Adventist Fellowship Hall, 804 West Spofford Avenue, Spokane WA, 99205 **(O,WC,HY)** *Zoom Meeting ID: 813 203 186 Passcode: newana

NOON-1PM The Nooner, Our Club, 303 West 2nd Ave, Spokane WA, 99201

(O,WC) *

3:30-4:30PM Roots Hall Women's Meeting, 1102 W 2nd St, Spokane WA, 99201 **(O,W)** *

5-6:30PM #Clean AF, Harvest Celebration Church, 708 Logan Street, Davenport WA, 99122-5035 **(O)** *

5:45-6:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

6-7PM Down Payment on Life, Changepoint, 155 Main Street, Orofino ID, 83544 **(O,WC)** *

7-8:30PM Never Alone, Luis Clark Elano Club, 1435 elm street, Clarkston WA, 99403 **(O,WC,BK)** *

7-8PM Sunday Night Wrap Up, The Porch, 1804 West Broadway, Spokane WA, 99201 **(O,WC,BK)** *

9:15-10:15PM NA Means Necessary, Online, Online Only, Spokane WA, 99202 **(O,IW,WC,BK,VM)** *Zoom Meeting ID: 880 5078 2239 Passcode: 628792

9:45-10:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

11-12:30AM Dream Catchers, Online Only, 400 US Highway 95, Lapwai ID, 83540 **(O,VM)** *Zoom Meeting ID: 458 142 4458 Passcode: unity208

MONDAY

5:30-6:30AM Give Me Shelter, 621 bryden Ave Suite A, Lewiston ID, 83501 **(O,WC)** *

9-10:15AM Wake Up Recovery, Online, Online Only, Spokane WA, 99202 **(O,VM)** *Password: wakeup

NOON-1PM The Nooner, Our Club, 303 West 2nd Ave, Spokane WA, 99201

(O,WC) *

3:30-4:30PM Daily Practice, Roots Hall, 1102 W 2nd Ave, Spokane WA, 99201 **(O)** *

4:15-5:15PM Down Payment on Life, Camas Professional Counseling, 304 N. State Street, Grangeville ID, 83530 **(O,WC)** *

5:30-6:30PM Give Me Shelter, Echo Hills Church, 3215 Echo Hills Drive, Lewiston ID, 83501 **(O,M)** *

5:30-6:30PM Women of Hope, Episcopal Church of the Nativity, Basement, 731 8th St, Lewiston ID, 83501 **(O,W)** *

5:45-6:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

6-7PM Hugz Not Drugz, Please, No parking in the parking lot., 1804 W Broadway, Spokane WA, 99201 **(O,To,WC)** *

7-8:30PM Dopeless Hope Fiends, Go to brown door, 215 S Oak St, Colville WA, 99114 **(O,WC)** *

7-8PM Dream Catchers, Assembly of God, 400 US Highway 95, Lapwai ID, 83540 **(O,WC)** *

7-8:30PM Just for Today, Ritzville Chamber Of Commerce, 111 West Main Avenue, Ritzville WA, 99169-1407 **(O,WC)** *

7-8:15PM Monday Night Miracles, Trinity Lutheran Church, Park in back - use entrance across the grass, 2511 S. Pines, Spokane Valley WA, 99206 **(O,WC)** *

8-9:30PM Addicts in Action, Our Club, 303 W 2nd Ave, Spokane WA, 99201 **(O,WC,LS)** *

8-9PM Spiritual Connections, Hoot Owl, 1917 E Pacific Ave, Spokane WA, 99202 **(WC)** *

9-10:30PM Never Alone, Luis Clark Elano Club, 1435 Elm St, Clarkston WA, 99403 **(O,WC)** *

9:15-10:15PM NA Means Necessary, Online, Online Only, Spokane WA, 99202 **(O,WC,BK,VM)** *Zoom Meeting ID: 880 5078 2239 Passcode: 628792

9:45-10:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O,WC)** *

11-12:30AM Dream Catchers, Online Only, US-95 & Willow Ave, 400 US Highway 95, Lapwai ID, 83540 **(O,WC,VM)** *Zoom Meeting ID: 458 142 4458 Passcode: unity208

TUESDAY

5:30-6:30AM Give Me Shelter, 621 bryden Ave Suite A, Lewiston ID, 83501 **(O,WC)** *

9-10:15AM Wake Up Recovery, Online, Online Only, Spokane WA, 99202 **(O,VM)** *Password: wakeup

11:30-1PM Noon NA, Colville Community Church, 930 S Elm St, Colville WA, 99114 **(O)** *

NOON-1PM The Nooner, Our Club, 303 West 2nd Ave, Spokane WA, 99201 **(O,WC)** *

3:30-4:30PM Daily Practice, Roots Hall, 1102 W 2nd Ave, Spokane WA, 99201 **(O)** *

5:45-6:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

7-8PM Far Out Group, David's Episcopal Church, Hybrid Meeting, 7315 N Wall St, Spokane WA, 99208 **(O,HY,LS)** *Zoom Meeting ID 913 389 934 Passcode newana

7-8:30PM Lost & Found, Our Club, 303 West 2nd Avenue, Spokane WA, 99201-4506 **(O,IW,St,Tr,WC,BK)** *

7-8:30PM Never Alone, First Step 4 Life, Located Downstairs, 903 D St. Suite 101, Lewiston ID, 83501 **(O)** *

7-8:30PM Recovery Quest, Church of Christ, Basement door, 1125 NE Stadium Way, Pullman WA, 99163-3834 **(O,WC)** *

8-9PM Spiritual Connections, Hoot Owl, 1917 E Pacific Ave, Spokane WA, 99202 **(WC)** *

9:15-10:15PM NA Means Necessary, Online, Online Only, Spokane WA, 99202 **(O,CL,SD,St,WC,VM)** *Zoom Meeting ID: 880 5078 2239 Passcode: 628792

9:45-10:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O,To)** *

11-12:30AM Dream Catchers, Online Only, US-95 & Willow Ave, 400 US Highway 95, Lapwai ID, 83540 **(O,WC,VM)** *Zoom Meeting ID: 458 142 4458 Passcode: unity208

WEDNESDAY

5:30-6:30AM Give Me Shelter, 621 bryden Ave Suite A, Lewiston ID, 83501 **(O,WC)** *

9-10:15AM Wake Up Recovery, Online, Online Only, Spokane WA, 99202 **(O,VM)** *Password: wakeup

NOON-1PM The Nooner, Our Club, 303 West 2nd Ave, Spokane WA, 99201 **(O,WC)** *

3:30-4:30PM Daily Practice, Roots Hall, 1102 W 2nd Ave, Spokane WA, 99201 **(O)** *

5:45-6:45PM Roots Hall Tradition Study, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O,TW,WC,LS)** *

6:30-7:30PM Recovery by Candlelight, Corbin Senior Center, 827 West Cleveland Avenue, Spokane WA, 99205-3316 **(O,CL,WC)** *

7-8:15PM Wednesday Night WEcovery, Trinity Lutheran Church, Park in back - use entrance across the grass, 2511 S. Pines, Spokane Valley WA, 99206 **(O)** *

7-8:30PM Willing Addicts in Recovery, Basement, 1720 18th Ave, Lewiston ID, 83501 **(C,LS)** *

8-9PM Spiritual Connections, Hoot Owl, 1917 E Pacific Ave, Spokane WA, 99202 **(WC)** *

9:15-10:15PM NA Means Necessary, Online, Online Only, Spokane WA, 99202 **(O,CL,WC,VM)** *Zoom Meeting ID: 880 5078 2239 Passcode: 628792

9:45-10:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O,To)** *

11-12:30AM Dream Catchers, Online Only, US-95 & Willow Ave, 400 US Highway 95, Lapwai ID, 83540 **(O,WC,VM)** *Zoom Meeting ID: 458 142 4458 Passcode: unity208

THURSDAY

5:30-6:30AM Give Me Shelter, 621 bryden Ave Suite A, Lewiston ID, 83501 **(O,WC)** *

9-10:15AM Wake Up Recovery, Online, Online Only, Spokane WA, 99202 **(O,VM)** *Password: wakeup

NOON-1PM The Nooner, Our Club, 303 West 2nd Ave, Spokane WA, 99201 **(O,WC)** *

3:30-4:30PM Daily Practice, Roots Hall, 1102 W 2nd Ave, Spokane WA, 99201 **(O)** *

5:45-6:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

7-8:30PM Dopeless Hope Fiends, 576 N. Wynnee Ave, Colville WA, 99114 **(O)** *

7-8PM Never Alone, 347 Thain Rd, Lewiston ID, 83501 **(O)** *

7-8:30PM Recovery Quest, Church of Christ, Basement door, 1125 NE Stadium Way, Pullman WA, 99163-3834 **(O,To,WC)** *

7-8PM Thursday Night Moved Again, Jacob's Well, 3016 East 5th Avenue, Spokane WA, 99202-4146 **(O,To,WC,CW)** *

7:30-8:30PM Thursday Night Literature Study, Alano Club, 1700 West 7th Avenue, Spokane WA, 99204-3504 **(O,WC,BK)** *

8-9PM Spiritual Connections, Hoot Owl, 1917 E Pacific Ave, Spokane WA, 99202 *

9:15-10:15PM NA Means Necessary, Online, Online Only, Spokane WA, 99202 **(O,Tr,BK,VM)** *Zoom Meeting ID: 880 5078 2239 Passcode: 628792

9:45-10:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

11-12:30AM Dream Catchers, Online Only, US-95 & Willow Ave, 400 US Highway 95, Lapwai ID, 83540 **(O,WC,VM)** *Zoom Meeting ID: 458 142 4458 Passcode: unity208

FRIDAY

9-10:15AM Wake Up Recovery, Online, Online Only, Spokane WA, 99202 **(O,VM)** *Password: wakeup

NOON-1PM The Nooner, Our Club, 303 West 2nd Ave, Spokane WA, 99201 **(O)** *

3:30-4:30PM Daily Practice, Roots Hall, 1102 W 2nd Ave, Spokane WA, 99201 **(O)** *

5:45-6:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

6-7PM Step Sisters, Alano club, No Meeting on 05/06/2022 - Bingo Event, 1700 W 7th Ave, Spokane WA, 99204 **(C,W,WC)** *

7-8:30PM Recovery Quest, Church of Christ, Basement door, 1125 NE Stadium Way, Pullman WA, 99163-3834 **(O,To,WC)** *

7-8:30PM Willing Addicts in Recovery, Basement, 1720 18th Ave, Lewiston ID, 83501 **(O,To)** *

7:30-8:30PM Friday Night Speaker Meeting, Alano Club, 1700 West 7th Avenue, Spokane WA, 99204-3504 **(O,So,WC)** *

8-9PM Spiritual Connections, Hoot Owl, 1917 E Pacific Ave, Spokane WA, 99202 **(WC)** *

9:15-10:15PM NA Means Necessary, Online, Online Only, Spokane WA, 99202 **(O,CL,WC)** *Zoom Meeting ID: 880 5078 2239 Passcode: 628792

9:45-10:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O,CL,WC)** *

11-12:30AM Dream Catchers, Online Only, US-95 & Willow Ave, 400 US Highway 95, Lapwai ID, 83540 **(O,WC,VM)** *Zoom Meeting ID: 458 142 4458 Passcode: unity208

SATURDAY

9-10:15AM Wake Up Recovery, Online, Online Only, Spokane WA, 99202 **(O,VM)** *Password: wakeup

10-11AM Clean & Serene, Ascenda, 3000 W Sunset Blvd, Spokane WA, 99224 **(O,WC)** *

NOON-1PM The Nooner, Our Club, 303 West 2nd Ave, Spokane WA, 99201 **(O,WC)** *

3:30-4:30PM Daily Practice, Roots Hall, 1102 W 2nd Ave, Spokane WA, 99201 **(O,To,WC)** *

5:45-6:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

6-7:30PM Regardless of ..., Buddhist Temple, Basement, 927 S. Perry St, Spokane WA, 99202 **(O,LGBT,WC)** *

7-8:30PM Recovery Quest, 1125 NE Stadium Way, Pullman WA, 99163 *

7-8PM Survivors, Kamiah community Presbyterian church, 620 7th st., Kamiah ID, 83536 **(O)** *

7-8:30PM Willing Addicts in Recovery, 1435 Elm St, Clarkston ID, 99403 **(O,WC)** *

8-9:30PM Saturday Night Candlelight, The Porch, 1804 W Broadway, Spokane WA, 99201 **(O,CL,WC)** *

8-9PM Spiritual Connections, Hoot Owl, 1917 E Pacific Ave, Spokane WA, 99202 **(WC)** *

9:15-10:15PM NA Means Necessary, Online, Online Only, Spokane WA, 99202 **(O,CL,WC,VM)** *Zoom Meeting ID: 880 5078 2239 Passcode: 628792

9:45-10:45PM Crazy NA, Roots Hall, 1102 W 2nd, Spokane WA, 99201 **(O)** *

11-12AM Dream Catchers, Online Only, US-95 & Willow Ave, 400 US Highway 95, Lapwai ID, 83540 **(O,WC,VM)** *Zoom Meeting ID: 458 142 4458 Passcode: unity208

MEETING FORMAT LEGEND

BK	Book Study	C	Closed
CL	Candlelight	CW	Children Welcome
HY	Hybrid Meeting	IW	It Works -How and Why
LGBT	LGBTQ+	LS	Literature Study
M	Men	O	Open
SD	Speaker/Discussion	So	Speaker Only
St	Step	TW	Traditions Workshop
To	Topic	Tr	Tradition
VM	Virtual Meeting	W	Women
WC	Wheelchair		

“God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference.”

What is the Narcotics Anonymous Program?

N.A. 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, 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 N.A. We are not affiliated with any other organization, 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 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.

The Twelve Steps OF Narcotics Anonymous

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 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 conscience 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.

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 N.A. 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 N.A. 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.

Service work helps - keep us clean!

All interested members are encouraged to attend the Area Service Committee (ASC) meeting and/or the Sub-committee meetings.

ASC is held the first Sat. of the month @ 9:30am (827 W. Cleveland, Spokane.)

Orientation for new GSR's begins @ 9am.

ASC Chair: Patty A.
ASC Vice-Chair: Michelle Mc
ASC Treasurer: Karlee A.
ASC Treasurer Trainee: Cindy
ASC Secretary: VACANT
RMC 1: John N.
RCM 2: Mike
C & E Coordinator: Vacant
Literature: David R.
Website Coordinator: Doug G.
Archivist: Annetta T.
Outreach: Paul A.
Activities Chair: Augie M
Activities Vice-Chair: Zane E.
Fundraising Chair: Steve S.
Fundraising Vice-Chair: Angie S.
PRC Chair: Greg K.
PRC Vice-Chair: Stephen P.
PI Coordinator: Zack F.
H&I Coordinator: Sharyl B.
Helpline: Lark M

The Twelve Traditions of Narcotics Anonymous

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

Why are we here?

Before coming to the fellowship of N.A., 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 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 cost. 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 continue to progress until in desperation, we sought help from each other in Narcotics Anonymous.

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.

Other Area Helpline Numbers

Aberdeen/Hoquiam,WA.....	(360) 249-1008
Bellevue/Kirkland.....	(206) 790-8888
Centralia,WA.....	(360) 754-4433
Coeur d'Alene/Hayden Lake/Sandpoint, ID.....	(888) 624-3577
Chelan/Douglas County.....	(855) 522-3262
Everett,WA.....	(425) 609-6170
Hermiston,OR.....	(800) 726-8314
Kelso/Longview,WA.....	(888) 605-1250
La Grande/Pendleton,OR-Walla Walla,WA.....	(800) 766-3724
Olympia,WA.....	(360) 754-4433
Port Angeles,WA.....	(360) 477-9367
Seattle,WA.....	(855) 464-7477
South King County.....	(253) 872-3494
Tacoma,WA/PierceCounty.....	(253) 531-8792
Tri-Cities, WA.....	(833) 437-3480
Vancouver, WA.....	(360) 690-1144
Walla Walla.....	(800) 766-3724
Wenatchee, WA.....	(877) 664-0398
West Pudget Sound/Port Orchard, WA.....	(877) 861-6156
Whatcom Co.....	(360) 647-3234
World Service Office.....	(818) 773-9999

NARCOTICS ANONYMOUS

APRIL 2023



NORTHEAST WASHINGTON AREA

24-HOUR HELPLINES

Spokane (509) 325-5045

Lewiston/Clarkston (208) 746-7632

Pullman (208) 883-5006

<https://www.newana.org>

** If there is any issues concerning any meetings

please email **

info@newana.org

Names & Numbers You Can Call Anytime

Suggestions for Newcomers

- * Go to a meeting * Get a Sponsor
- * Work the Steps * Trust your Higher Power
- * No matter what—DO NOT USE

Mailing Address

Area Service Committee

PO Box 10353

Spokane WA 99209