

SERENITY PRAYER

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

Names and Phone Numbers

| | | | |
|-----------|----------|---------------|----------|
| Ray Q. | 777-3197 | Valerie R. | 727-8533 |
| Frank B. | 688-4318 | Teresa G. | 483-7333 |
| Donald S. | 727-5939 | Linda L. | 472-4744 |
| Bob B. | 797-2262 | Tanya O. | 797-0826 |
| Eric B. | 489-1720 | Isabel Q. | 688-5567 |
| Jive K | 788-8257 | Lauren L. | 747-4760 |
| Chris G. | 929-8838 | Andrea S. | 487-2201 |
| Don L. | 483-1142 | Beverly Jo T. | 727-6444 |
| Brian Q | 929-1404 | | |
| Regis R. | 864-8687 | | |
| Andy T. | 488-9387 | | |

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 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. **No Fear, Just For Today.**

CALL BEFORE YOU USE!!!

You don't have to wait for an overdose or jail sentence to get help from N.A. It is possible to overcome the desire to use drugs with the help of the Twelve Step Program of Narcotics Anonymous and the fellowship of recovering addicts. **What have you got to lose?**

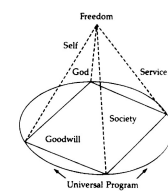
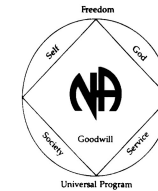
"Keep Coming Back"

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**.

We Do Recover

When at the end of the road we find that we can no longer function as a human beings, 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 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



3rd Step Prayer

**God Take our will and our Lives,
Guide us in our recovery and show
us how to live.**

CONTACT GUAM NA

email: guamna@yahoo.com

WORLD SERVICE OFFICE, INC.

P.O. Box 9999

Van Nuys, CA 91409

Website: www.na.org

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By: Teresa G.

The Twelve Steps of Narcotics Anonymous

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 whenever 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.



"No Matter What Group"
Light House Recovery Center - Tiyan Guam
Sunday 7pm Tues. 7:30pm Fri. 7pm



"We Do Recover"
New Beginnings Bldg. Hagatna Across
Wednesday 7:00 pm



"NA On The Bay"
OASIS EMPOWERMENT Bldg.
Tuesday & Friday Noontime 12pm



"Never Alone"
New Beginnings Bldg Hagatna
Monday 7:00pm



"Never Alone"
New Beginnings Bldg. Hagatna
Thursday 7:00 pm



"Never Alone"
Next to St. Lourdes Church Yigo
Friday 8:00 pm



"Never Alone"
Salvation Army Family Services Chapel
Corten Torres St. Mangilao
Saturday 7:00 pm

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.

The Twelve Traditions of Narcotics Anonymous

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