



**ONLY ONE PROMISE AREA
MEETING LIST
APRIL 2025**

**24 HOUR HELPLINE
1-800-539-0475**

P.O. Box 3214
Decatur, IL. 62524

<https://oopsna.org>

SUGGESTIONS FOR EVERYONE

**DON'T USE no matter what
Ask your Higher Power to keep you clean
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the PHONE**

KEEP COMING BACK. IT WORKS

Meetings Weekly: 7

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.**

**Our message is hope
and the promise of freedom.**

Basic Text, page 65

**Just for Today
Living the Program**

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 tr
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.**

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.