SUNDAY	
6:00PM	***New Life Group***, 1808 Roselawn Ave, Monroe, LA, 71201 (O,BK,NS) *Serenity Area*
8:00PM	***Stone Free Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O,CS,D,WC,NS)
MONDAY	
NOON	***Unloaded Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112
5:00PM	***No Matter What Group***, Farmerville United Methodist Church, 301 Anthony St, Farmerville, LA, 71241 (O,D,NS) *Serenity Area*
7:00PM	***Black Sheep Group***, 12 Step Club, Do not use Kaye St. It is closed, 328 2nd Street Pinehill, Springhill, LA, 71075 (O,CS,D,NS,LT) *Serenity Area https://blacksheepna.org*
8:00PM	***Care and Share Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O,CS,WC,BK,NS,LT)
TUESDAY	
NOON	***Unloaded Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112
7:00PM	***New Life Group***, 1900 Club, 1900 Pine St, Monroe, LA, 71201 (O,D,NS) *Serenity Area*
8:00PM	***No Name Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O,CS,D,WC,NS)
WEDNESDAY	
10:00AM	***Ugly Duckling Group***, 222 S Pine St, Magnolia, AR, 71753 (D,To,NS) *Serenity Area*
7:00PM	***Black Sheep Group***, 12 Step Club, Do not use Kaye St. It is closed, 328 2nd Street Pinehill, Springhill, LA, 71075 (O,CS,D,WC,NS) *Serenity Area https://blacksheepna.org*
8:00PM	***Care and Share Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O,CS,D,WC,NS)
THURSDAY	
10:00AM	***Ugly Duckling Group***, 222 S Pine St, Magnolia, AR, 71753 (D,To,NS) *Serenity Area*
6:30PM	***Unloaded Group***, Riverpark Church, 3232 E 70th Street, Shreveport, LA, 71105
7:00PM	***Black Sheep Group***, 12 Step Club, Do not use Kaye St. It is closed, 328 2nd Street Pinehill, Springhill, LA, 71075 (O,CS,D,WC,NS) *Serenity Area https://blacksheepna.org*
7:00PM	***Hope Group***, Homer City Hall, 400 E Main St, Homer, LA, 71040 (O,B,NS) *Serenity Area*
7:00PM	***New Life Group***, 1900 Club, 1900 Pine St, Monroe, LA, 71201 (O,D,NS) *Serenity Area*
8:00PM	***Stone Free Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O,CL,CS,SD,WC,NS)
FRIDAY	
10:00AM	***Ugly Duckling Group***, 222 S Pine St, Magnolia, AR, 71753 (D,To,NS) *Serenity Area*
NOON	***Unloaded Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112
5:00PM	***No Matter What Group***, Farmerville United Methodist Church, 301 Anthony St, Farmerville, LA, 71241 (O,D,NS) *Serenity Area*
7:00PM	***Moving Forward Group***, 301 Boundary St, Magnolia, AR, 71753 (O,To,NS)
7:00PM	***Unloaded Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O,CS,SD,WC,NS)
SATURDAY	
10:00AM	***Crossroads Group of NA***, Gratitude House, 1501 White St, Ruston, LA, 71270 (D,To,NS) *Serenity Area*
10:00AM	***Principles Before Personalities***, St Luke United Methodist Church, 6012 Youree Dr., Shreveport, LA, 71105 (O,BT,CS,BK,NS,LT)
7:00PM	***Black Sheep Group***, 12 Step Club, Do not use Kaye St. It is closed, 328 2nd Street Pinehill, Springhill, LA, 71075 (O,CS,D,WC,NS) *Serenity Area https://blacksheepna.org*
7:00PM	***New Life Group***, 1808 Roselawn Ave, Monroe, LA, 71201 (O,D,NS) *Serenity Area*
7:00PM	***Stone Free Group***, Survivors Club, 1321 Airline Drive, Bossier City, LA, 71112 (O,CS,WC,NS,LT)

LT	Literature Study	B	Beginners
BT	Basic Text	CL	Candlelight
CS	Children under Supervision	D	Discussion
O	Open	SD	Speaker/Discussion
To	Topic	WC	Wheelchair
NS	No Smoking	BK	Book Study

NA Meeting Format

Hello, I'm an addict and my name is ____. Welcome to the _____ group of Narcotics Anonymous. Can we open this meeting with a moment of silence for the addict who still suffers, followed by the WE version of the Serenity Prayer.

Serenity Prayer:

"God grant us the serenity

To accept the things we cannot change;

Courage to change the things we can;

And wisdom to know the difference."

Is there anyone here attending their first NA meeting, or this meeting for the first time? If so, WELCOME! You are the most important people here!

For the protection of our group as well as the meeting facility, we ask that you have no drugs or paraphernalia on your person at the meeting. If you have any now, please leave, dispose of them, and return as quickly as possible.

Recognize those with various periods of clean time—thirty, sixty, ninety days, six months, nine months, one year, eighteen months, and multiple years. Keytags, chips, or medallions may be given out.

Will someone please read:

a) Who Is an Addict?

b) What Is the NA Program?

c) Why Are We Here

d) How it Works

e) The Twelve Traditions

f) We Do Recover

g) Today's JFT (book)*

* from "Just for Today: Daily Meditations for Recovering Addicts", www.jftna.org/jft/ or OK to skip if no book and no internet,

The meeting is now open for discussion. Does anyone have a topic? Like to share on something from the readings, or just have a burning desire to share?

About ten minutes before the meeting is scheduled to close begin passing the basket around, announcing:

The basket being passed around is one way of practicing our Seventh Tradition, which says, "Every NA group ought to be fully self supporting, declining outside contributions." The money we collect pays for rent, literature,and refreshments.

Will someone please read:

h) Just for Today (reading)

Are there any NA related announcements?

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities — so who you see here, what you hear here, when you leave here let it stay here.

Close by forming a circle and reciting the WE version of the 3rd Step Prayer:

Many of us have said:

"Take our will and our lives

Guide us in our recovery

Show us how to live"

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 NA 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

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.

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.

Understanding these Traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn't until we get involved with service that someone points out that "personal recovery depends on NA unity," and that unity depends on how well we follow our Traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free.

By following these guidelines in our dealings with others, and society at large, we avoid many problems. That is not to say that our Traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and troubles with individuals and groups outside the Fellowship. However, when we apply these principles, we avoid some of the pitfalls.

Many of our problems are like those that our predecessors had to face. Their hard won experience gave birth to the Traditions, and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

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.

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

PHONE NUMBERS

Suggestions:

- Don't Use! No Matter What!
- Attend Meetings Regularly
- 90 meetings in 90 days
- Get some N.A. Literature and read it
- Avoid people & places with/where you used
- Get and Use a Sponsor
- Before using, call someone in N.A.
- Keep coming back! It works!

" Who is an Addict", "What is the Narcotics Anonymous Program?", "Why are We Here?", "How It Works", "The Twelve Traditions of NA", "Just For Today", & "We Do Recover" are all Reprinted from the Little White Booklet, Narcotics Anonymous. © 1986 by Narcotics Anonymous World Services, Inc., PO Box 9999, Van Nuys, CA 91409 -- all rights reserved.

North Louisiana Area & Serenity Area

NA Helpline:

1-585-DONT-USE

(1-585-366-8873)

North Louisiana Area Website: www.nlana.net

Serenity Area Website: www.serenityna.org

Regional Website: www.larna.org

North Louisiana Meetings

Serenity Area currently has 15 meetings in **Farmerville, Homer,, Springhill, Monroe, Ruston LA, & Magnolia, AR.** North Louisiana Area has 14 meetings in **Shreveport and Bossier City. Combined they have 28 per week.** The meetings as of NOVEMBER 12 2026 are listed in this pamphlet.

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

Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.

If you **ARE** an addict or **THINK** you **MIGHT** be an addict, then call our help line to speak to someone or better yet, just **come to a meeting!!!**