

The Twelve Steps of NA

1. We admitted we were powerless over our addiction and 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.

(Basic Text, pg. 17)

Phone Numbers of Others in Recovery

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—jail, institutions, or death—or find a new way to live. In years gone by, very few addicts 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. It is a simple spiritual—not religious—program, known as Narcotics Anonymous (*Basic Text* pg. 87)

Not High-Plains Area of Narcotics Anonymous

Serving Amarillo and the surrounding area.
www.amarilloarea.org



Narcotics Anonymous Helpline
(806) 680-2498

If you want to use drugs, that's your business. If you want to stop using drugs, that's our business!

Narcotics Anonymous.

**We have been there.
We have found a way out.**

Updated; October 2019

Meetings shown in grey are listed as a service to you and done in cooperation and unity with the Panhandle Area-PANA Helpline (806) 331-6262

Key to Meeting Type

B=Basic Text Study; **BD**=Birthday Dinner;
BN=Birthday Night; **C**=Closed Meeting; **JFT**=Just for Today; **LS**=Literature Study; **NC**=Newcomer;
NS=Non-Smoking; **O**=Open Meeting; **OD**=Open Discussion; **RA**=Restricted Access; **S**=Smoking;
SM=Speaker Meeting; **SP**=Spiritual Principles;
ST=Step Study; **SWG**=Step Working Guide;
CL=Candlelight; **T**=Topic Discussion;
TS=Traditions Study;

Locations of Groups in Amarillo

Back to Basics—1601 S Georgia St
Andrew's Episcopal Church (SE Entrance &
Downstairs, 2nd Door on Right)

Nothing To Fear—45th & Cornell
Southwest Church of Christ - South
Entrance

Serenity—1515 S. Buchanan (NE
entrance to Buchanan Street Chapel)

Twelve Steps/New Life—3001 Wolflin
First Christian Church - Snodgrass Hall

Step It Up – 305 Coke St. Vega, Tx

All Will Be Well – 1507 N. Adams
(White Brick Building)

Under The Bridge – 107 N. Adams-
Northside Club

Locations of other Area Meetings

Spearman—You're Never Alone

31 S Endicott @ Union Church

Borger—Keep it Simple

200 North McGee

(First United Methodist)

Dumas—Doors to Freedom—600 S

Twichell @ the Co-op Building

Monday

12:00pm **Nothing to Fear** (O, NS, JFT)

7:00pm **12 Steps/New Life** (O, NS, SP)

7:00pm **You're Never Alone** (O, NS, OD)

7:00pm **Back to Basics** (O, NS, LS, NC)

Tuesday

7:00pm **Doors to Freedom**

7:00pm **12 Steps/New Life** (O, NS, LS)

7:00pm **Serenity** (O, NS, OD)

8:00pm **Back to Basics** (O, NS, BS)

Wednesday

12:00pm **Nothing to Fear** (O, NS, LS)

7:00pm **12 Steps/New Life** (O, NS, T)

7:00pm **Serenity** (O, NS, OD)

7:00pm **Keep it Simple** (O, NS, JFT)

7:00pm **Back to Basics** (O, NS, T)

Thursday

7:00pm **Step It Up** (O, OD)
(1st & Last Thursday Only)

7:00pm **12 Steps/New Life** (O, NS, NC)

7:00pm **Doors to Freedom**

7:00pm **Back to Basics** (O, NS, LS)

8:00pm **Under The Bridge** (O, T, S)
(2nd Thursday – SM;
3rd Thursday – BD)

Friday

12:00pm **Nothing to Fear** (O, NS, OD)

7:00pm **12 Steps/New Life** (O, NS, BN)

7:00pm **Keep It Simple** (O, NS, OD)

7:00pm **Key to Freedom** (O, NS, OD)

7:00pm **Back to Basics** (O, NS, LS)

Saturday

12:00pm **All Will Be Well** (BD)

(Last Saturday of the month Only)

7:00pm **12 Steps/New Life** (O, NS, T)

7:00pm **Serenity** (O, NS, OD)

(6:00pm Serenity BN first
Saturday of the month)

7:00pm **Back to Basics** (O, NS, JFT)

(3RD Saturday Pot Luck @ 6:00
Speaker @ 7:00)

Sunday

7:00pm **12 Steps/New Life** (O, NS, T)

7:00pm **Keep it Simple** (O, NS, T)

(Last Sunday of each month is BN)

7:00pm **Back to Basics** (O, CL)

• Area Service Committee

ASC meeting time and location may vary --
check with groups for location and time.

****Meetings listed on this schedule in
grey are from the neighboring area
and are listed here as a service to
you in cooperation and unity with
Panhandle Area****

*For more information, please visit any of
our meetings. A current meeting schedule,
a calendar of events and activities, and
much more are available online at
www.amarilloarea.org*