

All meetings are OPEN, meaning that all are welcome including family and those who support an addict's efforts to get and stay clean.

Sunday • 7-8:00pm • Lock Haven
Recovery Works

United Evangelical Lutheran Church - **no pets**
104 West Church & 1st St. (behind KFC)

Monday • 7:30-8:30pm • Jersey Shore
No Excuses

St. John Lutheran Church
229 Broad St.

Tuesday • 7:30-8:30pm • Lock Haven
Welcome Home

Big Woods Bible Church
241 S Hannah St.

Wednesday • 7:30-8:30pm • Jersey Shore
No Excuses

St. John Lutheran Church
229 Broad St.

Wednesday • 7-8:00pm • Renovo
Recovery in Renovo

God's House & Family Ministries
600 Huron Ave. (corner of Huron & 6th)

Thursday • 7-8:00pm • Lock Haven
Recovery Works

United Evangelical Lutheran Church - **no pets**
104 West Church & 1st St. (behind KFC)

Friday • 7-8:00pm • Lock Haven
Gift of Recovery

Great Island Presbyterian Church
12 Water St. (behind post office)

Saturday • 11:00am-12:00pm • Lock Haven
Welcome Home

Big Woods Bible Church
241 S Hannah St.

Saturday • 7-8:00pm • Lock Haven
Gift of Recovery

Great Island Presbyterian Church
12 Water St. (behind post office)



Pick up
the phone
before you
pick up.

Get connected.

Phone numbers for: _____

Lock Haven Area Narcotics Anonymous
www.lockhavenareaofna.org
Helpline: 800-479-1563

revised 4-24

Welcome!
**Lock Haven Area
Narcotics Anonymous**
Haven of Hope



Meeting List
And Other Resources

*We want you to know that you are welcome
in Narcotics Anonymous. NA has helped
hundreds of thousands of addicts to live
clean, to accept life on life's terms, and to
develop a life that is truly worth living.*

From IP No. 23 *Staying Clean on the Outside*;
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www.lockhavenareaofna.org
Helpline: 800-479-1563



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.

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Lock Haven Area
Narcotics Anonymous
www.lockhavenareaofna.org
Helpline: 800-479-1563

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.

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7 things you can do to stay clean

- 1• Don't use, no matter what.
- 2• Go to an NA meeting.
- 3• Ask your Higher Power to keep you clean today.
- 4• Call your sponsor.
- 5• Read NA literature.
- 6• Talk to other recovering addicts.
- 7• Work the Twelve Steps of Narcotics Anonymous.

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