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 Narcotics Anonymous?

"Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a major problem . . . Recovering addicts who meet regularly to help each other stay clean."

Membership is open to any drug addict, regardless of the particular drug or combination of drugs used. There are no social, religious, economic, racial, ethnic, nationality, gender, or class-status membership restrictions.

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.

ADDICT'S PRAYER

My gratitude speaks
When I care, and when I share
With others, The NA way,
That no addict, Seeking recovery,
Need ever die from the horrors of addiction

3rd Step Prayer

Take my will and my life
Guide me in my recovery
Show me how to live

NORTHERN LIGHTS AREA SUBCOMMITTEES:
VERMILION: Chair – Jim
ACTIVITIES: Chair – Sheila
HOSPITALS & INSTITUTIONS: Chair – vacant
PUBLIC INFORMATION: Chair – vacant
LITERATURE: Chair – Joe
OUTREACH: Chair – Wayne

All members are welcome and encouraged to get involved in the Subcommittee meetings. The NLA Subcommittees meet on the same day and at the same location as the Area Service Committee Meetings. Vermilion meets from 11:00-12:00, Administrative Committee meets from 12:15-1:45, Area Service Committee from 2:00- 5:00, and Activities committee meets from 5:15-6:15.

CONTACTS

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NORTHERN LIGHTS AREA OF NARCOTICS ANONYMOUS

Northern Lights Area Information Line
(218) 728-3199
Toll free 1-877-568-3621

For activities & other events log on to the Northern Lights Area Website
www.northernlights.naminnesota.org

MN Regional Phone Line
1-877-767-7676
MN Regional Website
www.naminnesota.org

Updated June 2008
Distributed by:
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