



## THE TWELVE STEPS

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.

Meeting Format Legend			
BEG	Beginners	BT	Basic Text
C	Closed	CAN	Candlelight
CW	Children Welcome	DISC	Discussion
ES	Espanol	GL	LGBT
IP	IP Study	IW	It Works Study
JFT	Just for Today Study	LIT	Literature Study
ME	Meditation	NC	No Children
NP	No Pets	O	Open
RR	Round Robin	SPK	Speaker
STEP	Step	TOP	Topic
TRAD	Tradition	VAR	Format Varies
W	Women	WC &	Wheelchair

## BEAR

**Mon 8:00PM Weekend Survivors**, Cornerstone Church, 3135 Summit Bridge Road, Bear, DE, 19701 (DISC,VAR,STEP,WC &,O)

## BETHANY BEACH

**Sun 7:30PM Courage to Change Group**, South Coastal Library, 43 Kent Avenue, Bethany Beach, DE, 19930 (DISC,O)

## CAMDEN

**Tue 7:00PM New Life Group**, Saint Paul's Episcopal Church, 220 Old North Road, Camden, DE, 19934 (DISC,JFT,SPK,RR,C)

**Fri 8:00PM Attitude of Gratitude**, Saint Paul's Episcopal Church, 220 Old North Road, Camden, DE, 19934 (DISC,JFT,O)

**Sat 12:15PM Tradition Group**, St. Paul's Episcopal Church, 220 Old North Road, Camden, DE, 19934 (TRAD,SPK,O,WC &)

## CHESWOLD

**Mon 6:00PM Literature Speaks**, Emmanuel Union Methodist, 756 Main Street, Cheswold, DE, 19936 (DISC,O,SPK,WC &)

## CLAYMONT

**Sun 8:00PM First State Survivors**, Holy Rosary Church, 3200 Philadelphia Pike, Claymont, DE, 19703 (VAR,O,WC &) *Candle Light*

**Thu 7:30PM Men Living Clean**, Church of Atonement, 3519 Philadelphia Pike, Claymont, DE, 19703 (WC &,C,SPK)

## DOVER

**Sun 12:15PM Prayer and Meditation**, Kent General Hospital, come in back, turn right, 1st. Double door on right, 640 S. State St., Dover, DE, 19901 (DISC,STEP,WC &,O)

**Sun 6:00PM Taking Action**, Serenity Office, office next to Serenity Place, small white brick building, 327 Martin Street, Dover, DE, 19901 (DISC,O,WC &)

**Sun 7:00PM NA Given Sunday**, Christ Episcopal Church, corner of State & Water, 501 State St., Dover, DE, 19901 (DISC,O,JFT,SPK,WC &)

**Mon 12:15PM Message of Hope Group**, People's Church, basement, 46 South Bradford St., Dover, DE, 19901 (STEP,WC &,O)

**Mon 7:00PM Spiritual Not Religious**, People's Church, In the basement, 46 South Bradford Street, Dover, DE, 19904 (DISC,O)

**Mon 8:00PM 1-2-3 Beginner Meeting**, Christ Episcopal Church, corner of State & Water, 501 State St., Dover, DE, 19901 (STEP,WC &,SPK,O)

**Tue 12:15PM Keys to Freedom**, St Andrews Church, 425 North DuPont Hwy, Dover, DE, 19901 (DISC,O)

**Tue 5:45PM Enough**, Kent Sussex Community Services, 1241 College Park Drive, Dover, DE, 19904 (C,DISC,WC &)

**Tue 7:30PM Spiritual Principles**, Mt Carmel Church, 117 North West Street, Dover, DE, 19904 (DISC,O,WC &)

**Wed 12:15PM Message Of Hope**, People's Church (Basement), 46 S. Bradford St., Dover, DE, 19904 (DISC,JFT,RR,O)

**Wed 7:00PM How It Works**, Wesley United Methodist Church Education Building, 209 South State Street, Dover, DE, 19901 (STEP,SPK,O,JFT,DISC,WC &)

**Thu 12:15PM FROG (Fully Rely On God)**, Cornerstone Church, across from Air Base Carpet, 761 South Little Creek Road, Dover, DE, 19901 (DISC,O,LIT,IP)

**Thu 7:00PM Keep Coming Back**, First Baptist of Dover, 301 Walker Road, Dover, DE, 19904 (DISC,JFT,WC &,O)

**Fri 12:15PM Message of Hope**, People's Church, basement, 46 South Bradford St., Dover, DE, 19901 (DISC,JFT,O)

**Sat 6:00PM Serenity Sisters**, Serenity Place, office next to Serenity Place, small white brick bldg, 327 Martin Street, Dover, DE, 19901 (DISC,JFT,SPK,IP,O,W)

**Sat 7:00PM Hugs Not Drugs**, St. Andrew's Lutheran, Rt. 13 next to K-Mart, 425 N. Dupont Hwy., Dover, DE, 19901 (DISC,WC &,O)

**Sat 8:30PM The Lie is Dead**, Christ Memorial Baptist, 1160 East Lebanon Road, Dover, DE, 19901 (DISC,O,CAN,STEP)

## FELTON

**Sun 7:00PM Back to Basics**, Felton United Methodist Church, Corner of Church and Main, 101 E. Main St., Felton, DE, 19943 (CAN,BT,O,WC &)

## GEORGETOWN

**Sun 6:30PM Freedom to Change**, Georgetown Presbyterian Church, 203 North Bedford Street, Georgetown, DE, 19947 (DISC,JFT,SPK,O)

**Mon 6:00PM Women Empowering Women**, Grace UMC, 7 S. King St., Georgetown, DE, 19947 (TRAD,STEP,SPK,DISC,W,O)

**Tue 8:00PM Road To Freedom**, Wesley UMC - Jones Hall, E. Laurel St. & N. Race St. - 2 blocks northeast of the circle, 120 E. Laurel St., Georgetown, DE, 19947 (DISC,O,WC &)

**Thu 6:00PM Keep It Real**, St. Paul's Church, On the First Thursday of each month meeting is in the basement of Georgetown Presbyterian - 203 N Bedford St., 122 E. Pine St, Georgetown, DE, 19904 (DISC,O) *On the First Thursday of each month meeting is in the basement of Georgetown Presbyterian - 203 N Bedford St.*

## THE TWELVE TRADITIONS

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.

## GEORGETOWN (CONT)

**Fri 8:00PM New Horizons**, Georgetown Presbyterian Church, 203 North Bedford Street, Georgetown, DE, 19947 (O,SPK,JFT,BT,WC &)

## HARRINGTON

**Wed 8:00PM Trust the Process**, Harrington Connections, 1 East Street, Harrington, DE, 19952 (DISC,O,SPK)

**Fri 7:00PM Steps To Success**, Asbury United Methodist Church, 200 Weiner Avenue, Harrington, DE, 19952 (O,STEP,TOP,SPK,JFT,IW,WC &)

## HOCKESSIN

**Mon 9:00PM Addicted to Hope**, First Alliance Church, 2145 Graves Road, Hockessin, DE, 19707 (VAR,CAN,WC &)

## LAUREL

**Tue 7:00PM Surrender or Die**, Family Worship Center, Behind Church of Christ, 1010 South Central Avenue, Laurel, DE, 19956 (DISC,O,STEP,TRAD)

**Thu 7:30PM Straight Up NA**, Church of Christ, Meets in the Family Life Center building directly behind church., 1010 South Central Avenue, Laurel, DE, 19956 (DISC,O)

## LEWES

**Mon 8:00PM Steps By The Beach**, Lewes Presbyterian Church, King's Hwy. & Franklin Ave. -- from south -take Kings Hwy towards downtown Lewes, right on Franklin Ave.-- From north -take Savannah Rd toward downtown Lewes, right on Kings Hwy, left on Franklin Ave, 133 Kings Highway, Lewes, DE, 19958 (TRAD,O,STEP,WC &)

**Sat 8:00PM It Takes One To Know One**, Lewes Presbyterian Church, King's Hwy. & Franklin Ave. -- from south -take Kings Hwy towards downtown Lewes, right on Franklin Ave.-- From north -take Savannah Rd toward downtown Lewes, right on Kings Hwy, left on Franklin Ave, 133 Kings Hwy., Lewes, DE, 19958 (DISC,O,JFT)

## MIDDLETOWN

**Sun 7:00PM Down Home Group**, Forest Presbyterian Church, 44 West Main St., Middletown, DE, 19709 (WC &,DISC,O)

**Tue 6:30PM Searching for Serenity**, Connection Community Church, 100 West Green Street, Middletown, DE, 19709 (TRAD,STEP,O,JFT,IP,WC &)

**Thu 6:00PM Each One Teach One**, Connection Community Church, 4744 Summitt Bridge Rd. Middletown, DE 19709, Middletown, DE, 19709 (VAR,O,WC &)

**Fri 6:00PM Old School Recovery**, Connection Community Church, 100 W Green Street, Middletown, DE, 19709 (DISC,O)

## MILFORD

**Mon 8:30PM Out of the Ashes**, First Presbyterian, 101 South Walnut Street, Milford, DE, 19963 (DISC,O)

**Thu 7:00PM Recovery First**, Christ Episcopal Church, 200 North Church Street, Milford, DE, 19963 (DISC,O,CAN,WC &)

## MILLSBORO

**Wed 7:15PM 12 & 12 of NA**, Long Neck United Methodist, 32051 Long Neck Road, Millsboro, DE, 19966 (TRAD,STEP,C,WC &)

**Fri 7:15PM Carrying the Message**, Long Neck United Methodist Church, 32051 Long Neck Road, Millsboro, DE, 19966 (STEP,O,JFT,DISC,CAN,WC &)

## NEWARK

**Sun 10:00AM Living the Steps**, Rockford Center, 100 Rockford Road, Newark, DE, 19713 (NC,STEP,C,WC &) *No Children*

**Mon 7:00PM Monday Night Recovery**, Westminster House, 292 W Main Street, Newark, DE, 19711 (WC &,SPK,VAR,O,JFT,DISC,BT)

**Tue 8:00PM The H.O.W. Group**, Westminster House, 292 W. Main St., Newark, DE, 19711 (DISC,WC &,O)

**Wed 12:30PM Never Give Up**, Westminster House, 292 West Main Street, Newark, DE, 19711 (O,VAR,WC &)

**Wed 6:30PM The Journey Continues**, Saint Nicholas Church (In Anchor Room), 10 Old Newark Road, Newark, DE, 19713 (TRAD,O,LIT,WC &)

**Thu 7:00PM Meditation & Steps**, Ebenezer Church, 525 Polly Drummond Hill Road, Newark, DE, 19711 (TRAD,O,STEP,ME,WC &)

**Fri 7:30PM Hope for Healing**, Christiana Hospital, Room 1303 (off cafeteria), 4755 Ogletown-Stanton Rd, Newark, DE, 19718 (O,LIT,BEG,WC &)

**Fri 8:00PM Not Just an Hour**, Newark United Methodist Church, Basement, parking behind church in Delaware Avenue lot, 69 East Main Street, Newark, DE, 19711

**Sat 10:00PM Saturday Night Live**, Ebenezer Church, 525 Polly Drummond Hill Road, Newark, DE, 19711 (O,SPK,WC &)

## NEW CASTLE

**Tue 7:30PM Together We Can**, Rosehill Community Center, 19 Lambson Lane, New Castle, DE, 19720 (VAR,O,DISC)

## NEW CASTLE (CONT)

**Thu 7:30PM Keep It Green**, Meadowood Hospital, 575 South Dupont Road/Route 13, New Castle, DE, 19720 (DISC,NC,WC &,BEG,O)

## OCEAN VIEW

**Sat 6:00PM Alive & Kicking**, Ocean View Presbyterian Church, 67 Central Avenue, Ocean View, DE, 19970 (DISC,O,WC &,BT)

## REHOBETH BEACH

**Tue 6:00PM Recovery Through the Step Working Guides**, Rehobeth Presbyterian, across from Walmart, 4470 Highway 1, Rehobeth Beach, DE, 19971 (DISC,STEP,C,WC &)

## REHOBOTH

**Wed 8:00PM Heads Up**, Rehobeth Presbyterian, across from Wal-Mart, 4470 Highway 1, Rehoboth, DE, 19971 (TRAD,STEP,SPK,DISC,BT,O)

**Thu 8:00PM Together We Can**, Rehobeth Presbyterian, Across from the WalMart, 4470 Highway 1, Rehoboth, DE, 19971 (DISC,JFT,SPK,O,WC &)

## SEAFORD

**Mon 7:00PM High Street Group**, Chuch of God, Please enter on the west side of the building on Arch St. and follow the signs., 425 East Stein Highway, Seaford, DE, 19973 (DISC,SPK,O)

**Fri 7:00PM High Street Group**, Church of God, Please enter on the west side of the building on Arch St. and follow the signs., 425 East Stein Highway, Seaford, DE, 19973 (DISC,SPK,O)

## SMYRNA

**Sun 5:30PM No More Excuses**, Nazarene Church, 1010 Clark Farm Road, Smyrna, DE, 19977 (DISC,O,STEP,WC &)

**Wed 8:00PM Fresh Start Group**, Asbury Methodist, Delaware St. entrance, 20 W. Mt. Vernon St., Smyrna, DE, 19977 (DISC,O)

**Thu 12:15PM Living Clean**, Asbury Methodist Church, 20 W Mt Vernon St, Smyrna, DE, 19977 (DISC,O)

**Thu 8:00PM Life Happens**, Smyrna Faith Church of the Nazarene, 1010 Clark Farm Road, Smyrna, DE, 19977 (DISC,O)

**Fri 8:00PM Never Alone Never Again**, Saint Peter's Episcopal, 10-22 Union St., Smyrna, DE, 19977 (C)

**Sat 7:00PM Just for Today**, Asbury Methodist, Delaware St. entrance - Parking in rear of Delaware Ave., 20 W. Mt. Vernon St., Smyrna, DE, 19977 (DISC,O,JFT)

## WILMINGTON

**Sun 3:00PM 3 Minutes for Meditation**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (DISC,STEP,WC &,SPK,O)

**Sun 6:00PM Clean But Not Straight**, Westminster Presbyterian, 1502 W. 13th. St., Wilmington, DE, 19806 (VAR,O,GL)

**Sun 6:30PM Mission of Hope / Mission de Esperanza**, Saint Paul's Catholic Church, Corner of West Fourth and Jackson Streets. Enter on the Fourth Street side across from Family Dollar. Each 3rd. Wednesday we meet at the Salvation Army at the corner of Fourth and Shipley Streets (across from Delaware Tech Community College), 1010 West Fourth Street, Wilmington, DE, 19805 (STEP,SPK,O,BEG,ES)

**Sun 6:30PM Sunday Night Recovery**, Saint James Episcopal Church, 2 South Augustine Street, Wilmington, DE, 19804 (VAR,O)

**Sun 7:00PM This Is How**, Mount Lebanon Church, 850 Mount Lebanon Road, Wilmington, DE, 19803 (STEP,C)

**Sun 7:00PM We Want to Live**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (DISC,O)

**Sun 8:00PM Spiritual Connection**, Woodmill Corporate Center, Suite 9, off Kirkwood Highway, 5171 West Woodmill Drive, Wilmington, DE, 19808 (DISC,O,NP) *NO Pets*

**Mon 7:30AM Recovery in the AM**, Grace United Methodist Church, 900 North Washington Street, Wilmington, DE, 19801 (VAR,WC &,O)

**Mon 11:30AM By NA Means Necessary**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (O,STEP,WC &)

**Mon 3:30PM Bowties & Barrettes**, The People's Settlement, 408 East 8th Street, Wilmington, DE, 19801 (SPK,VAR,O,BEG,WC &)

**Mon 5:30PM Get It Off Your Chest**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (O,STEP,WC &)

**Mon 7:00PM GIRLS Group (Get Into Recovery Live Spiritually)**, Cedar Church of Christ, Entrance is located at back of church., 511 Greenbank Road, Wilmington, DE, 19808 (CW,LIT,SPK,O,WC &,W) *Get Into Recovery Live Spiritually*

**Mon 7:00PM Miracles Happen**, Christ United Methodist Church, 6 North Clifton Avenue, Wilmington, DE, 19802 (VAR,O)

**Mon 7:30PM Simplicity Group**, Mount Salem UMC, 2629 West Nineteenth Street, Wilmington, DE, 19806 (DISC,O,WC &)

**Mon 7:30PM Turn It Over Group**, Saint Patrick's Church, Enter at 14th & French, 1414 North King Street, Wilmington, DE, 19801 (DISC,O,SPK)

**Tue 7:30AM Recovery in the AM**, Grace United Methodist Church, 900 North Washington Street, Wilmington, DE, 19801 (VAR,WC &,O)

## WILMINGTON (CONT)

**Tue 11:30AM By NA Means Necessary**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (O,STEP,WC &)

**Tue 5:30PM Last Chance for Recovery**, Muslim Community Center, 2102 Governor Printz Boulevard, Wilmington, DE, 19802 (TRAD,O,STEP,RR)

**Tue 7:00PM Good Orderly Direction**, Limestone Presbyterian Church (Left hall & downstairs), 3201 Limestone Road, Wilmington, DE, 19808 (O,SPK,TOP)

**Tue 7:30PM Delaware Step Group**, St. Joseph's, 1012 N. French St., Wilmington, DE, 19801 (STEP,C)

**Wed 7:30AM Recovery in the AM**, Grace United Methodist Church, 900 North Washington Street, Wilmington, DE, 19801 (VAR,WC &,O)

**Wed 11:30AM By NA Means Necessary**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (O,STEP,WC &)

**Wed 3:30PM Bowties & Barrettes**, The People's Settlement, 408 E. 8th Street, Wilmington, DE, 19801 (WC &,VAR,O,SPK,BEG)

**Wed 5:30PM Basic Text Group**, First & Central Presbyterian Church, 1101 North Market Street, Wilmington, DE, 19801 (WC &,SPK,BT,O)

**Wed 7:30PM In The Light**, St. Joseph's Church, 1012 North French Street, Wilmington, DE, 19801 (DISC,O,SPK)

**Wed 7:30PM Show Me How to Live**, St. Barnabas Episcopal, 2800 Duncan Road, Wilmington, DE, 19808 (DISC,NC,WC &,O) *Candle Light;*

**Wed 7:30PM This Is How**, Mount Lebanon Church, 850 Mount Lebanon Road, Wilmington, DE, 19803 (STEP,C)

**Wed 7:30PM Time to Live Again**, St. James Episcopal Church, 2 S. Augustine Street, Wilmington, DE, 19804 (O,STEP,SPK)

**Wed 9:00PM Hump Day Hope**, New Castle United Methodist Church, 850 Mount Lebanon Road, Wilmington, DE, 19803 (VAR,O,WC &)

**Thu 7:30AM Recovery in the AM**, Grace United Methodist Church, 900 North Washington Street, Wilmington, DE, 19801 (VAR,WC &,O)

**Thu 11:30AM By NA Means Necessary**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (O,STEP,WC &)

**Thu 5:30PM Steps to Recovery**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (O,STEP)

**Thu 6:30PM STAR Group**, Westminster Presbyterian, 1502 West Thirteenth Street, Wilmington, DE, 19806 (DISC,O)

**Thu 7:00PM In The Solution**, Calvary Episcopal Church, 304 Lore Ave., Wilmington, DE, 19809 (STEP,SPK,RR,DISC,BT)

**Thu 7:30PM Almost Heaven Group**, Bethel Church, 6th. Street & Walnut Avenue, 604 North Walnut Street, Wilmington, DE, 19801 (TRAD,STEP,IP,DISC,WC &,O)

**Thu 9:30PM Details to Recovery**, Skyline Methodist Church, 3100 Skyline Drive, Wilmington, DE, 19808 (RR,IW,IP,C,WC &)

**Fri 7:30AM Recovery in the AM**, Grace United Methodist Church, 900 North Washington Street, Wilmington, DE, 19801 (VAR,WC &,O)

**Fri 11:30AM By NA Means Necessary**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (VAR,O,STEP,WC &)

**Fri 3:30PM Bowties & Barrettes**, The People's Settlement, 408 E. 8th Street, Wilmington, DE, 19801 (SPK,VAR,O,BEG,WC &)

**Fri 6:00PM Recovery On the Westside**, Daughtry House, In parking lot behind Westminster Presbyterian Church, 1503 West Thirteenth Street, Wilmington, DE, 19806 (TRAD,O,STEP)

**Fri 7:30PM Attitudes in Action**, Saint Patrick's Church, Enter at back of church, 14th & French, 1414 North King Street, Wilmington, DE, 19801 (DISC,O,CAN)

**Fri 7:30PM Show Me How to Live**, St. Barnabas Episcopal, 2800 Duncan Road, Wilmington, DE, 19808 (NC,JFT,WC &,IP,O) *Candle Light*

**Fri 9:00PM Be at Your Best**, Calvary Presbyterian Church, at Boxwood Road, 701 South Maryland Avenue, Wilmington, DE, 19804 (O,NP,TOP,SPK,JFT,IW,CAN,WC &) *No Children, No Pets, Candle Light*

**Sat 10:00AM New Way of Life Group**, Triad, 1104 North Adams Street, Wilmington, DE, 19801 (VAR,O,WC &)

**Sat 2:00PM Just For Today**, 1212 Corporation, 2700 North Washington Street., Wilmington, DE, 19802 (WC &,JFT,SPK,O)

**Sat 5:30PM Get It Off Your Chest**, 1212 Corporation, 2700 North Washington Street, Wilmington, DE, 19802 (O,SPK)

**Sat 7:30PM Clean Dreams**, Saint Barnabus Episcopal Church, 2800 Duncan Road, Wilmington, DE, 19808 (DISC,O,WC &)

**Sat 7:30PM Saturday Night Serenity**, TRIAD, 1108 N. Adams Street, Wilmington, DE, 19801 (O,STEP,WC &,SPK)