

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.

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.

Meeting Format Legend

| | | | |
|----|--------------------|-----|--------------------|
| B | Beginners | BK | Book Study |
| BT | Basic Text | C | Closed |
| C | Closed | CL | Candlelight |
| D | Discussion | D | Discussion |
| JT | Just for Today | Lit | Literature Study |
| M | Men | ME | Meditation |
| O | Open | O | Open |
| RF | Rotating Format | RF | Rotating Format |
| SD | Speaker/Discussion | SG | Step Working Guide |
| St | Step | To | Topic |
| Tr | Tradition | WC | Wheelchair |
| WC | Wheelchair | | |

BARRE

Sun 5:30PM When Enough Is Enough, Barre Turning Point Center, 489 North Main Street, Barre, VT, 05641 (St,RF,O)

BELLOWS FALLS

Tue 7:30PM Share The Light, Bellows Falls Health Center, Basement, 1 Hospital Court, Bellows Falls, VT, 05101 (RF,O,WC,CL)

BENNINGTON

Mon 7:00PM That's Life Group, 2nd Congregational Church, 115 Hillside Street, Bennington, VT, 05201 (BK,O,WC,D)

Wed NOON L.I.F.E., Turning Point Center, 465 Main St, Bennington, VT (RF,O,WC,D) *Speaker last Wednesday*

Fri 7:00PM That's Life Group, 2nd Congregational Church, 115 Hillside Street, Bennington, VT, 05201 (O,D,ME,CL,WC)

Sat 7:00PM L.I.F.E., Turning Point Center, 465 Main Street, Bennington, VT, 05201 (JT,D,CL,C,WC)

BRATTLEBORO

Wed 7:00PM The Ones Who Survive Group, Trinity Lutheran Church, 161 Western Ave, Brattleboro, VT (RF,O,WC) *Speaker 3rd Wed.*

Fri 7:00PM Mixed Nuts, 39 Elm Street, Brattleboro, VT (O,SD)

BURLINGTON

Sun 6:00PM All R Welcome, ACT 1-Bridge, 184 Pearl Street, Burlington, VT, 05401 (RF,C,WC)

Mon NOON Beautiful Addicts, Turning Point Center, 179 S. Winooski Avenue, Burlington, VT, 05401 (Lit,RF,O,WC)

Mon 8:00PM Experience, Strength, and Hope, Turning Point Center, 179 S. Winooski Avenue, Burlington, VT, 05401 (D,O,WC)

Tue 6:30PM Beautiful Addicts, Spectrum Youth Center, 177 Pearl Street, Burlington, VT, 05401 (Lit,O,WC)

Wed 7:30AM Beautiful Addicts, ACT 1/Bridge, 184 Pearl Street, Burlington, VT, 05401 (Lit,RF,O,WC)

Wed 7:30PM Hope Without Dope, 1st United Methodist Church, off S. Winooski Ave., 21 Buell Street, Burlington, VT, 05401 (D,RF,O)

Thu NOON Beautiful Addicts, Turning Point Center, 179 S. Winooski Avenue, Burlington, VT, 05401 (St,Tr,RF,O,WC)

Thu 6:30PM Never Alone, Spectrum Youth Center, 177 Pearl Street, Burlington, VT, 05401 (RF,O,WC)

Fri 6:30PM Courage To Change, 1st United Methodist Church, off S. Winooski Ave., 21 Buell Street, Burlington, VT, 05401 (RF,C) *Red Door*

Sat 10:30AM Clean Doodz Club 'Men's Mtg', Turning Point Center, 179 S. Winooski Avenue, Burlington, VT, 05401 (RF,C,M,WC)

Sat 6:30PM Experience, Strength, and Hope, 1st United Methodist Church, off S. Winooski Ave., 21 Buell Street, Burlington, VT, 05401 (D,O,WC)

HARDWICK

Wed 7:00PM We Do Recover, Episcopal Church, 39 West Church Street, Hardwick, VT, 05843 (RF,O,WC)

MANCHESTER VILLAGE

Tue 6:30PM The Last Straw Group, 1st Congregational Church, RM 102, 3624 Main St, Manchester Village, VT (BK,BT,WC,O,SG)

Thu 6:30PM The Last Straw Group, 1st Congregational Church, Room 102, 3624 Main Street, Manchester Village, VT (JT,D,O,WC,CL)

MIDDLEBURY

Sun 3:00PM Just in Time Group, Turning Point Center, 54 A1 Creek Road, Middlebury, VT (RF,O,D)

Mon 6:30PM Just in Time Group, 54 A1 Creek Road, Middlebury, VT, 05753 (RF,O,D)

MONTPELIER

Tue 7:00PM Straight Talk, Bethany Church, 115 Main Street, Montpelier, VT, 05602 (RF,O,WC)

MORRISVILLE

Thu 7:00PM Free, Clean, and Serene, North Central Vermont Recovery Center, 275 Brooklyn Street, Morrisville, VT, 05661 (D,O)

RUTLAND

Sun 5:30PM Clean Not Sober, 85 West ST, Rutland, VT, 05701 (B,C) *Use Church St. entrance*

Mon 7:00PM Break The Chains Group, Chamber of Commerce, 50 Merchants Row, Rutland, VT (O,D,JT)

Tue 7:00PM Last Connection Group, Howe Center, Suite 12B, 1 Scale Ave, Rutland, VT (O,D)

Wed 7:00PM A New Way to Live, RRCM, CVPS/Leahy Center, Conference Room A, B, C or D, Rutland, VT, 05701 (To,WC,O,D) *Meeting room varies*

RUTLAND (CONT)

Thu 7:00PM Living Clean Group, Turning Point Club, 141 State Street, Rutland, VT (RF,O,D)

Fri 7:00PM Living Clean, Turning Point Club, 141 State Street, Rutland, VT (BK,O,D)

ST. ALBANS

Mon 8:00PM Rise to Freedom, Turning Point of Franklin County, 182 Lake Street, St. Albans, VT, 05478 (RF,O,WC)

Wed 8:00PM Rise to Freedom, Turning Point of Franklin County, 182 Lake Street, St. Albans, VT, 05478 (RF,O,WC)

Thu 8:00PM Rise to Freedom, Turning Point of Franklin County, 182 Lake Street, St. Albans, VT, 05478 (St,Tr,C,RF,O,WC)

THETFORD

Mon 7:30PM Recovery on the Hill, Thetford Congregational Church, Thetford Center, 2596 VT-113, Thetford, VT, 05075 (O,D)

WILDER

Thu NOON There Is Still Hope, Turning Point Club, 200 Olcott Drive, Wilder, VT, 05088 (RF,WC,SD)

WILMINGTON

Tue 7:00PM In the Moment Recovery, St. Mary's in the Mountains, 13 E. Main St, Wilmington, VT, 05363 (O,D)