

WHAT IS THE  
NARCOTICS ANONYMOUS 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 use 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.



**NARCOTICS ANONYMOUS**

THE TWELVE STEPS OF N. A.

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.

*...So that no addict seeking recovery  
NEED EVER DIE...*

*There are many suggestions that have  
proven themselves over time. Calling  
a member of NA before you use is one  
of the strongest. If you are given a  
member's number remember...it is an  
invitation to call if you need help.*

PHONE NUMBERS

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*...We only keep what we have by GIVING IT  
AWAY... ECANA SERVICE MEETINGS*  
**ASC: 3rd Sunday of the month @ 3:00pm**

# VIRTUAL-NA.ORG

O = Open, All welcomed      C = Closed, Addicts Only  
 1 = Speaker Meeting    2 = Non-Smoking  
 3 = Handicap Accessible    4 = Book/Literature Study  
 5 = Candlelight Meeting    6 = Step Meeting

## EMERALD COAST AREA MEETING LIST

November 2023 -  
January 2024



Scan Me

For up to date events and times

24 HOUR HelpLine  
1.850.990.HOPE (4673)

[Emeraldcoastareana.org](http://Emeraldcoastareana.org)

Can't Make one in person?  
Try a Virtual one!



### ECANA SCHEDULE

#### SUNDAY

5:00 pm Fountain First 023  
 7:00 pm Beach NA Group 023

#### MONDAY

6:00 pm High on Life 023  
 7:00 pm Second Chance 023  
 7:30 pm Bridge to Freedom 023

#### TUESDAY

6:00 pm High on Life 0235  
 7:00 pm Backwoods Recovery 023  
 7:00 pm Last Chance 023  
 7:00 pm Second Chance 023  
 7:30 pm Bridge to Freedom 0235

#### WEDNESDAY

5:00 pm. Fountain First  
 7:00 pm Beach NA Group 023  
 7:00 pm One Way Left 023  
 8:00 pm Bridge to Freedom 023

#### THURSDAY

6:00 pm High on Life Group 0234  
 7:00 pm Second Chance 0234

#### FRIDAY

7:00 pm Beach NA Group. 0235  
 7:00 pm Backwoods Recovery 023  
 6:00 pm. White Flag Recovery 023

#### SATURDAY

7:30 pm Bridge to Freedom 0 2 3  
 7:00 pm 3 rd Sat Second Chance 0234

### ECANA MEETING LOCATIONS

#### **Beach NA Group**

YANA Club  
 8715 Laird Street  
 Panama City Beach, FL 32408

#### **Bridge to Freedom**

St Andrews Episcopal Church  
 1608 Bakers Court, Panama City, FL 32401

#### **High on Life**

Hiland Park United Methodist Church  
 2420 East Baldwin Road, Panama City, FL 32405

#### **Second Chance**

249 East Hewitt Road  
 Santa Rosa Beach, FL 32459

#### **Backwoods Recovery**

Glad Tidings Assembly of God  
 138 E. Orange Ave., Wewahitchka, FL 32465

#### **Fountain First**

17913 Park Place Fountain, FL 32438

#### **Last Chance**

First Presbyterian Church  
 1063 Circle Dr.

Defuniak Springs, Fl. 32433

#### **One Way Left**

1641 Brickyard Rd. Chipley, Fl. 32428

#### **White Flag Recovery**

289 Madison St. Freeport Fl, 32439

#### For Professionals and the Public

To receive more information or speak with a member of our HI/PI Subcommittee please call the phone line or visit us at

**HYPERLINK**

"mailto:PR@emeraldcoastna.org"emeraldcoastareana.org