

COLUMBIA NEW HOPE GROUP
311 WEST SEVENTH STREET
COLUMBIA, TN.

MONDAY: 7:30 - 9:00 PM
(CLOSED ADDICTS ONLY)

TUESDAY, WEDNESDAY, FRIDAY, SATURDAY & SUNDAY:
7:30 PM - 9:00 PM

THURSDAY: 7:30 PM - 9:00 PM (BOOK STUDY)

ALL MEETINGS NON-SMOKING & OPEN UNLESS INDICATED

LEWISBURG HIGH STEPPERS GROUP
451 CORNERSVILLE HWY. SUITE #100
LEWISBURG, TN

MONDAY & WEDNESDAY 12:00 PM - 1:00 PM

TUESDAY 7:00 PM - 8:30 PM (BOOK STUDY, CLOSED MEETING)

THURSDAY & FRIDAY 7:00 PM - 8:30 PM

SATURDAY 10:00 PM - 11:30 PM (CANDLE LIGHT MEETING)

FELLOWSHIP DAY EVERY THIRD MONTH

SPEAKER MEETING - THIRD FRIDAY OF EACH MONTH

(ALL MEETINGS OPEN & NON-SMOKING UNLESS INDICATED)

COLUMBIA UNITY IN RECOVERY GROUP
101 UNITY LANE
COLUMBIA, TN.

(USE ENTRANCE ON RIGHT SIDE OF BUILDING)

MONDAY & WEDNESDAY 12:00 PM - 1:00 PM

TUESDAY: 7:00 PM - 8:30 PM (TRADITION STUDY)

THURSDAY: 7:00 PM - 8:30 PM (QUESTION & ANSWER)

FRIDAY: 7:00 PM - 8:30 PM (STEP STUDY)

SATURDAY: 5:00 PM - 6:30 PM (CLOSED ADDICTS ONLY)

ALL MEETINGS OPEN & NON-SMOKING UNLESS INDICATED

PULASKI SIMPLY NA GROUP
251 WATER STREET
PULASKI, TN

SUNDAY 7:00 PM - 8:30 PM (BOOK STUDY)

TUESDAY, THURSDAY & FRIDAY 7:00 PM - 8:30 PM

2ND THURSDAY OF MONTH SPEAKER MEETING

ALL MEETINGS SMOKING UNLESS INDICATED

SERENITY PRAYER

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE;
COURAGE TO CHANGE THE THINGS I CAN;
AND THE WISDOM TO KNOW THE DIFFERENCE

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

NA IS A NON PROFIT 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.