

O=open to anyone interested in NA
C=closed for addicts only or for those who feel they themselves may have a problem with addiction *non-smoking H=Handicapped accessible

Sunday:

11:00 am: Sunday Morning Reflections; 2729 North 12th St; Unity Room */O/H
6:15pm: Ladies & Gents of NA; 2222 S 16th St; Bryan-LGH Plaza; conference room "C" */O/H
7:00 pm: Sunday Night Solutions; 2015 S 16th St; Reach Out Christian Center; Basic Text Study */O/H
6:30 pm: (Beatrice) Joyful Hearts; 2727 Lincoln Street ; Christ Community Church */O/H

Monday:

12:00 Noon: Back To Basics; 2202 S 11th; Trabert Hall; Basement Gym; **(Building is closed on holidays/meeting cancelled)** */O/H
6:00 pm: Women's Step Study; 16th & Otoe; Southminister Methodist Church */O/H
7:00 pm: Monday Mayhem; 2617 Y St; Good Neighbor Center; Basement */O/H
7:30 pm: Road to Recovery; 14th & K St; St Mary Catholic Church; E. side, S. door; basement (wheelchair access, N side, W door) */O/H

Tuesday:

12:00 Noon: ; 504 S 7th; 3rd Floor; The Bridge @ Cornhusker */O/H
5:30 pm: T&T; 2729 N 12th; Unity Room */O/H
7:30 pm: Let It Out; 140 N 17th St; League of Human Dignity (90 minutes) */O/H
8:00 pm: Never Alone; 504 S 7th; The Bridge @ Cornhusker */O/H
8:00 pm: (Beatrice) Tuesday Night Remedy; 701 N 6th; St John Lutheran church */O/H

Wednesday:

7:00 pm: Wednesday Night Wild Women; 2729 N 12th St; Unity Room */O/H
7:30 pm: Welcome Home; 2222 S 16th; Bryan-LGH Plaza; conference room "1A" */O/H
8:00 pm: (Fairbury) Wednesday Night Serenity; 2310 H St; Presbyterian Church */O/H

Thursday:

12:00 Noon: 2501 South St; Antlers */O/H
5:30 pm: T&T; 2729 N 12th; Unity Room */O/H
7:00 pm: One Promise; 22nd & Washington; Grace Lutheran Church; Enter in rear (Literature Study) */O/H
8:00 pm: How & Why; 2729 N 12th; Unity Room (90 minutes) */O/H
8:15 pm: (Beatrice) 19th & Garfield; Holy Cross Lutheran Church */O

Friday:

12:00 Noon: Back to Basics; 2202 S 11th; Trabert Hall; Basement Gym; **(Building is closed on holidays/meeting cancelled)**; 2729 N 12th */O/H
6:30 pm: Happy Havlock Group; 61st & Morrill; United Methodist Church (90 minutes) */O/H
8:00 pm: Lost & Found; 2222 S 16th; Bryan-LGH Plaza; conference room "A" (90 minutes) */O/H
8:00 pm: (Beatrice) Guardian angels; 19th & Garfield; Holy Cross Lutheran Church */O
10:00 pm: Candlelight; 2729 N 12th St; Unity Room */O/H

Saturday:

9:00 am: Saturday Morning Social; 2729 N 12th St; Unity Room */O/H
7:00 pm: First Saturday of Every month; Forever Home; 2729 N 12th St; Unity Room (Clean Time Celebration) */O/H
7:30 pm: One Promise-Saturday Night Live; 2222 S 16th; Bryan-LGH Plaza; conference room "A" */O/H

Mailing Address for all SENANA meetings:

P O Box 80902
Lincoln, NE 68501

<http://sena-na.net/page2.html>

for current listing of all SENANA service meetings

South East Nebraska Area of Narcotics Anonymous Area Service Committee meeting

1st Sunday of every month; 2:00 pm, the Area has voted to allow for the rotation of the ASC meeting locations. The location of the next ASC meeting will be available in the monthly ASC minutes on the website: <http://www.sena-na.net>

Subcommittee Meetings:

Literature: Every month before the ASC meeting at 1:00 pm at the current ASC location

Hospitals & Institutions: 2nd Sunday of every month; 1:00 pm; 2729 N 12th St; Unity Room

Activities: 3rd Sunday of every month; 1:00 pm; 2729 N 12th St; Unity Room

Public Information: 12:00 noon the Saturday before the Area Service Committee Meeting; 2501 South St; Antler's

For the most current meeting list information
<http://sena-na.net/page3.php>

How It Works

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

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 our-selves 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.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—**easy does it.**

Keep Coming Back

It Works