

Excerpt from For the Newcomer

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 to stay clean. There are no dues or fees. The only requirement for membership is the desire to stop using.

You don't have to be clean when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or jail sentence to get help from NA, nor is addiction a hopeless condition from which there is no recovery. It is possible to overcome the desire to use drugs with the help of the Twelve Step program of Narcotics Anonymous and the fellowship of recovering addicts.

Addiction is a disease that can happen to anyone. Some of us used drugs because we enjoyed them, while others used to suppress the feelings we already had. Still others suffered from physical or mental ailments and became addicted to the medication prescribed during our illnesses. Some of us joined the crowd using drugs a few times just to be cool and later found that we could not stop.

Many of us tried to overcome addiction, and sometimes temporary relief was possible, but it was usually followed by an even deeper involvement than before.

Whatever the circumstances, it really doesn't matter. Addiction is a progressive disease such as diabetes. We are allergic to drugs. Our ends are always the same: jails, institutions, or death. If life has become unmanageable and you want to live without it being necessary to use drugs, we have found a way.

This program offers hope. All you have to bring with you is the desire to stop using and the willingness to try this new way of life.

Come to meetings, listen with an open mind, ask questions, get phone numbers and use them. Stay clean just for today.

"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."

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### PHONE NUMBERS

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### Service Committees:

**Boulder Area (BASC) 1<sup>st</sup>** Sun of month, 12:30 1325 Sherman Dr. Longmont - F  
**Public Information:** NABoulderPublicInfo@gmail.com  
 2<sup>nd</sup> Sun of month, 3:00, 3700 Baseline Rd. Boulder - A  
**Hospitals & Institutions, Phone Line & Activities:**  
 For more info please talk to a GSR or attend BASC mtg



## MEETING SCHEDULE

### January 2009

**BOULDER AREA**  
**24-HOUR INFORMATION AND**  
**HELP LINE:**  
**(303) 412 – 2884**  
**[www.naboulder.org](http://www.naboulder.org)**

- DENVER METRO 303-832-3784
- COLORADO SPRINGS 719-637-1580
- GREELEY FT. MORGAN & STERLING  
970-395-7519
- GRAND JUNCTION 970-242-4562
- FT. COLLINS ESTES PARK & LOVELAND  
970-346-6933
- WESTERN MOUNTAINS 800-912-4597
- Colorado Statewide Info**  
**<http://www.nacolorado.org>**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-2 PM D <b>Weekend Warriors</b> Boulder-A	12-1 PM WA <b>Retune at Noon</b> Boulder-B	12-1 PM WA <b>Retune at Noon</b> Boulder-B	12-1 PM WA <b>Retune at Noon</b> Boulder-B	12-1 PM WA, SS <b>Retune at Noon</b> Boulder-B	12-1:15 PM WA, SP <b>Retune at Noon</b> Boulder-B	12-1 PM IP <b>Clean For Today</b> Longmont-L
5:30-6:30pm WA SS SP <b>Work the Steps or Die</b> Boulder-B	6:30-8 PM WA <b>Free Today</b> Brighton-D	6:30-8 PM WA, Y <b>So Fresh &amp; So Clean</b> Boulder-G	6:30-7:30 PM WA <b>When at the End of the Road</b> Boulder-J	6:30-8 PM WA <b>Free Today</b> Brighton-D	8-9:15 PM IP, WA <b>Progress Not Perfection</b> Boulder-B	1-2 PM D <b>Weekend Warriors</b> Boulder-A
6-7 PM C, TS, WA <b>Clean for Today Group</b> Longmont-C	7-8:15 PM WA <b>Welcome Home Group</b> Boulder-E	7-8 PM WA <b>Circle of Friends</b> Longmont-H	6:30 PM C <b>Berthoud Meeting</b> 248 Welch Ave.	7-8:15 PM WA, CL <b>Thursday Night by Candlelight</b> Boulder-B	8-9 PM D <b>Anonymous Group</b> Louisville-K	7-8:15 PM WA <b>Stepping Stones</b> Longmont-F
	8:30 PM WA <b>Start Your Week Off Right</b> Longmont-F	8-9 PM WA, CL <b>Tuesday Night by Candlelight</b> Boulder-I	7-8 PM C, WA, TS <b>Why Are We Here?</b> Boulder-E	7-8:15 PM W, WA <b>Recovering Women</b> Boulder-N	8:30-9:30 PM D, CL <b>Clean For Today</b> Longmont-F	8-9:30 PM WA <b>Surviving Saturday</b> Boulder-M
			7-8 PM WA <b>Clean For Today</b> Longmont-F	8:30-9:30 PM SP, WA <b>Storytellers</b> Longmont-F		12-1 AM WA <b>Recovery In Motion</b> Longmont-F

C Closed-addicts only  
 CL Candlelight  
 D Discussion  
 IP Pamphlet study  
 SP Speaker  
 SS Step Study  
 TS Text Study  
 W Women's meeting  
 WA Wheelchair accessible  
 Y Youth meeting-open to all

At this time all meetings are non-smoking.

**A-3700 Baseline Rd** (South side of road) St. Andrew's  
**B-1237 Pine St** (off alley, up ramp) 1<sup>st</sup> Baptist Church  
**C-1000 15<sup>th</sup> Ave** Bethlehem Church  
**D-1750 Egbert St** Ambulance Building  
**E-5375 Western** Boulder One  
**F-1325 Sherman Dr** Triangle Club

**G-3901 Pinon Dr** Har Hashem S. Building  
**H-917 S Main St** Life House Covenant Church  
**I-1675 Range St** Ctr for Adults w/Disabilities  
**J-3180 Airport Rd** ARC-Addiction Recovery Ctr  
**K-2255 S 88<sup>th</sup> St** Centennial Peaks Hospital  
**L-400 Lashley** (upstairs) New Beginnings

**M-2222 14<sup>th</sup> St** YWCA  
**N-311 Mapleton** (Back door, 2<sup>nd</sup> level of parking lot, Aspen Room) Bldr Comm Hosp

