

## 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 set of principals 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, who your connected 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.

Revised 12-08-2016

## Who Is an Addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

### Phone Numbers:

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## Just for Today

*Just for today* my thoughts will be on my recovery, living and enjoying life without the use of drugs.

*Just for today* I will have faith in someone in NA who believes in me and wants to help me in my recovery.

*Just for today* I will have a program. I will try to follow it to the best of my ability.

*Just for today* through NA, I will try to get a better perspective on my life.

*Just for today* I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.

So long as I follow that way, I have nothing to fear.

# South East Iowa Area of Narcotics Anonymous

PO Box 2521, Iowa City, IA 52240

Email: [seiana@iowa-na.org](mailto:seiana@iowa-na.org)

Iowa Region NA website:

[www.iowa-na.org](http://www.iowa-na.org)

Iowa Toll-free Phone Line:

800.897.6242



### Our Message:

*“...an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”*

Narcotics Anonymous

5th Tradition

### Burlington NA Meetings

<b>Sunday, 7:00 p.m.</b>	<b>O- WC</b>
<i>Recovery Group</i> - Topic Discussion Trinity Lutheran Church - 115 South Central Avenue	
<b>Tuesday, 7:00 p.m.</b>	<b>O - WC</b>
<i>Recovery Group</i> - Topic Discussion Trinity Lutheran Church - 115 South Central Avenue	
<b>Thursday, 7:00 p.m.</b>	<b>O- WC</b>
<i>Recovery Group</i> - Topic Discussion Trinity Lutheran Church - 115 South Central Avenue	

### Coralville NA Meetings

<b>Sunday, 7:30 p.m.</b>	<b>O -WC</b>
<i>We Do Recover Group</i> - Just for Today 806 13th Avenue (Enter from 8th street)	
<b>Thursday, 8:00 p.m.</b>	<b>O -WC</b>
<i>We Do Recover Group</i> - Topic Discussion 806 13th Avenue (Enter from 8th street)	

### Fairfield NA Meetings

<b>Tuesday, 7:00 p.m.</b>	<b>O - WC</b>
<i>Free and Clean Group</i> - NA Approved Literature New Life Community Church 500 West Washington Street	
<b>Friday, 7:00 p.m.</b>	<b>O - WC</b>
<i>Free and Clean Group</i> - NA Approved Literature New Life Community Church 500 West Washington Street	

### Keokuk NA Meetings

<b>Sunday 6:45 - 8:00 p.m.</b>	<b>O</b>
<i>Journey to Freedom Group</i> - Literature Study St John's Episcopal Church (The Red Door nearest the alley) 208 North 4th Street	
<b>Wednesday, 8:00 p.m.</b>	<b>O</b>
<i>Freedom: The New Beginning</i> - Topic Discussion Heritage Center - 509 Main St.	

### Mount Pleasant NA Meetings

<b>Monday, 6:30 p.m.</b>	<b>O - WC</b>
<i>Day by Day Group</i> - Topic Discussion Mt. Pleasant Library - 307 East Monroe St.	
<b>Wednesday, 6:00 p.m.</b>	<b>O - WC</b>
<i>Day by Day Group</i> - Topic Discussion Mt. Pleasant Library - 307 East Monroe St.	

### Muscatine NA Meetings

<b>Sunday, 4:00 p.m.</b>	<b>O</b>
<i>I Can't, We Can Group</i> - Topic Discussion Club House - 704 South Houser Street	
<b>Wednesday, 6:00 p.m.</b>	<b>O - WC</b>
<i>We Have a Choice Group</i> - Topic Discussion Trinity Episcopal Church - 211 Walnut Street	

### Washington NA Meetings

<b>Monday, 7:30 p.m.</b>	<b>O</b>
<i>Serenity Soldiers Group</i> - NA Approved Lit. First Christian Church - 301 W. 2nd Avenue, Basement	

### *We Do Recover*

*When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends -- jails, institutions or death -- or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual -- not religious -- program, known as Narcotics Anonymous.*

### Iowa City NA Meetings

<b>Monday, 7:30 p.m.</b>	<b>O -WC</b>
<i>We Do Recover Group</i> - Basic Text Study Church of the Nazarene - 1035 Wade Street	
<b>Tuesday, 7:00 p.m.</b>	<b>O -WC</b>
<i>We Do Recover Group</i> - Living Clean Book Study River Community Church 3001 Muscatine Avenue. - East Entrance	
<b>Wednesday, 6:30 p.m.</b>	<b>O -WC</b>
<i>Women's Group</i> - Just for Today Faith United Church - 1609 Deforest Avenue	
<b>Wednesday, 8:00 p.m.</b>	<b>C -WC</b>
<i>We Do Recover Group</i> - H & W Book Study Church of the Nazarene - 1035 Wade Street	
<b>Friday, 7:00 p.m.</b>	<b>O -WC</b>
<i>We Do Recover Group</i> - NA Approved Literature River Community Church 3001 Muscatine Avenue - East Entrance	
<b>Saturday, 11:30 a.m.</b>	<b>O - WC</b>
<i>Saturday Serenity Group</i> - Topic Discussion Uptown Bill's - 730 South Dubuque Street	

**C = Closed Meeting** - Addicts or those who think they may have a drug problem.

**O = Open Meeting** - Open to All; family, friends, anyone interested in recovery / NA

**WC = Wheel Chair Accessible**

**Iowa Region NA**  
**www.iowa-na.org**

**800.897.6242**

**NA meetings are not affiliated with the facilities at which they are held.**