

MONDAY / LUNES

6:30AM 1HR Morning Miracles, First Congregational Church, Basement, 73 S. Palouse St., Walla Walla, WA, 99362 **(O,J,T,To,SPAD)**

6:30AM 1HR Rise to Recovery, WA, 99362 **(O,J,T,Ti,VM,LS,§)**

NOON 1HR Upward Bound, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,J,T,To,§,SPAD)**

7:00PM 1.5HR Free at Last, Wesley United Methodist Church, 816 South Main St, Milton-Freewater, OR, 97862 **(O,B,WC,BK,ME,CW)**

7:00PM 1HR Recovery Militia, SonBridge, Upstairs, 1200 SE 12th Avenue, College Place, WA, 99324 **(O,J,T,To,§,SPAD)**

7:00PM 1HR We Came to Believe, First Congregational Church, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,J,T,To,LS,SPAD)** *Literature Study meeting every Monday.*

TUESDAY / MARTES

6:30AM 1HR Rise to Recovery, WA, 99362 **(O,Ti,AB,VM)**

NOON 1HR Upward Bound, First Congregational Church, Basement, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,J,T,To,§,SPAD)**

7:00PM 1HR We Came to Believe, First Congregational Church, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,CL,D,J,T,Ti,§,SPAD)** *Candlelight Meeting every Tuesday*

WEDNESDAY / MIÉRCOLES

6:30AM 1HR Morning Miracles, First Congregational Church, 73 S. Palouse St., Walla Walla, WA, 99362 **(O)**

6:30AM 1HR Rise to Recovery, WA, 99362 **(O,J,T,Ti,To,VM,SPAD)**

NOON 1HR Upward Bound, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,J,T,To,§,SPAD)**

7:00PM 1HR Recovery Militia, SonBridge, Upstairs, 1200 SE 12th Avenue, College Place, WA, 99324 **(O,J,T,To,§,SPAD)**

7:00PM 1HR We Came To Believe, First Congregational Church, 73 South Palouse Stree, Walla Walla, WA, 99362 **(D,OE)**

7:00PM 1HR We Came to Believe, Walla Walla, WA, 99362 **(O,So,VM)** *Speaker meeting on the 1st and 3rd Wednesdays of the month.*

THURSDAY / JUEVES

6:30AM 1HR Rise to Recovery, WA, 99362 **(O,Ti,VM,§,SPAD)**

NOON 1HR Upward Bound, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,J,T,To,AB,§,SPAD)**

7:00PM 1.5HR Free at Last, Wesley United Methodist Church, 816 South Main St, Milton-Freewater, OR, 97862 **(O,B,WC,ME,CW)**

7:00PM 1HR We Came to Believe, First Congregational Church, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,J,T,AB,§,SPAD)**

FRIDAY / VIERNES

6:30AM 1HR Morning Miracles, First Congregational Church, 73 S. Palouse St., Walla Walla, WA, 99362 **(O)**

6:30AM 1HR Rise to Recovery, WA, 99362 **(O,Ti,To,VM,§)**

NOON 1HR Upward Bound, First Congregational Church, Basement, 73 S.Palouse St, College Place, WA, 99362 **(O,J,T,To,§,SPAD)**

6:00PM 1HR Women of Worth, First Congregational Church, 73 S.Palouse St, Walla Walla, WA, 99362 **(C,J,T,To,W,CW,§,SPAD)**

8:00PM 1HR Friday Night NA, First Congregational Church, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,J,T,To,§)**

SATURDAY / SÁBADO

6:30AM 1HR Rise to Recovery, WA, 99362 **(O,Ti,VM,LS,§)**

NOON 1HR Upward Bound, First Congregational Church, Basement, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,J,T,To,§,SPAD)**

6:30PM 1HR Recovery Militia, SonBridge, Upstairs, 1200 SE 12th Ave., College Place, WA, 99324 **(O,CL,J,T,To,§,SPAD)**

8:00PM 1HR Saturday Night Live, SonBridge, First Saturday Monthly is Speaker Meeting, 1200 SE 12th St, College Place, Walla Walla, WA, 99324 **(O,D,J,T,SD,To,WC,SPAD)** *First Saturay each month is Speaker Meeting*

SUNDAY / DOMINGO

6:30AM 1HR Rise to Recovery, 2nd Sunday monthly Speaker Meeting, WA, 99362 **(O,Ti,To,VM,§)**

1:30PM 1HR Upward Bound, First Congregational Church, Basement, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,D,J,T,To,AB,§,SPAD)**

6:30PM 1HR Keep it Simple, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,D,J,T,§)**

MEETING FORMAT LEGEND

AB	Ask-It-Basket	B	Beginners
BK	Book Study	C	Closed
CL	Candlelight	CW	Children Welcome
D	Discussion	JT	Just for Today
LS	Literature Study	ME	Meditation
O	Open	OE	Open-Ended
SD	Speaker/Discussion	SPAD	A Spiritual Principle a Day
So	Speaker Only	Ti	Timer
To	Topic	VM	Virtual Meeting
W	Women	WC	Wheelchair
§	Stamp		

SERVICE MEETINGS**Activities**

3rd Saturday
9am

Literature

2nd Saturday
1:15pm

**Hospitals and Institutions (H & I)
(Zoom Only)**

Zoom ID: 538-507-807
Password 757247
3rd Saturday

Public Information (PI)

3rd Saturday
2pm

ALL Service Committee Mtg.'s Are At:

First Congregational Church
73 S. Palouse St.
Walla Walla, WA 99362

Virtual Meetings**Rise To Recovery**

Zoom ID: 993-627-1953 Password: No
Password
Daily at 6:30am

We Came To Believe

Zoom ID: 538-507-807 Password: 000000
Wednesdays at 6:30pm

Just For Today

Tell yourself:

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 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.

What is our message?

**The message is that an addict,
any addict, can stop using drugs,
lose the desire to use,
and find a new way to live.
Our message is hope
and the promise of freedom.**

Basic Text, page 65



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 make 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 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.

1-800-766-3724
24 Hour Phone Line
Call BEFORE You Use!!!

PHONE NUMBERS

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24 Hour Phone Line
Call BEFORE You Use!!!

PHONE NUMBERS

SUGGESTIONS FOR EVERYONE
DON'T USE no matter what
Ask your Higher Power to keep you clean
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the PHONE
KEEP COMING BACK. IT WORKS
Regional Phone Line/Website

Info

Northeast Oregon

neo-na.org
(541) 805-2229

Tri-Cities

3citiesna.org
(800) 7268314

Northeast Washington

nwwana.org
(701) 428-1360

BLUE MOUNTAIN AREA NARCOTICS ANONYMOUS MEETING SCHEDULE



Walla Walla
Milton-Freewater

SEPTEMBER 2023

P.O. Box 2011
WALLA WALLA, WA 99362

bluemntarea-na.org
Facebook: Blue Mountain Area Narcotics Anonymous