

**MONDAY / LUNES****6:30AM 1HR Rise to Recovery**, WA, 99362 **(O,JT,Ti,VM,LS,\$)****NOON 1HR Upward Bound**, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,JT,To,\$,SPAD)****7:00PM 1HR Free At Last**, Wesley United Methodist Church, 816 S. Main St., Milton-Freewater, OR, 97862 **(O,To)****7:00PM 1HR We Came to Believe**, First Congregational Church, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,JT,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,JT,To,\$,SPAD)****7:00PM 1HR We Came to Believe**, First Congregational Church, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,CL,D,JT,Ti,\$,SPAD)***Candlelight Meeting every Tuesday***WEDNESDAY / MIÉRCOLES****6:30AM 1HR Rise to Recovery**, WA, 99362 **(O,JT,Ti,To,VM,SPAD)****NOON 1HR Upward Bound**, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,JT,To,\$,SPAD)****5:30PM 1HR Women of Worth**, First Congregational Church, 73 S. Palouse St., Walla Walla, WA, 99362 **(C,To,W)** *In Basement***7:00PM 1HR We Came To Believe**, First Congregational Church, 73 South Palouse Stree, Walla Walla, WA, 99362 **(D,OE)****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,JT,To,AB,\$,SPAD)****7:00PM 1HR Free At Last**, Wesley United Methodist Church, 816 S. Main St., Milton-Freewater, OR, 97862 **(O,St)****7:00PM 1HR We Came to Believe**, First Congregational Church, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,JT,AB,\$,SPAD)****FRIDAY / VIERNES****6:30AM 1HR Rise to Recovery**, WA, 99362 **(O,Ti,To,VM,\$)****NOON 1HR Upward Bound**, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,JT,To,\$,SPAD)****7:00PM 1HR Friday Night NA**, First Congregational Church, Basement, 73 South Palouse Street, Walla Walla, WA, 99362-1925 **(O,JT,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,JT,To,\$,SPAD)****8:00PM 1HR Saturday Night Live**, Pioneer United Methodist Church, 209 E. Birch St., Walla Walla, WA, 99362 **(O,D,JT,SD,To,SPAD)** *\*\*First Saturday each month is Speaker Meeting\*\****SUNDAY / DOMINGO****6:30AM 1HR Rise to Recovery**, 2nd Sunday monthly Speaker Meeting, Walla Walla, 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,JT,To,AB,\$,SPAD)****5:30PM 1HR Veterans in Recovery**, Walla Walla VA, 77 Wainwright Drive Bldg. 78, Walla Walla, WA, 99362 **(C,CH,RF,WC)** *Building 78- Theatre***6:30PM 1HR Keep it Simple**, First Congregational Church, Basement, 73 S.Palouse St, Walla Walla, WA, 99362 **(O,D,JT,\$)****MEETING FORMAT LEGEND**

C	Closed	CL	Candlelight
D	Discussion	JT	Just for Today
O	Open	RF	Rotating Format
SD	Speaker/Discussion	St	Step
Ti	Timer	To	Topic
W	Women	WC	Wheelchair
OE	Open-Ended	AB	Ask-It-Basket
VM	Virtual Meeting	LS	Literature Study
\$	Stamp	SPAD	A Spiritual Principle a Day
CH	Closed Holidays		

**SERVICE MEETINGS****Activities**

3rd Saturday

Hybrid

Zoom ID: 538 507 807 Password:757247

9am

**Literature**

2nd Sunday

3:00 pm

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

Zoom ID:538 507 807

Passcode: 757247

3rd Saturday

**Public Information (PI)**

3rd Saturday

2pm

**ASC Service Committee Mtg.'s Are At:**

First Congregational Church

73 S. Palouse St.

Walla Walla, WA 99362

**ALSO**

Zoom ID: 538 507 807

passcode: 757247

**Virtual Meetings****Rise To Recovery****Zoom ID: 993-627-1953 Password: No****Password****Daily at 6:30am****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



# Am I an Addict?

If you are an addict, you must first admit that you have a problem with drugs before any progress can be made toward recovery. When questions in IP "Am I an Addict", are honestly approached, may help to show you how using drugs has made your life unmanageable. Addiction is a disease which, without recovery, ends in jails, institutions, and death. Many of us came to Narcotics Anonymous because drugs had stopped doing what we needed them to do. Addiction takes our pride, self-esteem, family, loved ones, and even our desire to live. If you have not reached this point in your addiction, you don't have to. We have found that our own private hell was within us. If you want help, you can find it in the Fellowship of Narcotics Anonymous.

"We were searching for an answer when we reached out and found Narcotics Anonymous. We came to our first NA meeting in defeat and didn't know what to expect. After sitting in a meeting, or several meetings, we began to feel that people cared and were willing to help. Although our minds told us we would never make it, the people in the fellowship gave us hope by insisting that we could recover. Surrounded by fellow addicts, we realized that we were not alone anymore. Recovery is what happens in our meetings. Our lives are at stake. We found that by putting recovery first, the program works. We faced three disturbing realizations:

1. We are powerless over addiction and our lives are unmanageable;
2. Although we are not responsible for our disease, we are responsible for our recovery;
3. We can no longer blame people, places, and things for our addiction. We must face our problems and our feelings.

The ultimate weapon for recovery is the recovering addict.

-IP No. 7: Am I an Addict?

## PHONE NUMBERS

### 24-HOUR HELPLINE

509-204-1501

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509-204-1501

## 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



Walla Walla  
Milton-Freewater  
College Place  
509-204-1501

MAY2026

P.O.Box 1011

WALLA WALLA, WA 99362

bluemntarea-na.org

