

Am I an Addict?

Only you can answer this question.

This may not be an easy thing to do. All through our usage, we told ourselves, "I can handle it." Even if this was true in the beginning, it is not so now. The drugs handled us. We lived to use and used to live. Very simply, an addict is a person whose life is controlled by drugs.

Perhaps you admit you have a problem with drugs, but you don't consider yourself an addict.

All of us have preconceived ideas about what an addict is. There is nothing shameful about being an addict once you begin to take positive action. If you can identify with our problems, you may be able to identify with our solution.

Excerpt from the Informational Pamphlet #7 "Am I an Addict"

SUGGESTIONS

Avoid People, Places, and Things You Used With or At

Come Early and Stay Late

Don't Use and Go to Meetings

Get and Use a Sponsor

Get a Home Group

Go to 90 Meetings in 90 Days

Use the Phone

Keep Coming Back, It Works

Get Involved In Service

Don't Use... no matter what

Area Service Committee (ASC) Meets at 1pm

Service committees meet at noon.

2nd Saturday of each month, location varies

Tar-Roanoke Area Service

P.O. Box 9035

Rocky Mount, NC 27840

Phone Numbers of our NA friends:

The NA Meeting

The purpose of each meeting is to give NA members a place to share recovery with other addicts. If you are not an addict, look for an open meeting, which welcomes non-addicts. If you're an addict or think you might have a drug problem, we suggest a meeting every day for at least 90 days to get to know NA members and our program.



NA Meeting Schedule Tar-Roanoke Area

North Carolina:

Roanoke Rapids, Rocky Mount, Louisburg, Tarboro, Enfield



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 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 a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

"That No Addict Seeking Recovery Need Ever Die"

More info: www.tarroanokeareana.org

Helpline number 888 379-0228

Revised March 14, 2024

NA Meetings

Sunday

7:00 PM 1.0 hr: More Will Be Revealed, 601 Ashton Street, Stanley White Presb. Church, **Roanoke Rapids**, N.C. **For Addicts Only*** Literature Study

8:00 PM 1.0 hr: Walk Your Talk, 231 North Church St., Church of The Good Shepherd, (church street side Upstairs) **Rocky Mount**, N.C. How It Works Book Study.

Monday

12:00 PM 1.5 hr: Never Alone at Noon, 1450 Bethlehem Rd., Nash County Recovery Alliance, **Rocky Mount**, N.C. Study

12:00 PM 1.5 hr: Standing on Spiritual Principles. 609 Sunset Ave, Philadelphia Community Church, **Rocky Mount**, N.C.

7:00 PM 1.0 hr: Genesis Reflection, 928 South Main St, **Louisburg**, NC Basic Text Study topic with open discussion

8:00 PM 1.0 hr: A New Beginnings, 817 West End WEST Community Center, **Rocky Mount** , N.C.

8:00 PM 1.0 hr: Recovery Road, 1709 Anaconda Rd, **Tarboro**, N.C. Literature

Tuesday

12:00 PM 1.5 hr: Never Alone at Noon, 1450 Bethlehem Rd., Nash County Recovery Alliance, **Rocky Mount**, N.C. Study

12:00 PM 1.5 hr: Standing on Spiritual Principles. 609 Sunset Ave, Philadelphia Community Church, **Rocky Mount**, N.C

8:00 PM 1.0 hr: Walk Your Talk, 231 North Church St., Church of The Good Shepherd, (church street side Upstairs) **Rocky Mount**, N.C. Open Discussion

8:00 PM 1.0 hr: New Horizons, 3732 Sunset Ave, Sunset Baptist Church basement, **Rocky Mount** , N.C. Open Discussion

Wednesday

12:00 PM 1.5 hr: Never Alone at Noon, 1450 Bethlehem Rd., Nash County Recovery Alliance, **Rocky Mount**, N.C. Study

12:00 PM 1.5 hr: Standing on Spiritual Principles. 609 Sunset Ave, Philadelphia Community Church, **Rocky Mount**, N.C

Wednesday (continued)

6:00 PM 1.0 hr: Hope Is Here, 115 S Railroad St, **Enfield**, rear entrance upstairs. Variable format

8:00 PM 1.0 hr: Serenity Seekers, 601 Ashton Street, Stanley White Presb. Church, **Roanoke Rapids**, N.C. Candle-light

8:00 PM 1.0 hr: A New Beginnings, 817 West End WEST Community Center, **Rocky Mount** , N.C.

Thursday

12:00 PM 1.5 hr: Never Alone at Noon, 1450 Bethlehem Rd., Nash County Recovery Alliance, **Rocky Mount**, N.C. Study

12:00 PM 1.5 hr: Standing on Spiritual Principles. 609 Sunset Ave, Philadelphia Community Church, **Rocky Mount**, N.C

7:00 PM 1.5 hr: Genesis Reflection, 928 South Main St, **Louisburg**, NC Literature Study topic with open discussion

8:00 PM 1.0 hr: Recovery Road, 1709 Anaconda Rd, **Tarboro**, N.C. Open Discussion

Friday

12:00 PM 1.5 hr: Never Alone at Noon, 1450 Bethlehem Rd., Nash County Recovery Alliance, **Rocky Mount**, N.C. Speaker

12:00 PM 1.5 hr: Standing on Spiritual Principles. 609 Sunset Ave, Philadelphia Community Church, **Rocky Mount**, N.C

8:00 PM 1.5 hr: Walk Your Talk, 231 North Church St., Church of The Good Shepherd, (church street side Upstairs) **Rocky Mount**, N.C. Basic Text Book Study

8:00 PM 1.0 hr: New Horizons, 3732 Sunset Ave, Sunset Baptist Church basement, **Rocky Mount** , N.C. IP Study

Saturday

8:00 PM 1.5 hr: Walk Your Talk, 231 North Church St., Church of The Good Shepherd, (church street side Upstairs) , **Rocky Mount**, N.C. Open Discussion/Speaker

***All these meetings are open to anyone except**

“More Will Be Revealed” on Sunday which is closed meeting. CLOSED meetings are FOR ADDICTS ONLY, guest will be asked to leave

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 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 contract 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 those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.