

Welcome to Two 4 Tuesday

Our group meets every
Tuesday from 7 to 8
PM EST

At Atlanta Biscayne
Room, 3659 Clairmont
Rd., Chamblee, GA
30341 & on Zoom at

[https://zoom.us/
j/99250823843?
pwd=bEhzc1RCVUZPSX
NFRjhKWc82NXRhcz09](https://zoom.us/j/99250823843?pwd=bEhzc1RCVUZPSXNFRjhKWc82NXRhcz09)



Any Visitors or Newcomers

Do we have any visitors or newcomers with less than 30 days of clean time who would like to be recognized by their first name only?

If you are new to the program, we strive to connect you with NA literature.

We have some NA informational pamphlets on hand that are free to take and they are also freely available at <https://na.org/?ID=ips-eng-index>

We also have books to sell here at the Atlanta Biscayne Room. They can also be purchased at <https://cart-us.na.org/1-recovery-products/books/>

*We have several
shared readings.
To read, simply
raise your hand.*

1st ... **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.

Reprinted from the Little White Booklet,
Narcotics Anonymous. © 1986 by Narcotics
Anonymous World Services, Inc., PO Box
9999, Van Nuys, CA 91409 ISBN 0-912075-
65-1 10/00

What Is the Narcotics Anonymous Program?

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.

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 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. 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.

Why Are We Here?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation we sought help from each other in Narcotics Anonymous.

After coming to NA, we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point and recovery is then possible.

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 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.

How It Works (back side)

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—*easy does it*.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these we are well on our way.

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about this. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover

The Twelve Traditions of NA

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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.



Discussion

Before we enter the discussion portion of our meeting, does anyone have a burning desire

...

"A burning desire is when you want to use, hurt yourself or someone else, or have an overwhelming need to get something off your mind".

Is there anyone with less than 30 days of clean time? ...

- if so, you are the most important person in the meeting AND this meeting's discussion will be on how our members have managed to stay clean and how the program works for them;
- if not, the discussion leader will share an excerpt from NA approved literature and others will share after that.

Just for Today

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

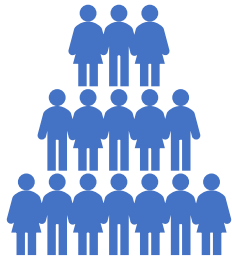
JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

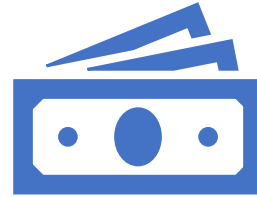
JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my 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.

7th Tradition



“Every NA group ought to be fully self-supporting, declining outside contributions.”



Two 4 Tuesday accepts cash in person and CashApp \$atl biscna also.

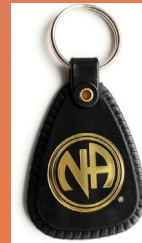
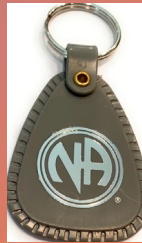


The money collected goes to pay for rent, keytags, literature, and the rest is passed on through the NA service structure. Two 4 Tuesday is a member group of the North Atlanta Area Service Committee.

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NA Keytags

Narcotics Anonymous offers color coded keytags for denoting the quantity of clean time.

The **White** keytag is for right now – if you want to try or retry this way of life.

Orange is for 30 days clean. **Green** is for 60 days clean. **Red** is for 90 days clean.

Switching to months ... **Blue** is for 6 months clean, **Yellow** is for 9 months clean.

For 1 year clean, we offer a **Glow in the Dark** keytag.

For 1.5 years, or 18 months clean, we offer a **Grey** keytag.

Finally, for 2 or more years of recovery, we offer a **Black** keytag.

Again we offer the **White keytag** ... in case you were too high or too shy before.



Meeting Closing

1. Are there any NA related announcements?
2. If you want to make this your homegroup, please see a homegroup member. Homies raise your hands.
3. Together we now recite the 12 tradition out loud ...
“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities”
4. Let's close the meeting with the WE version of the Serenity Prayer:

“God, grant us the serenity to accept the things we cannot change, The courage to change the things we can, And the wisdom to know the difference.”