

NA Meetings in the Roseburg Area

Hotline 541-957-1489

From <http://uvana.org>

Updated Nov 2010

Sunday 7 to 8:30 PM St. George's Episcopal Church 1024 SE Cass St. Roseburg	Monday 12 PM noon First Presbyterian Church 823 SE Lane St. Roseburg Monday 7 PM Drug Education Center (building with red door) 109 E Central Ave. Sutherlin	Tuesday 12 PM noon First Presbyterian Church 823 SE Lane St. Roseburg
Wednesday 12 PM noon First Presbyterian Church 823 SE Lane St. Roseburg	Thursday 12 PM noon First Presbyterian Church 823 SE Lane St. Roseburg	Friday 12 PM noon First Presbyterian Church 823 SE Lane St. Roseburg
Wednesday (women only) 7 PM Westside Christian Church 2712 W Harvard Blvd. Roseburg	Thursday 7 PM First Presbyterian Church 823 SE Lane St. Roseburg	Saturday Book Study, 10-11:30 AM St. George's Episcopal Church 1024 SE Cass St. Roseburg

What to Expect at an NA Meeting

From <http://www.na.org>

NA offers addicts a way to live drug-free. If you are not sure you're an addict, don't worry about it; just keep coming to our meetings. You will have all the time you need to make up your own mind.

...It has been said, "If your stomach's all tied up in knots, you're probably in the right place." We often say that no one comes through the doors of NA by mistake. Nonaddicted people don't spend their time wondering if they're addicts. They don't even think about it. If you're wondering whether or not you're an addict, you might be one. Just allow yourself the time to listen to us share about what it has been like for us.

...Even if you have doubts, you can use these simple suggestions for starters: Attend as many NA meetings as you can and collect a list of NA phone numbers to use regularly... What helped us can help you. So don't be afraid to call another recovering addict.

...The only way to keep from returning to active addiction is not to take that first drug. The most natural thing for an addict to do is to use drugs. In order for most of us to abstain from using mood-altering, mind-changing chemicals, we have had to undergo drastic changes physically, mentally, emotionally, and spiritually. The Twelve Steps of NA offer us a way to change. As someone said: "You can probably get clean by just coming to meetings. However, if you want to stay clean and experience recovery, you will need to practice the Twelve Steps."

This is more than we can do alone. In the NA Fellowship, we support one another in our efforts to learn and practice a new way of living that keeps us healthy and drug-free.

At your first meeting, you will meet people with various lengths of clean time. You may wonder how they could remain clean for that period of time. If you keep coming to NA meetings and stay clean, you will come to understand how it works.

There is a mutual respect and caring among clean addicts because we've all had to overcome the misery of addiction. We love and support each other in our recovery.

The program of NA is comprised of spiritual principles that we have found help us to remain clean. Nothing will be demanded of you, but you will receive many suggestions. This fellowship provides the opportunity for us to give you what we have found: a clean way of living. We know that we have to "give it away in order to keep it."

...We invite you to use our strength and our hope until you have found some of your own. There will come a time when you too may want to share with someone else what has been freely given to you.

Keep coming back - it works!