

If you have problems finding any of these meetings please call one of the following in the area you are looking for a meeting in.

Atlantic

Nate(712) 790-1507

Clarinda

Brain V.(712)215-5028

Creston

Carol T (641) 202-6369

Council Bluffs

Mary R. (402) 699-4984

Tim C (712) 314-4244

Jeff S. (402) 709-8024

Harlan

Holly S.(712) 571-0610

Rose Y.(712) 733-8482

Donnie N.(712) 755-5489

Red Oak

Colene L. (712) 623-1334

Shenandoah

Tim H (712) 215-1241

Brian V.(712) 215-5028

Villisca

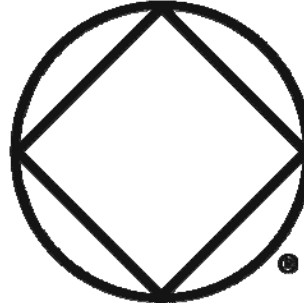
Laura W.(712) 303-0440

Brian V.(712) 621-7202

WHO IS AN ADDICT?

Most of us do not have to think twice about this question. WE KNOW. Our whole life and thinking is centered in drugs in one form or another, the getting and using and finding ways and means to get more. We use to live and live to use. 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.

Narcotics Anonymous®



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 of life.*

SWINA AREA



CALL THE HELP LINE FOR
MEETING UPDATES

402-660-3662

www.SWINA.org

NARCOTICS ANONYMOUS
HAS
NO AFFILIATION WITH ANY
OTHER ORGANIZATION AND
NO ENDORSEMENT
IS IMPLIED

Atlantic, Iowa

Tuesday

6:00 p.m. Straight & Grateful (O)

309 Elm Street

Friday

8:00 p.m. Straight & Grateful (O)

309 Elm Street

Clarinda, Iowa

Thursday

7:00 p.m. Straight Edge (O)

Hope Center 106 N 15th St

Creston, Iowa

Monday

NOON New Freedom Group (O)

401 Clark- Catholic Rectory

Wednesday

7:00 p.m. New Freedom Group (O)

401 Clark- Catholic Rectory

Friday

8:00 p.m. New Freedom Group (O)

401 Clark- Catholic Rectory

Harlan, Iowa

Monday

8:00 p.m. Never Alone (O, HA)

2005 College Drive-

St. Michaels Catholic Parsonage

Wednesday

12:00noon Daylight Again (O)

712 Farman Street- St Paul's Episcopal

Thursday

7:30 p.m. Nobody's Group (O, HA, CL)

9th & Durant-Methodist Church (basement)

Saturday

5:00 p.m. Saturday Serenity (O, CL)

712 Farman Street-St. Paul's Episcopal

Red Oak, Iowa

Friday

NOON Live and Let Live(O,)

504 Reed St. First Baptist Church (basement)

6:30 p.m. Just For Today (O, CL)

504 Reed St. First Baptist Church (basement)

Shenandoah, Iowa

Tuesday

8:00 p.m. Stairway to Freedom (O)

200 Church Street-United Methodist Church

(Wesley Hall downstairs)

Monday

8:00 p.m. Living Clean (O)

303 Walnut Street

Saturday

8:00 p.m. Living Clean (O)

303 Walnut Street

Sidney, Iowa

Thursday

7:00 p.m. Simple Serenity (O)

2622 11th Avenue – Sidney Meth. Church

Lennox, Iowa

Thursday

8:00 p.m. Runnin' & Gunnin' (O)

Corner of Temple & Iowa – SKY HOUSE

Villisca, Iowa

Monday

6:00 p.m. Straight Friends (O)

109 S. 3rd Street – Presbyterian Church

Council Bluffs, Iowa

Sunday

11:00 am Spiritual Breakfast Meeting(O,S,HA,1 1/2hr)

200 South 16th Ave. The Lite House

6:45 p.m. New Way Group (O,LS)

11 S. 1st Street Broadway Methodist Ch.

Monday

Noon Let it Be(O,HA,1hr)

200 South 16th Ave. The Lite House

8:00 p.m. Visions of Hope (O)

313 Story Street-Our Savior Lutheran

Tuesday

Noon Let it Be(O,HA,1hr)

200 South 16th Ave. The Lite House

8:00 p.m. Visions of Hope (O)

313 Story Street-Our Savior Lutheran

Wednesday

Noon Let it Be(O,HA,1hr)

200 South 16th Ave. The Lite House

6:30 p.m. Reaching Out (O, HA)

400 Willow Avenue-C.B. Public Library room 2 E (no meeting night before Thanksgiving)

8:00 p.m. Visions of Hope (O CL, LS)

313 Story Street-Our Savior Lutheran

Thursday

Noon Let it Be(O,HA,1hr)

200 South 16th Ave. The Lite House

7:00 p.m. Visions of Hope (O)

313 Story Street-Our Savior Lutheran

Friday

Noon Let it Be(O,HA,1hr)

200 South 16th Ave. The Lite House

7:00 p. Clean & Free Group (O, HA)

Mercy Hospital-800 Mercy Drive

1st Floor McDermott Building

Adult Partial Care Room

8:30 p.m. Discovery Group (O)

11 S. 1st Street Broadway Methodist Ch.

Saturday

6:00 p.m. On The Right Track (O)

515 E. Broadway (East Side Door)

(No meetings on Holiday Weekends)

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 N.A. who
believes in me and wants to help me in my recovery.*

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

*JUST FOR TODAY Through N.A. 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.*