

The Twelve Steps

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.

The Twelve Traditions

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 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.



Narcotics Anonymous Central Utah Area Meeting Schedule Box 276, Springville, Utah 84663

Help Lines

Central Utah	(801) 687-6292
Salt Lake City	(801) 296-4044
Northern Utah	(801) 479-0067
Sasquatch	(435) 214-1038
World Service	(818) 773-9999

Central Utah Area web site: www.cuana.org
Utah region web site: <http://www.utahna.info>
NA World Services web site: <http://www.na.org/>

KEY: (C) = Closed meeting, for addicts only
(ADA) = Disability accessible.
(SP) = Spanish Speaking.
(NS) = No Smoking
(W) = Women's meeting
(M) = Men's meeting
(CC) = Child Care Available

All other meetings are open to the public.
All meetings are non-smoking. (Inside)

Revised:05/03/09

NA Service Meetings

Central Utah Area Service Meeting

777 N. Palisades Dr. Orem, Utah
Old Osmond Studios
2nd Sunday, 11:30am

Subcommittee Meetings

Hospitals and Institutions (H&I)

777 N. Palisades Dr. Orem, Utah
Old Osmond Studios
1st Sunday at 11:30 am

H&I Contact: Blake hi_chair@cuana.org

Public Information (PI)

777 N. Palisades Dr. Orem, Utah
Old Osmond Studios
1st Sunday at 11:30am

PI Contact: TBD pi_chair@cuana.org

Mtg. Schedule: Josh cuaweb@cuana.org

Area Activities Meeting

777 N. Palisades Dr. Orem, Utah
Old Osmond Studios
2nd Sunday 11:30am

(Held with CUASC meeting)

contact: Jennifer P. area_act@cuana.org

S. C. O. R. E. Meeting

245 S. 200 E., Springville
1st Tuesday 7:00 p.m.

Literature

area_lit@cuana.org

Region

St. Mary's Church
200 N. 50 W. Provo, UT
2nd Saturday, 2:00 p.m.

Sunday

10:00 a.m. Spiritual Meeting
Orem
(ADA)(NS)
777 N. Palisades Dr.
Old Osmond Studios
(just off of 800 N in Orem)

Monday

8:00 p.m. Message of Hope
Provo
(ADA)(NS)
200 N. 50 W.
Saint Mary's Church

Tuesday

8:00 p.m. 1½ hrs. We Care
Springville
(C)(ADA)(NS)
245 S. 200 E.
Community Church

8:00 p.m. Keep it Simple
Lehi
(ADA)(NS)
394 W Main (in back)
Lehi Historic Hotel

Wednesday

8:00 p.m. Serenity (Candlelight)
Pleasant Grove
(NS)
41 East 200 South

Thursday

8:00 p.m. Cons in Recovery -
Lehi IP Meeting
(ADA)(NS)
394 W Main (in back)
Lehi Historic Hotel

8:00 p.m. It Works How & Why
Payson
(NS)
10 S. 600 E.
Peteeetneet Academy

Friday

7:30 p.m. No Name
Ephraim
(ADA)(C)(NS)
390 W. 1st N.
CU Counseling Center

8:00 p.m. No Name
Provo
(ADA)(C)(NS)
200 N. 50 W.
Saint Mary's Church

Saturday

12:00 a.m. AM Bowling Bunch
Payson
(NS)(ADA)
122 W. 900 N.
South County Lanes

5:00 p.m. Saturday Night Live
Orem
(NS)(ADA)
777 N. Palisades Dr
Cirque Studios

7:30 p.m. Fireside Meeting
Fairview
(NS)(ADA)
11800 E. 25500 N.
Summit Lodge