

Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

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.

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

Third Step Prayer

Take my will and my life.
Guide me in my recovery.
Show me how to live.

Names & Numbers
of recovering addicts.
Use the phone *before* you use!

Remember the Basics:
Go to Meetings
Use the Phone
Get a sponsor
Work the Steps
Study the Literature

Just For Today

Tell yourself:

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

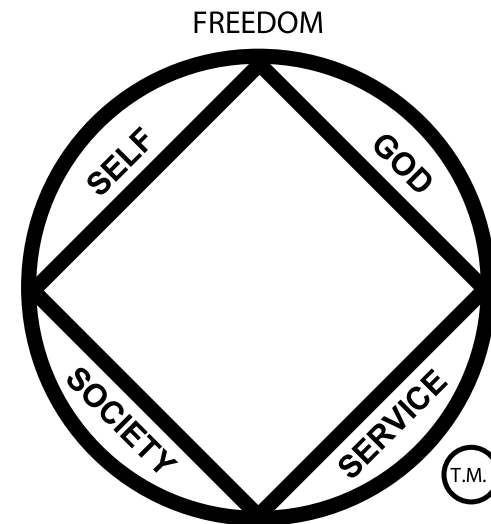
JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

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.

Quad Cities Area Of Narcotics Anonymous Meeting List



UNIVERSAL PROGRAM

QCANA
PO Box 37

Davenport, IA 52805

www.qcana.org
Helpline: 800.897.6242

**NA is not affiliated with any facility
in which our meetings are held.**

Printed February, 2018

Sunday

7:00pm

"Life After Drugs"
Southpark Presbyterian Church
1501 30th Street
Rock Island, IL
Open - Candlelight

Monday

7:00pm

"Promise Group"
West End Alano Club
2603 Rockingham Road
Davenport, IA
Closed - Step Meeting

7:00pm

"The TLC Group"
St. John's Lutheran Church
4501 7th Avenue
Rock Island, IL
Open - *Traditions/Living Clean* Discussion

Tuesday

7:00pm

"The Chance"
The Last Chance Club
525 15th Street
Moline, IL
Open - Topic/Discussion

7:00pm

"We Do Recover"
The Blandine Club
117 Perry Street
Davenport, IA
Open - Topic/Discussion

Wednesday

7:00pm

"Promise Group"
West End Alano Club
2603 Rockingham Road
Davenport, IA
Open - *Living Clean* Topic/Dicussion

8:00pm

"The Way Home Group"
St. John's Lutheran Church
4501 7th Avenue
Rock Island, IL
NA Way Topic/Discussion
Open - Candlelight

Thursday

7:00pm

"Focus on Recovery"
The Blandine Club
117 Perry Street
Davenport, IA
Open - Women's

7:00pm

"Road to Recovery"
Grace United Methodist Church
2651 Telegraph Road
Davenport, IA
Open - Topic/Discussion

8:00pm

"BYOB - Bring Your Own Book"
Church of Christ
4800 38th Avenue
Moline, IL
Open - Literature Study

Friday

12:00 Noon

"Promise Group"
West End Alano Club
2603 Rockingham Road
Davenport, IA
Open - Topic/Discussion

5:30pm

"We Do Recover"
The Blandine Club
117 Perry Street
Davenport, IA
"For the Newcomer" Beginners Meeting
Open - Topic/Discussion

8:00pm

"Just For Today"
Broadway Presbyterian Church
710 23rd Street
Rock Island, IL
Open - Topic/Discussion

Saturday

12:00 Noon

"Focus on Recovery"
The Blandine Club
117 Perry Street
Davenport, IA
Open -Topic/Discussion

5:30pm

"Road to Recovery"
Grace United Methodist Church
2651 Telegraph Road
Davenport, IA
Open - Topic/Discussion

7:00pm

"We Do Recover"
The Blandine Club
117 Perry Street
Davenport, IA
Open - Topic/Discussion

9:15pm

"Saturday Night Spiritual Principles"
RICCA (Front Office Building)
1607 John Deere Road
East Moline, IL
Open - Candlelight
*Note: There are cats at this facility

Service Meetings

The Quad Cities Area Service Committee meets on the 2nd Sunday of every month at rotating locations around the Quad Cities.

Please refer to the website

www.qcana.org

or email **info@qcana.org**
for an updated list of locations.

The ASC meeting begins at 3pm.
Public Relations begins at 1:30pm.

All are welcome! No clean time requirements!
Come get involved! We are excited to have you!