

### 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!

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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.

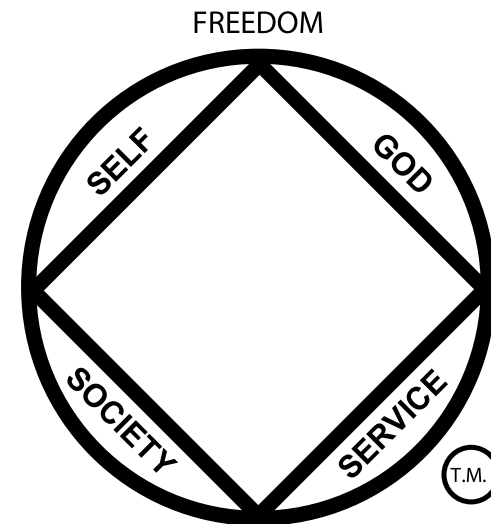
**JUST FOR TODAY** I will have faith in someone in NA who believes in me and wants to help me in my recovery.

**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 March, 2019**  
**Visit qcana.org for current updates**

## Sunday

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7:00pm

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

## Monday

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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

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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

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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

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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

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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

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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

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

The Public Relations and the Activities subcommittees have varied schedules.

Please refer to the website  
**[www.qcana.org](http://www.qcana.org)**  
or email **[info@qcana.org](mailto:info@qcana.org)**  
for an updated list of committee locations.

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