

## THE REALITY

Guam is a small island. We have all been affected by someone who has fallen sick to the disease of addiction. Whether it would be a friend, a coworker, or even a loved one. The drug problem in Guam is here and it is not going away. Narcotics Anonymous is a viable option for recovery.

## WEBSITE

[www.guamna.org](http://www.guamna.org)

## CONTACT US

Helpline: +1 888 599 GUNA (4862)

Email: [guamna671@gmail.com](mailto:guamna671@gmail.com)

## FOR MORE INFO

Asia Pacific Forum [www.apfna.org](http://www.apfna.org)

World Service Office [www.na.org](http://www.na.org)



**Narcotics**  
**Anonymous**  
**Guam**



## WHAT IS NA?

NA is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

## MEETING LIST

### **Sunday 7 pm**

Lighthouse Recovery Center, Tiyan

### **Monday 530 pm**

Paseo Pavilion, Hagåtña

### **Tuesday 7 pm**

New Beginnings 2<sup>nd</sup> Floor, Hagåtña

### **Tuesday 7 pm**

Lighthouse Recovery Center, Tiyan

### **Wednesday 530 pm**

Paseo Pavilion, Hagåtña

### **Thursday 7 pm**

Salvation Army, Mangilao

### **Friday 730 pm**

Lighthouse Recovery Center, Tiyan

### **Friday 8 pm**

Next to St. Lourdes Church, Yigo

### **Saturday 10 am**

Women's Meeting

Lighthouse Recovery Center, Tiyan

### **Saturday 7 pm (Hybrid Meeting)**

Salvation Army, Mangilao

Zoom ID: 6710071953

Password: NA

## HOW DOES NA WORK?

Addicts helping each other recover is the foundation of NA. Members meet regularly to talk about their experiences in recovery. More experienced members (known as sponsors) work individually with newer members.

The core of the NA program is the Twelve Steps. These "steps" are a set of guidelines outlining a practical approach to recovery. By following these guidelines and working closely with other members, addicts learn to stop using drugs and face the challenges of daily living.

Narcotics Anonymous is not a religious organization and does not mandate any particular belief system. It does teach basic spiritual principles such as honesty, open-mindedness, faith, willingness, and humility that may be applied in everyday life. The specific practical application of spiritual principles is determined by each individual. Recovery in NA is not a miracle cure that happens within a given period of time. It is a process, ongoing, and personal. Members make an individual decision to join and recover at their own pace.