

SUNDAY	
9:00AM	The Breakfast Club (In person & online) (O,BT,St,Tr,WEB,HY) (Zoom: https://zoom.us/j/96384286255 PW: NA. Phone 929 205 6099 PW: 440731) 36 Carpenter St. Keene, NH, 03431
4:00PM	Our Journey in NA (O,D,RF,WC) 200 Olcoltt Ave Wilder, VT, 05001
7:00PM	Green Mountain Men (Online Only) (M,WEB,VM) (Zoom: https://us06web.zoom.us/j/83727286535 PW: NA. Phone 3017158592 PW: 466530)
7:00PM	Step It Up (InPerson &Online) (O,D,RF,W,HY) (Zoom Link https://zoom.us/j/92050814073 PW: NA Phone 646 876 9923 Phone Password: 440303Dial In:) 62 Pleasant St, Unit 4, Broad St entrance Claremont, NH, NH, 03743

MONDAY	
5:45PM	Living Just for Today (Online Only) (O,D,JT,VM) (Zoom Link: https://us06web.zoom.us/j/95476368853 PW: NA Dial In By Phone929 436 2886 :) , 03431
6:00PM	Monday Night NA (Online & In Person) (O,RF,WC,WEB,HY) (Zoom Link: https://zoom.us/j/91692711848 PW: NA) 120 Broad St (Trinity Episcopal Church) Claremont, NH, 03743
7:00PM	Back to Basics Group (In Person Only) (O,D,WC,BK) 2nd Congregational Church 115 Hillside Ave Bennington, VT, 05201

TUESDAY	
6:00PM	The Last Straw Group (Online & In Person) (O,IP,WC,BK,HY) join by phone: 929 436 2866 PW: 385106 (Join URL: https://zoom.us/j/729220920 PW: NA) 3624 Main St (1st Congregational Church (Rm 102)) Manchester Village, VT, 05254
7:00PM	A Gift Called Life Group (In Person Only) (O,WC,BK) 18 School Street Lebanon, NH
7:00PM	Last Connection Group (In Person Only) (O,D) 141 State St Rutland, VT, 05701

TUESDAY (CONT)	
7:00PM	New Adventures (O,JT,WC) TLC family resource center Broad St entrance 62 Pleasant St Claremont, NH, 03743
7:00PM	Out of the Darkness (O,RF,WC) 7 Morgan St Springfield, VT, 05156
7:30PM	In From The Storm Group (In Person Only) (O,RF,WC) 36 Carpenter St. Keene, NH, 03431

WEDNESDAY	
7:00PM	All Will Be Well Group (Online & In Person) (O,CL,HY) Join by Phone: 929 436 2866, Meeting ID: 476 126 708 Phone Password: 166281 (Join URL: https://zoom.us/j/476126708 PW: NA) 62 Pleasant St Claremont,, NH, 03743
7:00PM	Out of the Woods (Online & In Person) (RF,WC,HY) Divided Sky Foundation bldg. (https://us06web.zoom.us/j/84203473867 PW: NA) 262 Fox Lane Ludlow, VT, 05149

THURSDAY	
NOON	Recovering Out Loud (In Person) (O,WC) Turning Point ,1st floor 601 Main St Bennington, VT, 05201
NOON	There Is Still Hope (In Person Only) (O,RF,SD,WC) Upper Valley Turning Point 200 Olcott Drive Wilder, VT, 05001
6:00PM	Living Clean Group (In Person Only) (O,D,RF) Turning Point Club 141 State Street Rutland, VT
7:00PM	Hope in Claremont (Online & In Person) (O,RF,WC,HY) TLC family resource center Broad Street Entrance (https://us06web.zoom.us/j/87907328775 PW: NA) 62 Pleasant St Claremont, NH, 03743

THURSDAY (CONT)	
7:00PM	Together We Can Group (Online & In Person)) (O,WC,BK,HY) (Zoom: https://us04web.zoom.us/j/9500259596 PW: NA dial by phone: 929-205-6099) 10 S Park St Lebanon, NH, 03766
7:00PM	We Can Group (In Person Only) (O,JT,RF,WC) The Serenity Center 24 Vernon St Keene, NH, 03431

FRIDAY	
7:00PM	Getting Real (O,D,WC) Trinity Church 44 Main St Windsor, VT, 05089
7:00PM	Mixed Nuts (In Person & Online) (O,SD,HY) Join by Phone: 929 436 2866 Meeting ID: 947 774 934 Phone Password: 574132 (Join by URL: https://zoom.us/j/947774934 PW: NA) 39 Elm Street Brattleboro, VT
7:00PM	Step Into the Light (O,IW,WC) 7 Morgan St Springfield, VT, 05156
7:15PM	Out of the Fog (In Person Only) (O,D,SD,WC) (Speaker 1st Friday) 314 U.S. 4 Enfield, NH

SATURDAY	
6:00PM	Saturday Night NA (O,D) 141 State St Rutland, VT, 05701
7:00PM	You Are Here Group (In Person & Online) (O,RF,Tr,WC,HY) (Zoom https://us06web.zoom.us/j/83154677886 PW: NA. Phone 929 205 6099 Phone PW: NA) Federated Church, 16 Pleasant St Marlborough, NH, 03455

Meeting Format Legend			
BT	Basic Text	CL	Candlelight
D	Discussion	IP	Informational Pamphlet
IW	It Works -How and Why	JT	Just for Today
M	Men	O	Open
RF	Rotating Format	SD	Speaker/Discussion
St	Step	Tr	Tradition
W	Women	WC	Wheelchair
BK	Book Study	WEB	Online Meeting
VM	Virtual Meeting	HY	Hybrid Meeting

The therapeutic
value of one addict
helping another is
without parallel.

Before you pick up a drug,
PICK UP THE PHONE



**PHONELINE / INTERNET
MEETING** list available at
NaByPhone.org

ABCD Region abcdrna.org	888-399 5519
New England Region newenglandna.org	1-866-NA HELP U (888-624-3578)
Granite State Area gsana.org	1-888-NA-HELP-U (888-624-3578)
Champlain Valley Area cvana.org	866-580-8718
Berkshire County Area berkshirena.org	413-443-4377
Western Mass Area	800-481-6871

GREEN MOUNTAIN AREA NARCOTICS ANONYMOUS



802-265-6414

WWW.GMANA.ORG

GMANA, P.O. Box 6414, Brattleboro, VT 05302

Area Service Committee 1:15 pm

Last Sunday of the Month, Springfield
Hospital Conference Room, Springfield, VT

Subcommittees begin at 11 am

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.

Our message is that an addict, **any addict**, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom from active addiction.