



WEST CENTRAL ALABAMA AREA

MEETING LIST

JANUARY 2026

Updated January 28, 2026

24 HOUR HELPLINE

866-985-0008

www.alnwfl.org

What is our message?

**The 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.**

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SUGGESTIONS FOR EVERYONE

**DON'T USE no matter what
Ask your Higher Power to keep you clean
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the PHONE**

KEEP COMING BACK. IT WORKS

Meetings Weekly: 0