



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.**

Basic Text, page 65

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