



WEST CENTRAL ALABAMA AREA

MEETING LIST

MAY 2026

Updated May 2, 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