





**WEST CENTRAL ALABAMA AREA**

**MEETING LIST**

**MAY 2026**

Updated May 2, 2026

**24 HOUR HELPLINE**

**866-985-0008**

**[www.alnwfl.org](http://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