

**SUNDAY / DOMINGO****10:00AM 1HR Grateful Were Not Dead**, Peterborough, ON, K9H 3R9 **(C,D,TC)****NOON 1HR Free to Dream**, Oshawa, ON, L1H 3Z7 **(C,D,WEB,TC,VM)****1:00PM 1HR The Ultimate Weapon**, Men's Discussion Meeting...Basic Text., ON, L1H 3Z7 **(M,BK,VM)****2:00PM 1HR Live Your Life**, Marks St united Church ( Back entrance), 90 Hunter St, Peterborough, ON, K9H 1G5 **(C,D,WEB,TC,VM)****7:00PM 1.5HR The Journey Begins**, Storie Park, 101 Mill St, Oshawa, ON, L1J 3V5 **(C,D,WEB,TC,VM)****7:30PM 1.5HR Stepping Into Action**, Murray St. Baptist Church, 175 Murray St., Peterborough, ON, K9H 2S7 **(C,D,WEB,LC,TC,VM)****MONDAY / LUNES****NOON 1HR Free to Dream**, ON, L1H 3Z7 **(C,D,WEB,TC,VM)****7:30PM 1.5HR Proud To Recover**, Buzz #6, 159 King St Room 302-2, Peterborough, ON, K9J 2R8 **(C,D,GL,TC)****7:30PM 1.5HR Stepping Into Action**, Murray St. Baptist Church, Ring Bell at back, 175 Murray St., Peterborough, ON, K9H 2S7 **(O,BT,D,WEB,TC,VM)****7:30PM 1.5HR We Do Recover**, 40 William Street North, St Andrews Presbyterian church north side entrance., Lindsay, ON, K9V 4A1 **(C,LC)****8:00PM 1.5HR New Hope**, New Life Church, 33 Olive Ave., Oshawa, ON, L1H 2N7 **(O,SD,TC,VM)****8:00PM 1.5HR Severn Ties**, 251 Concession Rd. 6 E, Warkworth, ON, K0K 3K0 **(O,D,WC)****TUESDAY / MARTES****NOON 1HR Free to Dream**, ON, L1H 3Z7 **(C,D,WEB,TC,VM)****7:00PM 1.5HR Second Chance**, Story Park Clubhouse, 101 Mill Street, Oshawa, ON, L1J 3V5 **(C,D,WEB,TC,VM)****7:30PM 1.5HR Live Your Life**, Mark St United Church, Back Entrance off Parking Lot-, 90 Hunter St East, Peterborough, ON, K9H 1G5 **(O,D,WC,WEB,LC,TC,VM)****WEDNESDAY / MIÉRCOLES****NOON 1HR Free To Dream**, United Steelworkers Hall, 125 Albert St., Oshawa, ON, L1H 4R3 **(C,D,WEB,TC,VM)****7:00PM 1.5HR Healing with Hope**, United Steel Workers Hall, Meets on the 1st, 3rd, and 4th Wednesday of every month, 125 Albert Street, Oshawa, ON, L1H 4R3 **(C,D,W,WEB,TC,VM)****7:00PM 1.5HR Share and Care/ Rising Phoenix**, St. Phillip's Church, New Online Meeting, 1314 Oxford St, Oshawa, ON, L1J 3W6 **(C,D,WC,WEB,TC,VM)****7:30PM 1.5HR A New Way To Live** (use side entrance off Havelock), 379 Division St., Cobourg, ON, K9A 3R7 **(O,TC)****7:30PM 1.5HR Stepping Into Action**, Murray St. Baptist Church, 175 Murray St., Peterborough, ON, K9H 2S7 **(C,D,SD)****THURSDAY / JUEVES****NOON 1HR Free to Dream**, ON, L1H 3Z7 **(C,D,WEB,TC,VM)****NOON 1.5HR Stepping Into Action**, 466 George Street, Peterborough, ON, K9H 3R7 **(O,D,TC)****6:00PM 1.25HR Keep It Simple**, Pinewood Centre, 300 Centre Street, Oshawa, ON, L1H 4B2 **(C,D,WC,YP,WEB,TC,VM)****7:30PM 1HR Grateful We're Not Dead**, Grace United Church, 581 Howden St., Peterborough, ON, K9J 4B4 **(O,BT,D,WEB,TC)****7:30PM 1.5HR New Reality**, St. Timothy's Church, 97 Burcher Rd., Ajax, ON, L1S 2R3 **(C,D,WEB,TC,VM)****7:30PM 1.5HR Together We Can/ A New Way To Live**, Northumberland Hills Hospital, Rm 2F28, 1000 Depalma Dr., Cobourg, ON, K9A 5W6 **(C,D,WC,WEB,TC,VM)****7:30PM 1.5HR We Do Recover**, 40 William Street North, St Andrews Presbyterian church north side entrance., Lindsay, ON, K9V 4A1 **(C,SG)****8:00PM 1.5HR How It Works**, Memorial Park Club House, Max 10 Person Cap, 120 Liberty St., Bowmanville, ON, L1C 2P4 **(C,D)****FRIDAY / VIERNES****NOON 1HR Free to Dream**, ON, L1H 3Z7 **(C,D,WEB,TC,VM)****NOON 1.5HR Relapse Prevention**, Girl Guides Building, back entrance), 121 Simcoe St. S. (, Oshawa, ON, L1H 4G7 **(C,D,TC)****7:30PM 1.5HR Stepping Into Action**, Murray St. Baptist Church (rear entrance) RING BELL, 175 Murray Street, Peterborough, ON, K9H 2S7 **(SD,WEB,TC,VM)****8:00PM 1.5HR Living Clean The NA Way**, St. John's Anglican Church, 150 Victoria St. East, Whitby, ON, L1N 9L8 **(C,D,WEB,LC,TC,VM)****SATURDAY / SÁBADO****11:00AM 1.5HR New Attitudes**, Community Health Centre, 115 Grassmere Ave, Oshawa, ON, L1H 3X6 **(C,D,WEB,TC,VM)****7:00PM 1.5HR Alive and Free**, United Steel Workers Hall, 125 Albert St, Oshawa, ON, L1H 4R3 **(O,D,WEB,TC,VM)****7:30PM 1.5HR Live Your Life**, Mark St United Church, 90 Hunter St, Peterborough, ON, K9H 1G5 **(O,D,WC,WEB,TC,VM)****7:30PM 1.5HR River Of Freedom**, Masks Required- capacity limit-, Entrance on Peel, 40 William St., Lindsay, ON, K9V 4A1 **(O,D)****MEETING FORMAT LEGEND**

BK	Book Study	BT	Basic Text
C	Closed	D	Discussion
GL	Gay/Lesbian/Transgender	LC	Living Clean
M	Men	O	Open
SD	Speaker/Discussion	SG	Step Working Guide
TC	Temporary closed	VM	Virtual Meeting
W	Women	WC	Wheelchair
WEB	Online Meeting	YP	Young People

**HELPLINES**Area 1 Number 1Area 2 Number 2**SERVICE MEETINGS****PHONE NUMBERS**

## 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*



## **CENTRAL LAKE ONTARIO**

### **MEETING LIST**

### **JANUARY 2021**

### **24 HOUR HELPLINE NUMBER**

<https://na.org>

### **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: 36