

SUNDAY / DOMINGO**NOON 1HR Free to Dream**, Oshawa, ON, L1H 3Z7 **(C,D,WEB,TC,VM)****1:00PM 1HR The Ultimate Weapon**, Durham Community Health Center, Men's Discussion Meeting....Basic Text., 115 Grassmere Ave, Oshawa, ON, L1H 3X7, Oshawa, ON, **(C,M,BK)****2:00PM 1HR Live Your Life**, St.Johns Anglican Church, in person meetings have resumed, 99 Brock st, Peterborough, ON, K9H 2P2 **(C,D)****7:00PM 1.5HR Severn Ties**, 179 Saskatoon Ave, Cambellford, ON, K0L 1L0**7:00PM 1.5HR The Journey Begins**, United Steelworkers Hall, 115 Albert St., Oshawa, ON, L1J 3V5 **(C,D,WEB)****7:30PM 1.5HR Stepping Into Action**, Murrey Street Baptist Church, 175 Murray St, Peterborough, ON K9H 2S7, Peterborough, ON, K9H 2S7 **(C,D,WEB,LC)****MONDAY / LUNES****NOON 1HR Free to Dream**, Oshawa, ON, **(C,D,WEB,VM)****7:00PM 1HR Without Parallel**, Salvation Army, Starts on April 24th, 75 Liberty St S., Bowmanville, ON, L1C 2N8 **(C,D,BK)****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)****7:30PM 1.5HR We Do Recover**, 40 William Street North, St Andrews Presbyterian church north side entrance., Lindsay, ON, K9V 4A1 **(C,BK,LC)****8:00PM 1.5HR Hope Not Dope Group**, Bridge Street United Church, 60 Bridge Street East, Belleville, Ontario, ON, K8N 1L7 **(O,D,WC)****8:00PM 1HR New Hope Group**, Open meeting speaker/spin the wheel/open podium, ON, L1S4D2 **(O,SD,VM)****8:00PM 1HR New Hope Group**, New Life 7th Day Adventist Church, 33 Olive Ave, Oshawa, ON, L1N 2N7 **(O,So)****TUESDAY / MARTES****NOON 1HR Free to Dream**, ON, L1H 3Z7 **(C,D,WEB,VM)****7:00PM 1HR Second Chance**, Story Park Club House, 101 Mill Street, Oshawa, ON, L1J 3V5 **(C,D)****7:30PM 1HR Live Your Life**, St.Johns Anglican Church, in person meetings have resumed, 99 Brock St, Peterborough, ON, K9H 2P2 **(O,D,WC,LC)****WEDNESDAY / MIÉRCOLES****NOON 1HR Free To Dream**, Oshawa, ON, L1H 4R3 **(C,D,WEB,VM)****NOON 1HR Free To Dream**, United Steel Workers Hall, 125 Albert St., Oshawa, ON, **(C,D)****7:00PM 1HR Rising Phoenix**, Cross Point Church, 120 person capacity, Non-smoking Property, 700 Ritson Rd N, Oshawa, ON L1G 7R9, Oshawa, ON, L1G 7R9 **(C,BT,D,SD,Ti,BK,NS,ME,CW,ENG,WEB,NP)****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,VM)****NOON 1HR Stepping Into Action**, 466 George Street, Peterborough, ON, K9H 3R7 **(O,D)****6:00PM 1.5HR Keep It Simple**, **(C,D,YP,WEB,VM)****6:00PM 1HR United in Recovery Women's Group**, Story Park Clubhouse, 101 Mill Street, Oshawa, ON, L1J 3V5 **(C,D)****7:30PM 1.5HR Keep It Simple**, Cornerstone Community Building, Open speaker meeting every 2nd week of every other month., 121 Simcoe St S., Oshawa, ON, L1H 4G7 **(C,D)****7:30PM 1.5HR New Reality**, St.. Paul's United Church, 30 Person Capacity, 65 King's Crescent, Ajax, ON, L1S 2M4 **(C,D,WEB,HY)****7:30PM 1HR Thursday Night Live**, The Link - Buisness Services and Events building, 5152 Haliburton county road 21, Haliburton, ON, K0M1S0 **(C,JT,HY)****7:30PM 1HR Together We Can**, The Salvation Army Cobourg Community Church, 59 Ballantine Street, Cobourg, ON, K9A 5G8 **(C,D,WC,WEB,VM)****7:30PM 1.5HR We Do Recover**, St Andrews Presbyterian church north side entrance., 1st Thursday of every north meeting 7:30 - 9:30 speaker meeting, 40 William St N, Lindsay, ON, K9V 4A1 **(C,BT,D,BK)****8:00PM 1.5HR Hope Not Dope Group**, Bridge Street United Church, 60 Bridge Street East, Belleville, ON, K8N 1L7 **(O,D,WC)****8:00PM 1HR How It Works**, Memorial Park Club House, 120 Liberty St. S., Bowmanville, ON, L1C 2P4 **(C,D)****FRIDAY / VIERNES****NOON 1HR Free to Dream**, ON, L1H 3Z7 **(C,D,WEB,VM)****6:30PM 1HR Primary Purpose Group**, Cornerstone Community Building, side door, 121 Simcoe St S, Oshawa, ON, **(C,D,WC)****7:30PM 1.5HR Stepping Into Action**, Murrey St., Baptist Church, 175 Murray St., Peterborough, ON, K9H 2S7 **(SD,WEB)****8:00PM 1.5HR Living Clean The NA Way**, St. John's Anglican Church, 150 Victoria Street E, Whitby, ON, L1N 9L8 **(C,D,WEB,LC)****SATURDAY / SÁBADO****11:00AM 1.5HR New Attitudes**, United Steel Workers Hall, In person starts June 18th 2022, 115 Albert St, Oshawa, ON L1H 4R3, Oshawa, ON, L1H 3X6 **(C,D)****7:00PM 1.5HR Alive and Free**, United Steel Workers Hall, 60 Person Capacity, 115 Albert St, Oshawa, ON, L1H 4R3 **(C,D,NS)** *75 people capacity, masks are required***7:30PM 1HR Healing With Hope**, St Paul's United, 65 King Cres, Ajax, ON, **(C,D)****7:30PM 1HR Live Your Life**, St.Johns Anglican Church, in person meetings have resumed, 99 Brock St, Peterborough, ON, K9H 2P2 **(O,D,WC)****7:30PM 1.5HR We Do Recover**, St Andrews presbyterian church north side entrance, 40 william st N, Lindsay, ON, K9V 4A1 **(C,D)****8:00PM 1.5HR Hope Not Dope Group**, Bridge Street United Church, 60 Bridge Street East, Belleville, Ontario, ON, K8N 1L7 **(O,D,WC)****MEETING FORMAT LEGEND**

BK	Book Study	BT	Basic Text
C	Closed	CW	Children Welcome
D	Discussion	ENG	English speaking
HY	HY	JT	Just for Today
LC	Living Clean	M	Men
ME	Meditation	NP	No pets
NS	No Smoking	O	Open
SD	Speaker/Discussion	So	Speaker Only
TC	Temporary closed	Ti	Timer
VM	Virtual Meeting	WC	Wheelchair
WEB	Online Meeting	YP	Young People

HELPLINESArea 1 Number 1Area 2 Number 2

SERVICE MEETINGS



CENTRAL LAKE ONTARIO

MEETING LIST

DECEMBER 2024

**24 HOUR HELPLINE
NUMBER**

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

<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