

## SUNDAY

**7:00PM-8:30PM Freedom to Change**, St. James Anglican Church, 171 Queen St. E, Fergus, ON, N1M 2H6 **(C,D,WC,BK)**

**7:30PM-8:45PM Never Alone**, All Saints Lutheran Church, Back Entrance, 210 Silvercreek Pkway N, Guelph, ON, N1H 7P8 **(O,D)**

**7:30PM-8:45PM Step Into Recovery**, Trillium Lutheran Church - Coach House, Behind main building, 22 Willow St. (at William), Waterloo, ON, N2J 1V5 **(C,So,St,Tr,WC,BK)**

## MONDAY

**8:30AM-9:20AM Spiritual Awakenings**, Emmanuel United Church, Back door entrance. Ring NA door bell for access., 22 Bridgeport Rd W., Waterloo, ON, N2L 2Y3 **(O,D,JT,To)** *Literature read: JFT and SPAD*

**12:00PM-1:00PM Mid Day NA**, Hope House, Use main doors up staircase to top floor (first room on right) unless using elevator, 10 Cork Street E, Guelph, ON, N1H 2W8 **(O,D,JT,WC)**

**6:15PM-7:15PM Living Clean**, Priory Park Baptist Church, \*\*Meeting time changes as of OCT 7 to 6:15pm - 7:15pm, 8 Torch Lane, Guelph, ON, N1G 1V6 **(C,CL,D,BK)**

**7:00PM-8:30PM Clean Times**, Trillium United Church, Entrance on Waterloo St., ring buzzer., 450 King Street E, Cambridge, ON, N3H 3M9 **(C,D,BK)**

**7:00PM-8:30PM Friendship Group**, First Mennonite Church, 800 King St. E (at Stirling), Kitchener, ON, N2G 2M6 **(O,D,WC)**

**7:30PM-8:45PM Phoenix Group**, First Baptist Church, 255 Woolwich St (at Norfolk), Guelph, ON, N1H 3V8 **(O,BT,D)**

## TUESDAY

**8:30AM-9:20AM Spiritual Awakenings**, Emmanuel United Church, Back door entrance. Ring NA door bell for access., 22 Bridgeport Rd W, Waterloo, ON, N2L 2Y3 **(O,D,JT,To)** *Literature read: JFT and SPAD*

**7:15PM-8:30PM Keep It Simple**, Priory Park Baptist Church, 8 Torch Lane, Guelph, ON, N1G 1V6 **(C,D,BK)**

**7:30PM-9:00PM Changing Lanes**, St Paul's Lutheran Church, 505 Wallace Avenue North, Listowel, ON, N4W 1L8 **(O,D)**

**7:30PM-8:40PM Lust for Life**, First United Church, Back Door Entrance, 16 William St. W., Waterloo, ON, N2L 1J3 **(O,BT,D,WC)**

**7:30PM-9:00PM Serenity On The Grand**, St. James Anglican, 171 Queen St. E, Fergus, ON, N1M 2H6 **(O,D,WC)**

## WEDNESDAY

**8:30AM-9:20AM Spiritual Awakenings**, Emmanuel United Church, Back door entrance. Ring NA door bell for access., 22 Brdigeport Rd W, Waterloo, ON, N2L 2Y3 **(O,D,JT,To)** *Literature read: JFT and SPAD*

**12:00PM-1:00PM Mid Day NA**, Hope House, Use main doors up staircase to top floor (first room on right) unless using elevator, 10 Cork Street E, Guelph, ON, N1H 2W8 **(O,D,JT,WC)**

**7:00PM-8:15PM Open Up Recovery**, St. Ambrose Church, Side Entrance to Basement.\*SPEAKER MEETING 1st WED of the month\*, 210 South St., Cambridge, ON, N1R 2P4 **(O,D,SD,WC,BK)**

**7:30PM-9:00PM Freedom Group**, Trillium Lutheran Church - Coach House, Behind main building, 22 Willow St. (at William), Waterloo, ON, N2J 1V5 **(O,D,WC)**

## THURSDAY

**8:30AM-9:20AM Spiritual Awakenings**, Emmanuel United Church, Back door entrance. Ring NA door bell for access., 22 Bridgeport Rd W, Waterloo, ON, N2L 2Y3 **(O,D,JT,To)** *Literature read: JFT and SPAD*

**7:00PM-8:00PM Together We Can**, Preston Mennonite Church, 791 Concession Rd., Cambridge, ON, N3H 4L1 **(O,D,WC)**

**7:30PM-9:00PM Clean Freaks**, Calvary Memorial United Church, Please use the Park St. entrance., 91 Gruhn St (Park & Glasgow), Kitchener, ON, N2G 1S5 **(O,BT,D,WC,BK)**

**7:30PM-8:30PM Stepping Stones**, The Salvation Army Church, 581 12th St., Hanover, ON, N4N 1W5 **(O,D,WC,BK)**

**7:30PM-9:00PM Welcome Home**, Priory Park Baptist Church, 8 Torch Lane, Guelph, ON, N1G 1V6 **(C,BT,D,So)**

## FRIDAY

**8:30AM-9:20AM Spiritual Awakenings**, Emmanuel United Church, Back door entrance. Ring NA door bell for access., 22 Bridgeport Rd W, Waterloo, ON, N2L 2Y3 **(O,D,JT,To)** *Literature read: JFT and SPAD*

**12:00PM-1:00PM Mid Day NA**, Hope House, Use main doors up staircase to top floor (first room on right) unless using elevator, 10 Cork Street E, Guelph, ON, N1H 2W8 **(O,D,JT,WC)**

**7:00PM-8:00PM The Park Group**, Riverside Community Reformed Church, Until May 2025 Park Group is indoors only. Desserts, potluck and fellowship after the meeting on the 1st Friday of every month., 79 Speedvale Ave E, Guelph, ON, N1E 1M3 **(O,D,WC)**

**7:30PM-9:00PM Hope Group**, St. Matthews Memorial Lutheran Church, Entrance is the side door in the rear of the parking lot on Benton St. Accessible entrance available upon request., 54 Benton St., Kitchener, ON, N2G 3H2 **(O,D,St,WC)**

## SATURDAY

**8:30AM-9:20AM Spiritual Awakenings**, Emmanuel United Church, Back door entrance. Ring NA door bell for access., 22 Bridgeport Rd. W, Waterloo, ON, N2L 2Y3 **(O,D,JT,To)** *Literature read: JFT and SPAD*

**10:00AM-11:00AM Awakening Group**, Holy Rosary Church, Rear Entrance. This meeting opens with an invited attendee reading a piece of NA literature, sharing on the topic for up to 10 minutes, followed by participation by attendees., 175 Emma St, Guelph, ON, N1E 1V6 **(O,D,WC)**

**7:00PM-8:30PM Saturday Night Live**, St. Andrews Church, Top floor-up the stairs in the Westminster room, 54 Queen St. N (at Weber), Kitchener, ON, N2H 2H2 **(O,D,WC)**

**7:30PM-9:00PM By The Book**, Trillium United Church, Entrance on Waterloo St, 450 King St., Cambridge, ON, N3H 3M9 **(C,D,BK)**

**7:30PM-8:45PM Phoenix Group**, First Baptist Church, Every FIRST Saturday of the month is a SPEAKER MEETING, 255 Woolwich St (at Norfolk), Guelph, ON, N1H 3V8 **(O,BT,SD)**

## MEETING FORMAT LEGEND

BK	Book Study	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	JT	Just for Today
O	Open	SD	Speaker/Discussion
So	Speaker Only	St	Step
To	Topic	Tr	Tradition
WC	Wheelchair		

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

## PHONE NUMBERS

---



---



---



---



---



---



---



---



---



---

**KEEP COMING BACK  
IT WORKS.**

## What is our message?

Our message is that an addict,  
any addict, can stop using  
drugs,  
lose the desire to use,  
and find a new way to live.

## SUGGESTIONS FOR EVERYONE

DON'T USE no matter what  
Ask your Higher Power to keep you clean



**Narcotics Anonymous  
Golden Triangle Area**

# **MEETING LIST**

**8 October 2024**

**HELPLINE**

**TOLL FREE: 1-888-811-3887**

For updated local meetings and maps go to:  
<https://www.gtascna.org>

For meetings outside of our area, go to:  
<https://www.orscna.org> (for Ontario)  
<https://www.NA.org> (outside Ontario)