

**SUNDAY**

**NOON Serenity Group (C,D,Tr,CW)**  
 Community House  
 99 York Street, Kingston, K7K 1P9  
 (masks optional)

**7:30PM Get Honest or Die Group (O,BT,D,St)**  
 Trellis HIV & Community Care  
 844 Princess Street, Kingston, K7L 1G5

**MONDAY**

**9:30AM No Longer Alone Group (O,B,BT,D,CW)**  
 Rustle Church  
 65 Russell Street, Kingston, K7K 2E6  
 (masks optional)

**9:30AM Stay Connected Group (VM)**  
 , Kingston  
 Zoom ID 818 7044 4108 password connected

**7:00PM New Beginnings (O,BT,D,IP,St,To,Tr,WC,BK,AB,CW,NP)**  
 Edith Rankin Church  
 4080 Bath Road, Kingston, K7M 4Y7  
 (Use back door)  
*This meeting is wheelchair accessible*

**7:30PM We Care Group (C,D,CW)**  
 Detox Centre  
 240 Brock Street, Kingston, K7L 1S4

**TUESDAY**

**9:30AM No Longer Alone Group (O,B,BT,D,CW)**  
 Rustle Church  
 65 Russell Street, Kingston, K7K 2E6  
 (masks optional)

**9:30AM Stay Connected Group (VM)**  
 , Kingston  
 Zoom ID 818 7044 4108 password connected

**7:00PM Alive & Well Group (C,BT,D,St,WC,BK)**  
 Next Church  
 89 Colborne Street, Kingston, K7K 1C8  
 (masks optional)

**WEDNESDAY**

**9:30AM No Longer Alone Group (O,B,BT,D,CW)**  
 Rustle Church  
 65 Russell Street, Kingston, K7K 2E6  
 (masks optional)

**9:30AM Stay Connected Group (VM)**  
 , Kingston  
 Zoom ID 818 7044 4108 password connected

**WEDNESDAY (CONT)**

**7:00PM We Care Group (C,D)**  
 Kingscourt Free Methodist Church  
 257 Kingscourt Avenue, Kingston, K7K 4P9  
 (masks optional)

**7:30PM New Experience Group (O,D)**  
 Saint Thomas Anglican Church  
 201 Church Street, Belleville, K8N 5P2  
 (masks optional)  
*NE Corner of Bridge & Church Streets*

**THURSDAY**

**9:30AM No Longer Alone Group (O,B,BT,D,CW)**  
 Rustle Church  
 65 Russell Street, Kingston, K7K 2E6  
 (masks optional)

**9:30AM Stay Connected Group (VM)**  
 , Kingston  
 Zoom ID 818 7044 4108 password connected

**7:00PM Unity in Action (O,B,CS,IP,SD,To,BK,AB)**  
 Kingston Community House  
 99 York Street, Kingston, K7K 1P9  
*The new Spiritual Principle a Day (SPAD) book will be included in our literature meetings.*

**7:30PM New Hope Group (C,D,WC)**  
 Free Methodist Church  
 384 Main Street East, Picton, K0K 2T0

**FRIDAY**

**9:30AM No Longer Alone Group (O,B,BT,D,CW)**  
 Rustle Church  
 65 Russell Street, Kingston, K7K 2E6  
 (masks optional)

**9:30AM Stay Connected Group (VM)**  
 , Kingston  
 Zoom ID 818 7044 4108 password connected

**6:30PM Boys to Men Group (C,D,M,CW)**  
 Polson Park Free Methodist Church  
 5 Miles Avenue, Kingston, K7M 7G7  
 (masks optional)

**6:30PM She Unit Group (O,W,CW)**  
 Community House  
 99 York Street, Kingston, K7K 1P9  
*She Unit welcomes women and gender non-conforming individuals.*

**7:00PM Live and Let Live (O,BT,D,WC,BK,ENG)**  
 Westport United Church  
 27 Spring Street, Westport, K0G 1X0  
*Speaker Meeting 4th Friday of the month*

**FRIDAY (CONT)**

**8:00PM Get Honest or Die Group (O,BT,D,St,WC,BK)**  
 Trellis HIV & Community Care  
 844 Princess Street, Kingston, K7L 1G5

**SATURDAY**

**9:00AM Carry The Message Group (C)**  
 Grace United Church  
 150 Robert Street, Napanee, K7R 2M7  
 (parking lot door - masks optional)

**9:30AM Stay Connected (VM)**  
 , Kingston  
 Zoom ID 818 7044 4108 password connected

**10:00AM The Breakfast Club (C)**  
 130 Wiley Street, Kingston, K7K 5B5  
 (The Stone and Brown building next to the church)

**7:00PM Alive & Well Group (C,BT,D,St,WC)**  
 Next Church  
 89 Colborne Street, Kingston, K7K 1C8  
 (masks optional)

## **SERVICE MEETINGS**

Limestone Area Service Committee meets on the first Sunday of every month (or the second if the first is a holiday) at 9:30am in person at Trellis HIV & Community Care, 844 Princess Street, Kingston Ontario.

Activities Committee meets the last Saturday of every month at 10am. Zoom Meeting ID: 849 8190 2440 Password: connected

Public Relations Subcommittee meets the last Sunday of every month at 2:30pm in person at 99 York Street, Kingston Ontario

## For More Information

Ontario Region NA	<a href="http://www.orscna.org">www.orscna.org</a>
CANA - ACNA	<a href="http://canaacna.org">canaacna.org</a>
NAWS	<a href="http://na.org">na.org</a>

## MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
C	Closed	CS	Children under Supervision
D	Discussion	IP	Informational Pamphlet
M	Men	O	Open
St	Step	To	Topic
Tr	Tradition	W	Women
WC	Wheelchair	BK	Book Study
AB	Ask-It-Basket	CW	Children Welcome
ENG	English speaking	VM	Virtual Meeting
NP	No pets	SD	Speaker/Discussion

## PHONE NUMBERS



## Narcotics Anonymous®



# IANA

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*Limestone Area of Narcotics Anonymous*

## *Meeting List January 2026*

For an updated list please visit  
**[www.limestoneana.com/meetings](http://www.limestoneana.com/meetings)**

or call 1 888 811 3887

[www.LimestoneNA.com](http://www.LimestoneNA.com)

Facebook @LimestoneNA

## **Suggestions for Everyone**

Don't USE no matter what

Ask your higher power to keep you clean

## Get a home group

## Go to 90 meetings in 90 days

## Get and use a sponsor

Stay connected

KEEP COMING BACK, IT WORKS

We have 27 meetings weekly

**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.  
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