

## SUNDAY

### Recovery First - 7:00PM

CPR Heritage Station  
301 - 3rd Street N.E., Portage la Prairie

### The Yellowhead Group - 7:00PM

Town Hall  
103 Main St. South, Minnedosa

### New Beginnings - 7:30PM

St. Mary's United Church  
613 St. Mary's Road, Winnipeg

### Hope Group - 8:00PM

153 8th Street, Brandon  
Wheel Chair Accessable, Please use backdoor

## MONDAY

### Steinbach Group of NA - It's Worth The Journey - 7:00PM

Steinbach Community Outreach  
354 Loewen Blvd, Steinbach  
Grey Doors on West Side of Building

### Home At Last Online - 8:00PM

<https://zoom.us/j/2484126772>  
PASSWORD: unity

### Miracles on Main - 8:00PM

Holy Trinity Church  
1175 Main Street, Winnipeg  
basement on the right side when you come down the stairs

### Westman Group - 8:30PM

St. Mary's Anglican Church  
401 - 1st Street, Brandon

## TUESDAY

### Recovery First - 5:30PM

CPR Heritage Station  
301 - 3rd Street N.E., Portage la Prairie

### Equinox Group - 7:30PM

First Presbyterian Church  
61 Picardy Place, Winnipeg

### Reeses Pieces Group - 7:30PM

Gimli Multiplex Building  
17 North Colonization Road (17 Loni Beach Road),  
Gimli

<https://meet.google.com/iwm-vgip-qao>

### Hope Group - 8:00PM

153 8th Street, Brandon  
Please use backdoor

## WEDNESDAY

### Recovery First - 5:30PM

CPR Heritage Station  
301 - 3rd Street N.E., Portage la Prairie

### Home At Last Group - 7:00PM

Gordon King Memorial  
127 Cobourg Ave., Winnipeg

### Westman Group - 7:30PM

AFM facility  
510 Frederick Street, Brandon  
AFM door at back

## THURSDAY

### Genesis Group - 7:00PM

Atlantic-Garden City United Church  
725 Atlantic Ave., Winnipeg  
Use Arlington Street Entrance

### Never Alone - 7:00PM

Sagkeeng Health Centre  
50017 MB-11 B, Fort Alexander  
Last Thursday speaker & birthday night

### Recovery First - 7:00PM

CPR Heritage Station  
301 - 3rd Street N.E., Portage la Prairie

### Hope Group - Women's meeting - 8:00PM

153 8th Street, Brandon  
Wheel Chair Accessable, Please use backdoor

## FRIDAY

### Miracles on Main - 1:00PM

Holy Trinity Church  
1175 Main Street, Winnipeg  
basement on the right side when you come down the stairs

### Genesis Group - 7:00PM

Atlantic-Garden City United Church  
725 Atlantic Ave., Winnipeg  
Use Arlington Street Entrance

### Westman Group - 9:30PM

St. Mary's Anglican Church  
401 - 1st Street, Brandon

## SATURDAY

### Genesis Group - 7:00PM

Atlantic-Garden City United Church  
725 Atlantic Ave., Winnipeg  
Use Arlington Street Entrance

### Recovery First - 7:00PM

CPR Heritage Station  
301 - 3rd Street N.E., Portage la Prairie

### Steinbach Group of NA - It's Worth The Journey - 7:00PM

Steinbach Community Outreach  
354 Loewen Blvd, Steinbach  
Grey Doors on West Side of Building

### Reeses Pieces Group - 7:30PM

Gimli Multiplex Building  
17 North Colonization Road (17 Loni Beach Road),  
Gimli

<https://meet.google.com/zvm-agxg-sdc>

### Why Are We Here?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms. Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation we sought help from each other in Narcotics Anonymous. After coming to NA, we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point and recovery is then possible.

### Just For Today

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

### What Is the NA Program

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion. We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

### Who Is An Addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.



## MANITOBA Area

Narcotics Anonymous

### Meetings

(26 weekly)

Downloaded May 4/2026

For the the most up to date meeting list please check  
[www.mascna.org](http://www.mascna.org)

The Manitoba Area Service Committee meets virtually every 3rd Saturday of the month at 9:30 A.M. CST  
Please see the website for the meeting link

**Manitoba local info line: (204) 981-1730**

**24/7 regional helpline: 1-888-811-3887**

Literature Requests:  
[literature@mascna.org](mailto:literature@mascna.org)

Information Requests:  
[info@mascna.org](mailto:info@mascna.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**