SUNDAY / DOMINGO

- 7:00PM 1.5HR Just For Today, Currently online only -- normally at St. Paul's United Church, New Liskeard, ON, P0J 1P0 (O,D,TC)
- 7:00PM 1.25HR Miracles Happen, Calvin Church, 401 First Ave. W., North Bay, ON, P1B 3C5 (C,D,WC)
- 7:30PM 1.5HR North Bay Online Connection Group of Narcotics Anonymous, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

MONDAY / LUNES

- 7:00PM 1HR Be Brave, St. Mary Magdalene Anglican Church, 253 King Street, Sturgeon Falls, ON, P2B 3A1 (CH)
- 7:30PM 1.5HR North Bay Online Connection, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)
- 7:30PM 1HR Unity Group Gratitude Meeting, Saint Andrew's United Church, Basement. Use McIntyre Street Entrance, 399 Cassells St., North Bay, ON, P1B 4V9 (C,D)

TUESDAY / MARTES

- 7:00PM 1HR Together We Can, Calvin Church, 401 First Ave. W., North Bay, ON, P1B 3C5 (C,D,St,W,WC)
- 7:00PM 1HR We Do Recover, Trinity United Church, Entrance at Side Door on Ferguson Street, 111 McIntyre St. E., North Bay, ON, P1B 1C5, North Bay, ON, P1B 1C5 (C,D,JT,WC) 7:30PM 1.5HR North Bay Online Connection, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

WEDNESDAY / MIÉRCOLES

- 7:30PM 1.5HR North Bay Online Connection, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)
- 7:30PM 1HR Recovery Way, St. Andrews United Church, Basement. Use McIntyre Street Entrance, 399 Cassells St., North Bay, ON, P1B 4V9 (C,CL,D,RF,Ti,COVID)

THURSDAY / JUEVES

- 7:00PM 1.5HR Just For Today, Currently online only -- normally at St Paul's United Church, New Liskeard, ON, ON POJ 1PO (O,D,TC)
- 7:30PM 1.5HR North Bay Online Connection, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)
- 7:30PM 1.25HR Unity Group, Saint Andrew's United Church, Basement. Use McIntyre Street Entrance, 399 Cassells St., North Bay, ON, P1B 4V9 (C,D,To)

FRIDAY / VIERNES

7:00PM 1.25HR Steps to Recovery, Calvin Presbyterian Church, 401 First Ave. W., North Bay, ON, P1B 3C5 (C,BT,D,St,To,WC)

7:30PM 1.5HR North Bay Online Connection, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

SATURDAY / SÁBADO

- 7:90PM 1HR Recovery Way, St. Andrews United Church, Basement, Use McIntyre Street Entrance, 399 Cassells St., North Bay, ON, P1B 4V9 (C,D,JT)
- 7:30PM 1.5HR North Bay Online Connection, ZOOM, North Bay, ON, (C,D,JT,To,NS,WEB,VM)

MEETING FORMAT LEGEND					
BT	Basic Text	С	Closed		
CH	Closed Holidays	CL	Candlelight		
COVID	Covid Protocols	D	Discussion		
HY	HY	JT	Just for Today		
NS	No Smoking	0	Open		
RF	Rotating Format	St	Step		
TC	Temporary closed	Ti	Timer		
То	Topic	VM	Virtual Meeting		
W	Women	WC	Wheelchair		
WEB	Online Meeting		-		

	HELPLINES
rea 1	Number :
irea 2	Number 1

SERVICE MEETINGS

North Bay Area Service Committee of NA - 3:30PM - Calvin Church & ZOOM - 401 First Ave. W., North Bay, ON, P1B 3C5 North Bay P1B 3C5 (Note This is an area service meeting that meets the first Saturday of the month unless it's a holiday and does not meet in the month of August. Hybrid online - Activities Subcommittee meets at 2:30 prior to regular meeting)

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



MEETING LIST APRIL 2024

24 HOUR HELPLINENUMBER

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: 19