SUNDAY / DOMINGO

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

7:30PM 1.25HR Unity, Calvin Presbyterian Church, 2nd Floor, 401 First Ave. W., North Bay, ON, **(C,D,WC)**

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 (Gratitude Meeting), Calvin Presbyterian Church, 3rd Floor, 401 First Ave. W., North Bay, ON, **(C,D)**

TUESDAY / MARTES

7:00PM 1.5HR Stopping the Damage, Trinity United Church, Entrance at Side Door on Ferguson Street, 111 McIntyre St. E., North Bay, ON, P1B 1C5 **(C,D,JT)**

7:00PM 1HR Together We Can, Calvin Church, 401 First Ave. W., North Bay, ON, P1B 3C5 **(C,D,St,W,WC)**

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

WEDNESDAY / MIÉRCOLES

7:00PM 1.5HR Notoriously NA, The Door, 18 Brunel Rd., Huntsville, ON, P1H1P1 **(C,D,WC)**

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

7:30PM 1HR Recovery Way, Trinity United Church, Entrance at Side Door on Ferguson Street, 111 McIntyre St. E., North Bay, ON, P1B 1C5 **(C,CL,D,RF,Ti,COVID)**

THURSDAY / JUEVES

7:00PM 1HR Road to Recovery, 191 Main Street, Sturgeon Falls, ON, P2B 2P1

7:00PM 1.25HR Stopping the Damage, Trinity United Church, Entrance at Side Door on Ferguson Street, 111 McIntyre St. E., North Bay, ON, P1B 1C5 **(C,D,To)**

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

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

1:30PM 1HR Stay Strong, 191 Main Street, Sturgeon Falls, ON, P2B 2 P1

7:00PM 1HR Notoriously NA NOTE: Meeting is in Huntsville, Trinity United Church, Use "West St" entrance, 33 Main St. E., Huntsville, ON, P1H 2C6 **(C,D)**

7:00PM 1HR Recovery Way, Trinity United Church, Entrance at Side Door on Ferguson Street, 111 McIntyre St. E., North Bay, ON, P1B 1C5 **(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	C	Closed
CH	Closed Holidays	CL	Candlelight
D	Discussion	JT	Just for Today
RF	Rotating Format	St	Step
Ti	Timer	To	Topic
W	Women	WC	Wheelchair
NS	No Smoking	WEB	Online Meeting
ASM	Area Service Meeting	COVID	Covid Protocols
VM	Virtual Meeting	HY	HY

HELPLINES

Area 1	Number 1
Area 2	Number 2

SERVICE MEETINGS

SATURDAY / SÁBADO

3:30PM 1.5HR North Bay Area Service Committee of NA, Trinity United Church (Entrance at Side Door on Ferguson St.) NOTE: No Wheelchair Access at this location & ZOOM, Note This is an area service meeting that meets the Second Saturday of the month unless it's a holiday and does not meet in the month of August. Hybrid online - H&I Hospitals & Institutions Subcommittee at 2:30 prior to regular meeting, 111 McIntyre St. E.., North Bay, ON, P1B 1C5, North Bay, ON, P1B 1C5 **(HY,ASM)**

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*

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.

NORTH BAY AREA

MEETING LIST

NOVEMBER 2026

24 HOUR HELPLINE
1-888-811-3887

www.northbayna.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: 21