

Welcome to N.A.

For The Newcomer

You don't have to be clean (drug free) when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or jail sentence to get help from N.A., nor is addiction a hopeless condition from which there is no recovery. It is possible to overcome the desire to use drugs.

What is N.A.

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

Our Message

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. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.



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.

Sunday

Noon	Spiritual Principles McNabb Community Centre 180 Percy St. CD Step Guide, OS 3 rd Sunday
6:10 pm	How It Works Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 CD - 12 Steps, OS 1 st Sunday 5:45 pm - Fellowship

Monday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 CD – Step/Tradition 1, 2 or 3
7:00 pm	Walking Through Fear Group Carleton University 1125 Colonel By Drive 3 rd Fl University Ctr BECS Room OD
7:30 pm	Freedom Group McNabb Community Centre 180 Percy St. CD, OS 2 nd Monday, candlelight
7:30 pm	We Kicked the Habit  St. Mark's Anglican Church 1606 Fisher Ave. OD/CD, OS last Monday
7:30 pm	Evolving Souls  St. John's Anglican Church 154 Somerset St. West (at Elgin) GLBT & straight inclusive OS/OD, candlelight
8:00 pm	Higher Power Hour Mount Calvary Lutheran Church 933 Smyth Rd. (near St. Laurent) CD, OS/OD 3 rd Monday


Tuesday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 CD – Step/Tradition 1, 2 or 3
7:00 pm	Soul Sisters Sandy Hill Community Centre 250 Somerset St. E W, CD, Literature
7:30 pm	New Awareness Routhier Community Centre 172 Guigues Ave. C Literature, OS Last Tuesday
7:30 pm	Primary Purpose Group Bridlewood Community Church of the Nazarene 2 Stonehaven Dr. (at Eagleson Rd.) CD, Literature
8:00 pm	Broken Elevator Nepean Baptist Church 135 Woodfield Dr. OD It Works OS 3 rd Tuesday; Candlelight 7 pm - Step Group

Wednesday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 CD – Step/Tradition 1, 2 or 3
7:30 pm	Come As You Are Shepherds of Good Hope 233 Murray St. OD
8:00 pm	Conscious Contact Quaker House 91A Fourth Ave. Meditation followed by OS/OD
8:00 pm	Together We Can Men's Meeting McNabb Community Centre 180 Percy St. M, CD

Thursday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 CD – Topic Discussion
6:30 pm	It's Possible 1465 Caldwell Avenue Suite 102, Chaplaincy Enter through back of building Parking Lot 5
7:00 pm	Gay Men In Recovery GayZone, Centretown Community Health Centre 420 Cooper St. (at Bank St.) G, CD, OD 2 nd Thursday
8:00 pm	Share and Hope Dalhousie Community Centre 755 Somerset St. West, 3 rd floor CD, OS 3 rd Thursday
8:00 pm	Faith in Life Glen Cairn United Church 140 Abbeyhill Dr., Kanata CD, Basic Text, Steps
8:00 pm	We Do Recover Pierre Rocque Community Centre 1257 Joseph Drouin Ave., Orleans CD, OS Last Thursday
8:00 pm	New Attitudes  Old Town Hall Community Centre 61 Main St., 2 nd floor CD

Friday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 203 OD, OS on 3 rd Friday
7:30 pm	Recovery Is Possible Sandy Hill Community Centre 250 Somerset St. East, Basement CD
7:30 pm	Addicts Helping Addicts St. Aidan's Anglican Church 934A Hamlet Rd. (marked door) CD, Literature Study

8:00 pm **Just For Today**
McNabb Community Centre
180 Percy St.
CD, OS 3rd Friday

Saturday

Noon **NA Noon Group**
Jack Purcell Community Centre
320 Jack Purcell Lane, Room 201
CD

7:30 pm **New Beginnings**
Royal Ottawa Mental Health Centre
1145 Carling Ave., 1st fl Auditorium
CD, OS, W, Youth, Steps, In times of
illness, OS last Saturday

8:00 pm **Fellowship Group**
Bronson Centre, Nepean Room
211 Bronson Ave. (at Lisgar St.)
CD, OS 2nd Saturday

Out of Town Meetings

Brockville

Sunday **Never Alone – Never Again**
7:00 pm Wall Street United Church
5 Wall Street
OS

Friday **We Chose Freedom**
7:30 pm St. Lawrence Anglican Church
80 Pine St (rear door, off Park St)
OD, Steps/Traditions;
Topic Discussion last Friday

Carleton Place

Wednesday **C.P.R. Group**
7:30 pm St. Mary's Church
28 Hawthorne Ave. at Lake Ave. W
CD/Basic Text, OS last Wednesday

Cornwall

Sunday **Freedom Group**
7:00 pm CMHA
343A Pitt Street
OD

Thursday **Freedom Group**
7:00 pm CMHA
43A Pitt Street
OD

Pembroke

Wednesday & Saturday **New Life**
7:30 pm Holy Name Church
284 Trafalgar Rd. (at Front St.)
Entrance at Annex on 1st Ave.
CD

Perth

Friday **12 Steps to Recovery**
8:00 pm Elliot Street Clinic
12 Elliot Street (Elliot St entrance)
CD, OD last Friday

Renfrew

Monday **Back To Basics**
7:00 pm Trinity St. Andrew's Church
291 Plaunt St. South
CD, Basic Text


Thursday **Back To Basics**
6:00 pm Renfrew Public Library
13 Railway Ave. (off Raglan St. S.)
CD

Friday **Back To Basics**
7:00 pm Trinity St. Andrew's Church
291 Plaunt St. South
CD, It Works: How & Why

Smiths Falls

Sunday & Thursday **Freedom Today, Hope For Tomorrow**
8:00 pm Lanark, Leeds, and Grenville
Mental Health Center
88 Cornelia St. West
Sunday: OD, It Works: How &
Why
Thursday: OD, Basic Text

Gatineau, Quebec

Sunday **Sunday Serenity** 
7:00 pm Paroisse St-François-de-Sales
799, rue Jacques-Cartier
OD, bilingual

Maniwaki, Quebec

Monday **Pagosendam (Hope)**
7:30 pm Kitigan Zibi Community Hall
322, rue Principale sud
OS/OD, bilingual

Service Committee Meetings

NA Service allows us to spend much of our time directly helping suffering addicts, as well as ensuring that Narcotics Anonymous itself survives. This way we keep what we have by giving it away.
- Basic Text

Ottawa Area Service Committee
10:00 am - **First Sunday**
Jack Purcell Community Centre

Hospitals and Institutions Sub-Committee
7:00 pm - Third Monday**
Jack Purcell Community Centre

Public Relations Sub-Committee
6:30 pm - Third Thursday**
McNabb Community Centre

Gratitude Activities Committee
11:30am **Second Sunday**
Jack Purcell Community Centre

** When the first Sunday of the month is a holiday weekend, Ottawa Area Service Committee meets the 2nd Sunday and Gratitude Activities Committee meets the 3rd Sunday. When in doubt, check the website at www.ottawana.org **

Legend – Meeting Formats

- O = Open to the general public
- C = Closed for addicts only or those who might have a drug problem
- D = Discussion meeting
- S = Speaker meeting
- G = Focused on experience of gay men
- M = Focused on experience of men
- W = Focused on experience of women
- GLTB = Gay/Lesbian/Bi/Trans



Narcotics Anonymous®

Ottawa Area Meeting List

January 2017
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www.OTTAWANA.org

email: info@ottawana.org

1-888-811-3887

You are not alone.

Phone Numbers:

For meeting closures, out of town info, NA links, information requests and NA events, visit our website:
WWW.OTTAWANA.ORG or email us at info@ottawana.org