

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 non-profit 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. <i>CD Step Guide, OS 3rd Sunday</i>
6:10 pm	How It Works Jack Purcell Community Centre 320 Jack Purcell Lane Room 202 <i>CD - 12 Steps, OS 1st Sunday</i> 5:45 pm – Fellowship
7:00 pm	Walking Through Fear  Carleton University 1125 Colonel By Drive 4 th Floor University Ctr OPIRG Room (follow signs) <i>OD</i>

Monday

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


Tuesday

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

Wednesday

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

Thursday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 <i>CD – Topic Discussion</i>
6:30 pm	It's Possible 1465 Caldwell Avenue Suite 102, Chaplaincy Enter through back of building Parking Lot 5 <i>OD</i>
7:00 pm	Gay Men In Recovery GayZone, Centretown Community Health Centre 420 Cooper St. (at Bank St.) <i>G, CD, OD 2nd Thursday</i>
8:00 pm	Faith in Life Glen Cairn United Church 140 Abbeyhill Dr., Kanata <i>CD, Basic Text, Steps</i>
8:00 pm	We Do Recover Pierre Rocque Community Centre 1257 Joseph Drouin Ave., Orleans <i>CD, OS Last Thursday</i>
8:15 pm	New Attitudes  Old Town Hall Community Centre 61 Main St., 2 nd floor <i>CD, OS last Thursday</i>

Friday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 203 <i>OD, OS on 3rd Friday</i>
7:30 pm	Recovery Is Possible Sandy Hill Community Centre 250 Somerset St. East, Basement <i>CD</i>
7:30 pm	Addicts Helping Addicts St. Aidan's Anglican Church 934A Hamlet Rd. (marked door) <i>CD, Literature Study</i>
8:00 pm	Just For Today McNabb Community Centre 180 Percy St. <i>CD, OS 3rd Friday</i>

Saturday

Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 CD - JFT
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 2 nd Saturday

Out of Town Meetings


Brockville

Sunday 7:00 pm	Never Alone – Never Again Wall Street United Church 5 Wall Street OS
Friday 7:30 pm	We Chose Freedom St. Lawrence Anglican Church 80 Pine St (rear door, off Park St) OD, Steps/Traditions; Topic Discussion last Friday

Carleton Place

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

Monday & Thursday 7:00 pm	Phoenix Group  House of Hope 353 Montreal Rd Monday: D, JFT, Lit Thursday: D, S, Topic
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Pembroke

Wednesday & Saturday 7:30 pm	New Life Holy Name Church 296 1 Ave. North Off Trafalgar Rd. and Front St. Entrance at Annex on 1st Ave. CD
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Perth

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

Monday 7:00 pm	Back To Basics Trinity St. Andrew's Church 291 Plaunt St. South CD, Basic Text
Thursday 6:00 pm	Back To Basics Renfrew Public Library 13 Railway Ave. (off Raglan St. S.) CD
Friday 7:00 pm	Back To Basics Trinity St. Andrew's Church 291 Plaunt St. South CD, It Works: How & Why

Smiths Falls

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

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

Thursday 7:30 pm	Pagosendam (Hope) Maniwaki Friendship Centre 19A, rue Principale North OS/OD, bilingual
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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
10:00 am - Third Sunday
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

In From The Cold Committee
Jack Purcell Community Centre
October 29th: 11:00am
November 19th: 12:00pm
December 17th: 12:00pm

*** 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 Format

- 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

Ottawa Area MEETING LIST

OCTOBER 2017

(next scheduled printing – January 2018)

www.ottawana.org

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