

Welcome to Narcotics Anonymous!

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.

<u>Sunday</u>	
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)
8:00 pm	Higher Power Hour Mount Calvary Lutheran Church 933 Smyth Rd. (near St. Laurent) <i>CD, OS/OD 3rd Sunday</i>


<u>Monday</u>	
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>

<u>Tuesday</u>	
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>Literature, 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>
7:30 pm	Broken Elevator Nepean Baptist Church 135 Woodfield Dr. <i>OD It Works OS 3rd Tuesday;</i> <i>Candlelight</i>

<u>Wednesday</u>	
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>

<u>Thursday</u>	
Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 <i>CD – Chairperson's Choice</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>

<u>Friday</u>	
Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 203 <i>OD, OS on 3rd Friday</i>
7:00 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. <i>CD, Literature Study</i>
8:00 pm	Just For Today McNabb Community Centre 180 Percy St. <i>CD, OS 3rd Friday</i>

<u>Saturday</u>	
Noon	NA Noon Group Jack Purcell Community Centre 320 Jack Purcell Lane, Room 202 <i>CD – JFT</i>
7:30 pm	New Beginnings Royal Ottawa Mental Health Centre 1145 Carling Ave., 1st flr Auditorium <i>OD - Steps 1,2,3; CD - In times of illness, OS - celebrations, last Sat.</i>

(see next page)

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

Out of Town Meetings

Arnprior

Sunday There Comes a Time
2:00 pm 257 John St. North
CD

Brockville

Sunday Never Alone – Never Again
7:00 pm Wall Street United Church
5 Wall Street
Living Clean 1st and 3rd
Basic Text 2nd
OS 4th

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

Tuesday & Baby Blue Group
Thursday Knights of Columbus
8:00 pm 205 Amelia St.
CD/Basic Text, JFT, Literature

Pembroke

Wednesday & New Life
Saturday Holy Name Church
7:30 pm 296 1 Ave. North
Off Trafalgar Rd. and 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 & Freedom Today, Hope For
Thursday Tomorrow
8:00 pm 2 Gould St.
Smith Falls Community Health
Centre
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

Thursday Pagosendam (Hope)
7:30 pm Maniwaki Friendship Centre
153 rue Laurier
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
10:00am – 2:00pm First Sunday**
Jack Purcell Community Centre

Hospitals and Institutions Sub-Committee
10:00am – 12:00pm Third Sunday
Jack Purcell Community Centre

Public Relations Sub-Committee
6:30pm – 8:00pm Third Thursday
McNabb Community Centre

Gratitude Activities Committee
12:00pm – 2:00pm Second & Fourth Sunday**
Jack Purcell Community Centre

Campout Sub-Committee (Jan-July)
10:00am – 12:00pm Second & Fourth Sunday**
Jack Purcell Community Centre

“In From the Cold” Sub-Committee (Sept-Dec)
10:00am – 12:00pm Second & Fourth 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 all other sub-committees will meet 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
- JFT** = Based on Just for Today daily meditation
- GLBT** = Gay/Lesbian/Bi/Trans



MEETING LIST
2019

Ottawa Area

(Publication Date - February 2019)

www.ottawana.org

info@ottawana.org | 1-888-811-3887

You are not alone.

Phone Numbers:

For up-to-date meeting information, out of town info, NA links, information requests and NA events, visit us at www.ottawana.org or info@ottawana.org