

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.

Sunday

- 1:00 pm** **Spiritual Principles**
McNabb Community Centre
180 Percy St.
CD, Step Guide, OS 3rd Sunday
- 6:10 pm** **How It Works**
Jack Purcell Community Centre
320 Jack Purcell Lane
Room 202
CD - 12 Steps, OS 1st Sunday
- 8:00 pm** **Higher Power Hour**
Martin Luther Church
933 Smyth Rd. (near St. Laurent)
CD, OS/OD 3rd Sunday

Monday

- Noon** **NA Noon Group**
Jack Purcell Community Centre
320 Jack Purcell Lane
Room 202
CD – Step/Tradition 1
- 7:30 pm** **Freedom Group**
McNabb Community Centre
180 Percy St.
CD, OS 2nd 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)
LGBT & straight inclusive
OS/OD, candlelight

Tuesday

- Noon** **NA Noon Group**
Jack Purcell Community Centre
320 Jack Purcell Lane
Room 202
CD – Step/Tradition 2
- 7:00 pm** **Soul Sisters**
Sandy Hill Community Centre
250 Somerset St. E
W, CD, Literature, OD
2nd Tuesday/month

Tuesday (cont'd)

- 7:30 pm** **New Awareness**
Routhier Community Centre
172 Guigues Ave.
OSD, Step 1,2,3;
OS celebration last Tuesday
- 7:30 pm** **Broken Elevator**
Calvin Christian Reformed Church
1475 Merivale Rd. (Nepean)
OD, It Works;
OS celebrations 3rd Tuesday
- 7:30 pm** **Primary Purpose Group**
Bridlewood Community
Church of the Nazarene
2 Stonehaven Dr. at Eagleson Rd.
CD, literature-based

Wednesday


- Noon** **NA Noon Group**
Jack Purcell Community Centre
320 Jack Purcell Lane
Room 202
CD – Step/Tradition 3
- 6:30 pm** **Read and Recover**
Bronson Centre
211 Bronson Ave, Room 110
CD, literature-based
- 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, OS 3rd Wednesday

Thursday

- Noon** **NA Noon Group**
Jack Purcell Community Centre
320 Jack Purcell Lane, Room 202
CD – Chairperson's Choice

(see next page)

Thursday (cont'd)

- 6:30 pm** **It's Possible**
1465 Caldwell Avenue
Suite 102, Chaplaincy
Enter through back of building
Parking Lot 5
OD
- 7:00 pm** **Gay Men in Recovery**
GayZone, Centretown Community
Health Centre
420 Cooper St. (at Bank St.)
G, CD, OD 2nd 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 celebrations last Thursday
- 8:15 pm** **New Attitudes** 
Old Town Hall Community Centre
61 Main St., 2nd floor
CD, OS last Thursday

Friday

- Noon** **NA Noon Group**
Jack Purcell Community Centre
320 Jack Purcell Lane, Room 203
OD, OS celebrations on 3rd Friday
- 7:00 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.
CD, Literature Study
- 8:00 pm** **Just for Today**
McNabb Community Centre
180 Percy St.
CD, OS celebrations 3rd Friday

Saturday

- Noon** **NA Noon Group**
Jack Purcell Community Centre
320 Jack Purcell Lane, Room 202
CD, JFT

