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.

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### Sunday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:00 pm</td>
<td>Spiritual Principles&lt;br&gt;McNabb Community Centre&lt;br&gt;180 Percy St.&lt;br&gt;CD, Step Guide, OS 3rd Sunday</td>
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<tr>
<td>6:10 pm</td>
<td>How It Works&lt;br&gt;Jack Purcell Community Centre&lt;br&gt;320 Jack Purcell Lane&lt;br&gt;Room 202&lt;br&gt;CD - 12 Steps, OS 1st Sunday</td>
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<tr>
<td>8:00 pm</td>
<td>Higher Power Hour&lt;br&gt;Martin Luther Church&lt;br&gt;933 Smyth Rd. (near St. Laurent)&lt;br&gt;CD, OS/OD 3rd Sunday</td>
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### Monday

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<tbody>
<tr>
<td>Noon</td>
<td>NA Noon Group&lt;br&gt;Jack Purcell Community Centre&lt;br&gt;320 Jack Purcell Lane&lt;br&gt;Room 202</td>
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<tr>
<td>7:30 pm</td>
<td>Freedom Group&lt;br&gt;McNabb Community Centre&lt;br&gt;180 Percy St.&lt;br&gt;CD, OS 2nd Monday, candlelight</td>
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<tr>
<td>7:30 pm</td>
<td>We Kicked the Habit&lt;br&gt;St. Mark’s Anglican Church&lt;br&gt;1606 Fisher Ave.&lt;br&gt;OD/CD, OS last Monday</td>
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<tr>
<td>7:30 pm</td>
<td>Evolving Souls&lt;br&gt;St. John’s Anglican Church&lt;br&gt;154 Somerset St. West (at Elgin)&lt;br&gt;LGBT &amp; straight inclusive&lt;br&gt;OS/OD, candlelight</td>
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### Tuesday

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<td>Noon</td>
<td>NA Noon Group&lt;br&gt;Jack Purcell Community Centre&lt;br&gt;320 Jack Purcell Lane&lt;br&gt;Room 202&lt;br&gt;CD – Step/Tradition 2</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Soul Sisters&lt;br&gt;Sandy Hill Community Centre&lt;br&gt;250 Somerset St. E&lt;br&gt;W, CD, Literature, OD 2nd Tuesday/month</td>
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### Wednesday

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<td>Noon</td>
<td>NA Noon Group&lt;br&gt;Jack Purcell Community Centre&lt;br&gt;320 Jack Purcell Lane&lt;br&gt;Room 202&lt;br&gt;CD – Step/Tradition 3</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Read and Recover&lt;br&gt;Bronson Centre&lt;br&gt;211 Bronson Ave, Room 110&lt;br&gt;CD, literature-based</td>
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<tr>
<td>7:30 pm</td>
<td>We kicked the Habit&lt;br&gt;St. Mark’s Anglican Church&lt;br&gt;1606 Fisher Ave.&lt;br&gt;OD/CD, OS last Monday</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Conscious Contact&lt;br&gt;Quaker House&lt;br&gt;91A Fourth Ave.&lt;br&gt;Meditation followed by OS/OD</td>
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### Thursday

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<tr>
<td>Noon</td>
<td>NA Noon Group&lt;br&gt;Jack Purcell Community Centre&lt;br&gt;320 Jack Purcell Lane, Room 202&lt;br&gt;CD – Chairperson’s Choice</td>
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(see next page)
Saturday (cont’d)
7:30 pm  New Beginnings
Royal Ottawa Mental Health Centre
1145 Carling Ave., 1st flr Auditorium
OD - Steps 1, 2, 3; CD - In times of illness, OS celebrations, last Sat.
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
2:00 pm  There Comes a Time
257 John St. North
CD

Brockville
Sunday
7:00 pm  Never Alone – Never Again
Wall Street United Church
5 Wall Street
Living Clean 1st and 3rd
Basic Text 2nd
OS 4th
Wednesday
6:30 pm  Serenity Starts Here
Wall Street United Church
5 Wall Street
OD
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

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

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

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

Renfrew
Tuesday
7:00 pm  Back to Basics
Trinity St. Andrew’s Church
291 Plaunt St. South
CD, Basic Text
Thursday
7:00 pm  Back to Basics
Trinity St. Andrew’s Church
291 Plaunt St. South
CD, Living Clean Traditions 1st Thursday
Saturday
7:00 pm  Back to Basics
Trinity St. Andrew’s Church
291 Plaunt St. South
OD, OS for celebrations

Smiths Falls
Sunday & Thursday
8:00 pm  Freedom Today, Hope For Tomorrow
2 Gould St.
Smith Falls Community Health Centre
Sunday: OD, It Works: How & Why; OS celebrations
Thursday: OD, Basic Text; OS celebrations

Maniwaki, Quebec
Thursday
7:30 pm  Pagosendam (Hope)
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.

Ottawa Area Service Committee
10:00 am – 2:00 pm First Sunday**
Jack Purcell Community Centre

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

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

Gratitude Activities Committee
12:00 pm – 2:00 pm 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
LGBT  Gay/Lesbian/Bi/Trans

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