

THE TWELVE STEPS OF N.A.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principals in all our affairs.

SERENITY PRAYER

God, grant me the serenity
to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference

*"My gratitude speaks . . . when I care and
when I share with others the NA way"*

JUST FOR TODAY

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

CONNECTICUT REGIONAL SERVICE COMMITTEE

P.O. Box 1817
Meriden, CT 06450

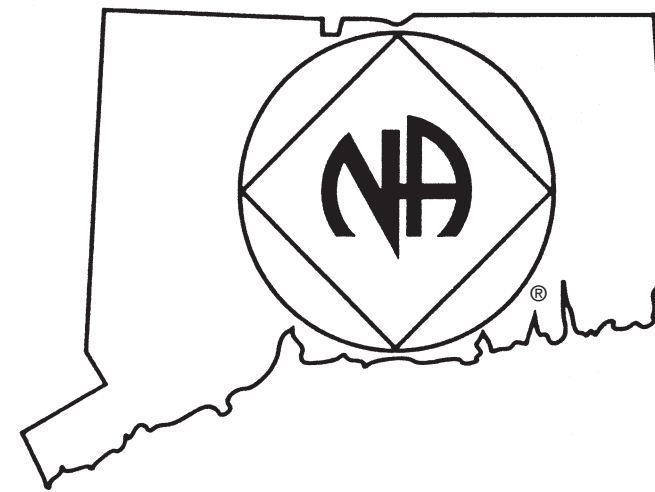
NEIGHBORING AREAS HELPLINE NUMBERS

Greater New York Region	212-929-6262
Western MA/Pioneer Valley Area	800-481-6871
Berkshire County Area	413-443-4377
Greater Providence/Free Spirit Area	401-461-1110
New England Region (MA)	866-624-3578
ABCD Region (Albany, NY)	518-448-6350

THE TWELVE TRADITIONS OF N.A.

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or N.A. as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. Group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

CONNECTICUT REGION MEETING SCHEDULE



NARCOTICS ANONYMOUS

NOVEMBER 2009 REGIONAL PHONE LINE 1-800-627-3543

To order NA schedules write to:
CT R.S.C. Schedule Committee
P.O. Box 2572
Middletown, CT 06457

www.ctna.org

Key

BST—Steps 1, 2, 3
C—Closed (Addicts Only)
CPT—Concept
D—Discussion
IT—It Works How and Why Book
J—Just for Today Book
P—Pamphlet
S—Speaker
ST—Step
T—Traditions
T—Handicap Access
☎—Day Care
📌—Keytag
R—Recovery Text

ALL ADDICTS WELCOMED AT ALL MEETINGS

All meetings are non-smoking unless otherwise noted.

For schedule changes contact your Area Service Committee.

SUNDAY/DOMINGO

WATERBURY-D-9:30 am
“Shelter from the Storm”
Grigg Street Shelter
142 Grigg Street
📌 **NEW BRITAIN**-D-10:00-11:00 am
“Sunday Morning Serenity”
Pope John Paul II School
221 Farmington Avenue
📌 **WATERBURY**-D-10:00 am
Speaker Last Sunday
“A Fresh Start”
West Main Behavioral Health Ctr., Child and Adolescent Svcs.
88 Grandview Avenue (BSMT)
📌 📌 **BRISTOL**-BST/S-10:30-11:30 am
Speaker Last Week
“Early Stepping”
Bristol Recovery Club (In rear)
67 West Street
📌 **FAIRFIELD**-D-10:30 am-12:00 noon
“Recovery on Park Avenue”
Sacred Heart University Academic Building
Room 223
5151 Park Avenue
📌 **HARTFORD**-D-10:30 am
Speaker end of Month
“Honesty in Reality”
Hartford Hospital-Amphitheater
560 Hudson Street Corner of Jefferson
📌 📌 **MIDDLETOWN**-D-10:30 am-Noon
“New Freedom Group”
St. Vincent DePaul Soup Kitchen
Main Street
📌 📌 **PUTNUM LAKE, NY**-IT/ST-10:30 am
“Put Lake NA”
VFW Hall
Route 65
📌 **WEST HAVEN**-D-10:30 am
“Today We Live”
American Legion Hall
337 Main Street
behind Silvers Pharmacy
📌 **GUILFORD**-D-1:00-2:30 pm
Speaker 1st Sunday of the Month
“New Day New Way”
First Congregational Church
Rt. 77 (on the green)
ROCKY HILL-D-2:00 pm
“Yes We Can”
Rocky Hill Veterans Hospital
287 West Street
📌 📌 **BRIDGEPORT**-J 6:00-7:30 pm
“Open Arms”
AME Bethel Church
110 Grove Street Corner of Laurel & Grove
📌 **BRISTOL**-ST-6:00-7:15 pm
Women’s Meeting, Speaker Last Sunday
“Principles Before Personalities”
Bristol Baptist Church
43 School Street
📌 **HARTFORD**-D-6:00 pm
Speaker end of month
“Y Are We Here”
10 Marshall Street

📌 **MERIDEN**-D-6:00-7:00 pm Rain or Shine
“On The Path-Seasonal-From first Sunday in June-last Sunday in August”
Hubbard Park-behind the bandshell
West Main Street
NEW HAVEN-D-6:00 pm
Speaker End of Month
“Serenity at Sundown”
St. Bernadettes
385 Townsend Avenue
📌 **BRISTOL**-P/S-7:00-8:00 pm
“Sunday Night Surrender”
United Methodist Church
99 Summer Street
📌 **CANAAN**-S-7:00-8:00 pm
“Recovery on the Mountain”
Mountain Side Treatment
187 South Canaan Road
📌 **DURHAM**-R/STD/S-7:00 pm
“No Bull in Durham”
Church of the Epiphany
196 Main Street (Route 17)
📌 **MIDDLETOWN**-D/S/C-7:00-8:30 pm
Discussion Speaker every other week
“Came to Believe”
Church of the Holy Trinity
381 Main Street
NAUGATUCK-IT/ST-7:00 pm
“When At the End of the Road”
Hillside Covenant Church
11 Hillside Avenue
📌 📌 **NEW BRITAIN**-D/P-7:00-8:00 pm
“Sunday Night Sanity”
YMCA
50 High Street
📌 **NEW HAVEN**-D-7:00 pm
Speaker Last Sunday
“Hope to Grow”
Trinity Lutheran Church
292 Orange Street (Corner of Wall Street)
NEW HAVEN-D-7:00 pm, Seasonal
Memorial Day—Labor Day
“Serenity by the Sea”
Fort Hale Park
Fort Hale Park Road
📌 **NORWALK**-BST/D/ST-7:00 pm
Beginners Topic Discussion
“Road to Recovery”
First Congregational Church
2 Lewis St. (Corner of Park & Lewis St. on the green)
📌 **OLD LYME**-ST/T-7:00 pm
“Great to be Straight”
Rogers Lake Clubhouse
Rogers Lake Trail
📌 📌 **PLAINVILLE**-D-7:00 pm
Traditions Speaker Last Sunday
“The Promise is Freedom”
Church of Our Savior
115 West Main Street
📌 **STAMFORD**-C/R 7:00-8:00 pm
“Courage to Change”
Chester Addison Community Center
245 Selleck Street
BANTAM-D-7:30 pm
“Miracles Happen”
Bantam Borough Hall
890 Bantam Road

(Continued)

SUNDAY, CONTINUED

EAST HARTFORD-S-7:30 pm
“Clean Choice”
Saint Rose’s Church
Church Street
📌 **MANSFIELD**-D/ST-7:30 pm
Rotating Format
“New Horizons”
Nautchaug Hospital, Storrs Road
MERIDEN-D/S-7:30 pm
“Free to Be Me”
St. Andrews Church
19 Catlin Street
📌 **MIDDLETOWN**-ST/S/D 7:30 pm
“Where We Are Going”
St. Vincent De Paul Soup Kitchen
Main Street
MYSTIC-ST/S-7:30 pm
Upstairs-Step, Downstairs-Speaker
“Crystal Clean”
St. Mark Church
15 Pearl Street

MONDAY/LUNES

📌 📌 **NEW LONDON**-D-10:00-11:00 am
“NA In The Day”
Soup Kitchen
United Methodist Church
12 Montauk Avenue
MIDDLETOWN-R-10:30-12:00 noon
“A New Awakening”
Holy Trinity Church
381 Main Street
📌 **NEW BRITAIN**-D/ST-12:00 Noon
“Genesis”
First Lutheran Church Youth Center
53 Franklin Square Basement
📌 **NEW HAVEN**-12:00 Noon
“Out of the Darkness”
Episcopal Church of St. Paul & St. James
57 Olive Street (Corner of Chapel Street)
📌 **NEW BRITAIN**-D-5:30-6:30 pm
“Lifeline to Recovery”
Lifeline/Wheeler Clinic
36 Russell Street
📌 📌 **BROOKFIELD**-ST/T-6:30-7:30 pm
“Women’s Spiritual Journey”
Congregational Church
160 Whisconier Road, Corner of Rt. 133 & Rt. 25
BLOOMFIELD-ST/T-7:00 pm
“New Bridge Over Troubled Waters”
10 Wintonbury Avenue
📌 📌 **MERIDEN**-D-7:00 pm
Women’s Meeting
“Straight from the Hip”
St. Andrews Church
20 Catlin Street
📌 📌 **MIDDLETOWN**-D/P-7:00-8:15 pm
Speaker Last Monday
“Miracles”
St. Paul’s Lutheran Church
47 Oak Street, (Parking at Kiddie World)
📌 **NEW BRITAIN**-7:00-8:00 pm
Speaker Last Week
“Spring Into Recovery”
St. John Evangelical Lutheran Church
303 Arch Street (Corner of Arch and Grand)
NEW HAVEN-BST-7:00 pm
“Reaching for the Top”
Joy Temple Church (Dining Room)
424 Howard Avenue
📌 📌 **NORWALK**-ST/T/C-7:00-8:30 pm
Keytag end of month only
“It Works, How & Why Group”
First Congregational Church
2 Lewis Street
📌 **OLD SAYBROOK**-D/S-7:00-8:00 pm
“Serenity By The Sound”
Valley Shore Assembly of God
38 Great Hammock Road

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📌 **NEW HAVEN**-D-7:30-8:35 pm
“Sunday Night Recovery”
Church of the Redeemer
Cold Springs and Whitney Streets
📌 **NEWTOWN** (Sandy Hook)-P-7:30-8:30 pm
“Not At The Church”
St. John’s Episcopal Church (Basement)
5 Washington Avenue
📌 📌 **SOUTH WINDSOR**-D/BST-7:30-8:30 pm
Speaker First Sunday of the Month
“Last Alternative”
The Avery Street Christian Reformed Church
661 Avery Street
WALLINGFORD-C-7:30-8:30 pm
“Touch of Life”
United Church of Christ
106 South Cherry Street
📌 **NORWALK**-BST/ST-8:45-9:30 pm
“Road To Recovery”
First Congregational Church
2 Lewis St. (Corner of Park & Lewis St. on the green)

📌 📌 **SHELTON**-ST-7:00-8:30 pm
“Step in the Right Direction”
War Memorial Building
695 Howe Avenue (Route 110)
📌 **SOUTHINGTON**-ST-7:00-8:00 pm
“Keep On Stepping”
St. Paul’s Episcopal Church
145 Main Street
📌 **STAMFORD**-J/C-7:00-8:15 pm
“Recovery on the Hill”
Yerwood Center
190 Fairfield Avenue
WALLINGFORD-ST/IT-7:00 pm
“It’s a Start”
St. Pauls Episcopal Church
65 North Main Street
WATERBURY-D/S-7:00-8:30 pm
Speaker Last Week
“Unity Group”
North End Recreation Center
268 North Main Street
📌 **WILLIMANTIC**-D-7:00 pm
“There is Hope”
CCAR Building
Corner of Church & 713 Main Street
📌 **BRANFORD**-D-7:30 pm
“Spiritual Thunder”
First Baptist Church
975 Main Street
📌 📌 **BRIDGEPORT**-D/S-7:30 pm
“West Side Story”
AME Bethel Church
110 Grove Street Corner of Laurel & Grove
📌 **DANBURY**-ST-7:30-9:00 pm
“12 Steps to Freedom”
Community Center for Behavioral Health
El Dorado Building, 152 West Street
📌 **EAST HAMPTON**-D-7:30 pm
Speaker Last Week
“After The Weekend”
Bethlehem Lutheran Church
Corners of West High (Rt.66) & Main
📌 **FORESTVILLE**-D/S-7:30-8:30 pm
“Monday Nite Miracles”
Asbury United Methodist Church
90 Church Avenue
📌 📌 **HARTFORD**-BST-7:30 pm
Speaker end of month
“Recovery on the Hearth”
The Open Hearth
437 Sheldon Street
📌 **MERIDEN**-D-7:30 pm
“Nomads”
First Congregational Church
62 Colony Street

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MONDAY, CONTINUED

📌 **MIDDLETOWN**-D-7:30 pm
Speaker Last Week
“Coming Alive”
First Church of Christ
190 Court Street
MILFORD-D/R/S-7:30 pm
Candlelight
“More Will be Revealed”
United Presbyterian Church
109 Seaside Avenue
📌 📌 **NEW HAVEN**-R/IT-7:30 pm
“How It Works”
Episcopal Church of St. Paul & St. James
57 Olive Street (Corner of Chapel Street)
NEW LONDON-C/ST/T-7:30 pm
“Clean and Serene”
Second Congregational Church
Broad Street
NORWICH-R-7:30 pm
“Chelsea Group”
Park Congregational Church
283 Broadway
📌 **NORWICH**-J-7:30-8:30 pm
“Todays Woman”
Woman’s Recovery House
63 Prospect Street
STAFFORD SPRINGS-D-7:30-8:45 pm
3rd Monday Speaker Step
“Clearview”
Johnson Memorial Hospital Wellness Center
Rt. 190

TUESDAY/MARTES

📌 **MERIDEN**-J-8:30 am-9:45 am
“AM NA”
First Congregational Church
62 Colony Street
📌 **NEW LONDON**-ST-10:00-11:00 am
“NA in the Day”
Soup Kitchen
12 Montauk Avenue
📌 **WATERBURY**-ST-10:30 am
“Carpe Diem”
St. John’s Church, On the Green
16 Church Street
HARTFORD-D-12:00 Noon
“Just Do It”
United Methodist Church
571 Farmington Avenue
📌 **NEW BRITAIN**-D-12:00-1:15 pm
“The Reach Within Group”
South Congregational Church
90 Main Street (Corner of Main and Arch)
📌 **NEW HAVEN**-ST-12:00 Noon
“Tuesday at Noon”
Episcopal Church of St. Paul & St. James
57 Olive Street (Corner of Chapel Street)
📌 📌 **EAST HARTFORD**-D-6:00-7:00 pm
Speaker Last Tuesday
“Wings of Freedom”
Pratt & Whitney Union Hall
357 Main Street
DANBURY-T-6:15-7:15 pm
“Starting Over Group”
Community of the Cross Church
7 Madison Avenue
FAIRFIELD-ST-7:00 pm
“Step up to Recovery”
Operation Hope
50 Nichols Street
📌 **HARTFORD**-C/D-7:00 pm
Women’s Meeting
“Sisters Reaching Out”
Liberty Christian Center, Int.
23 Vine Street
📌 **MERIDEN**-ST/T/IT-7:00-8:15 pm
“The Ties That Bind”
First Congregational Church
62 Colony Street

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📌 **TORRINGTON**-BST-7:30-8:30 pm
“Steps for a New Beginning”
Salvation Army Hall
234 Oak Street
VERNON-R-7:30 pm
“East Side Story”
United Methodist Church
401 Hartford Turnpike
WATERBURY-IP/S/ST/S-7:30 pm
Rotating Format
“Recovery in the East”
Saint Peter and Paul Church
117 South May Road
📌 **WINDSOR LOCKS**-P/S-7:30 pm
“Locked in Recovery”
8 Main Street
📌 **MANCHESTER**-P/D-7:45-9:00 pm
“A Gift Called Life”
Center Congregational Church
11 Center Street
📌 **HIGGANUM**-ST/S-8:00 pm
“Stepping Free”
St. James Church Parish Hall
Killingworth Road (corner of Rt. 81 & Little City Road)

NEW BRITAIN-D/S/ST-7:00-8:15 pm
Tradition Speaker Last Tuesday of Month
“Thru the Steps”
St. John’s Evangelical Lutheran
295-303 Arch Street
📌 📌 **PLAINVILLE**-ST-7:00 pm
“The Healing Starts Here”
Church of Our Savior
115 West Main Street
📌 📌 **PORTLAND**-D/T-7:00 pm
“Over the Wall”
Portland Methodist Church
Corner of Main and Church
📌 **SHELTON**-7:00-8:30 pm
Women’s Meeting
“Not The Second Tuesday”
War Memorial Building
695 Howe Avenue (Route 110)
📌 **STAMFORD**-R/D-7:00-8:30 pm
“A Simple Solution”
St. Andrews Church
1231 Washington Boulevard
📌 **WATERBURY**-D-7:00-8:30 pm
“Breaking The Chains”
North End Rec Center
268 North Main Street
WETHERSFIELD-ST/S-7:00-8:15 pm
“Pure and Simple”
United Methodist Church
150 Prospect Street
📌 **BOLTON**-J-7:30 pm
“No Other Way”
Bolton United Methodist Church
Rt. 44
📌 **BRIDGEPORT**-ST-7:30-9:00 pm
“Principles Before Personalities”
Golden Hill Methodist Church
210 Elm Street, Corner of Elm and Lafayette
📌 **BRISTOL**-S/ST/D-7:30-8:30 pm
“Stop-N-Recover”
Bristol Recovery Club
67 West Street
DANBURY-D/ST-7:30-9:00pm
Alt Step/Open Discussion
“Starting Over Group”
Community of the Cross Church
7 Madison Avenue

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TUESDAY, CONTINUED

HAMDEN-D-7:30-9:00 pm
Women - Speaker Last Week
"Hope Without Dope"
Grace & St. Peter's Episcopal Church
2927 Dixwell Avenue
📍 **MERIDEN-D-7:30-9:00 pm**
"State of Recovery"
74 Grove Street
📍 **MIDDLETOWN-7:30 pm**
Topic/Speaker 2nd Tuesday
"New Perspectives"
St. Vincent DePaul Soup Kitchen
615 Main Street
📍 **MYSTIC-ST-7:30 pm**
Speaker on 4th Tuesday of the month
"Twilight Zone"
115 Welles Road
📍 **NEW HAVEN-D/S-7:30-8:30 pm**
Speaker Last Tuesday, Men's Meeting
"Boys to Men"
MAAS Building
426 East Street
NEW LONDON-S/D-7:30 pm
"We Do Recover"
First Baptist Church
268 State Street, Side Entrance
📍 **NEW MILFORD-ST/IT/J-7:30-9:00 pm**
"Discovery of Recovery"
St. John's Parish Hall
7 Whittlesey Avenue
OLD SAYBROOK-D-7:30 pm
"Just for Today"
Saybrook Congregational Church
Main Street, Route 154

📍 **SOUTH WINDSOR-D-7:30-8:30 pm**
Speaker Last Tuesday
"Take What You Need"
Evergreen Lodge, Main Street
📍 **WINCHESTER-IT-7:30 pm**
"Free at Last"
Winchester Congregational Church
1 West Road
📍 **WOODBURY-D/R-7:30 pm**
"Recovery in the Woods"
North Congregational Church
11 Main Street North
📍 **NEWINGTON-D/Beginner-8:00 pm**
"Straight Ahead Group"
Our Savior's Lutheran Church
1655 Main Street
📍 **EAST HAVEN-D/S-8:00 pm**
"Outer Limits"
Our Lady of Pompeii Church
355 Foxon Road
📍 **NEW HAVEN-BST-8:00 pm**
Speaker on the 4th Tuesday
"Elm City Serenity"
St. Paul UAME Church
150 Dwight Street
📍 **ROCKY HILL-BST-8:00 pm**
"Uncover to Recover"
United Methodist Church
623 Old Main Street (corner of Church Street)

WEDNESDAY/MIERCOLES

KILLINGWORTH-BST-9:30-10:45 am
"Three Steps Forward"
Killingworth Congregational Church
273 Route 81 (Old Town Hall Building)
📍 **NEW LONDON-S-10:00-11:00 am**
"NA In The Day"
Soup Kitchen
12 Montauk Avenue
MIDDLETOWN-J-10:30-12:00 noon
"A New Awakening"
Holy Trinity Church
381 Main Street
📍 **NEW BRITAIN-D/ST-12:00 Noon**
"Genesis"
First Lutheran Church Youth Center
53 Franklin Square (Basement)
NEW HAVEN-D-12:00-1:00 pm
Pitch/Topic
"High Noon"
Episcopal Church of St. Paul & St. James
57 Olive Street (Corner of Chapel Street)
📍 **NEW HAVEN-D-5:30 pm**
"Wolfe/Ruoppolo"
Robert T. Wolfe Apartments
49 Union Avenue (across from train station)
📍 **MIDDLETOWN-J-5:45-6:45 pm**
"Serenity Check"
St. Paul's Lutheran Church, Back of Church
47 Oak Street
DANIELSON-D/R/S/ST-6:30 pm
"Finding the Way"
Baptist Church of Danielson
247 Broad Street
NEWINGTON-D-6:30 pm
"Freedom To Live"
Church of Christ
1075 Main Street-2nd Floor
NEW HAVEN-D-6:30 pm
"Over the Rainbow"
441 Elm Street
Back Barn-Fellowship House
📍 **NORTH HAVEN-ST/T-6:30 pm**
"Miracles Happen"
201 Quinipiac Avenue

📍 **BRIDGEPORT-S/D-7:00 pm**
"New Hope"
West End Tabernacle Church
265 Colorado Avenue
📍 **BRISTOL-D-7:00 pm**
Speaker End of Month
"Not Alone Group"
Bristol Baptist Church
43 School Street
📍 **HARTFORD-D/Spanish-7:00 pm**
"Los Quitaos"
St. Augustine Church
10 Campfield Street
📍 **NEW BRITAIN-D-7:00-8:00 pm**
"Issues"
McClough Temple
55 Chapman Street
📍 **NEW HAVEN-D-7:00-8:00 pm**
"Unidos Otra Vez"
United Church Parish House
323 Temple Street
📍 **NEW HAVEN-S/D-7:00-8:15 pm**
"Enough Is Enough"
525 Whalley Avenue
📍 **NEW HAVEN-ST/Women-7:00-8:30 pm**
"Solutions for Sisters"
Trinity Lutheran Church
292 Orange Street (Corner of Orange & Wall Streets)
NORWALK-C/T-7:00 pm
"By The Text Group"
Miracle Temple Church
2 Trinity Place
📍 **NORWALK-C/T/S-7:00-8:30 pm**
"Road to Recovery"
First Congregational Church
2 Lewis St. (Corner of Park & Lewis St. on the green)
📍 **PLAINVILLE-Mens D/S-7:00-8:30 pm**
"Brothers in Recovery"
Our Lady of Mercy Parish, Room 107 (around back)
19 South Canal Street
📍 **SHELTON-7:00 pm**
"A View to Recovery"
War Memorial Building
Riverview Park, Rt. 110

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WEDNESDAY, CONTINUED

📍 **STAMFORD-S-7:00-8:30 pm**
"A Simple Solution"
St. Andrews Church
1231 Washington Blvd.
📍 **STAMFORD-S/Women-7:00-8:30 pm**
"Women Steppin' in Recovery"
Franklin Commons Building, Room 1
141 Franklin Street
📍 **BRIDGEPORT-D/S-7:30 pm**
Spanish Meeting
"Un Dia a la Vez"
Urban Retreat
East Main Street
📍 **CROMWELL-D-7:30-8:45 pm**
Speaker Last Wednesday
"All About Change"
Bethany Lutheran Church
Court Street
📍 **DANBURY-J-7:30-9:00 pm**
"Miracles Under the Stars"
Community Center for Behavioral Health
El Dorado Building
152 West Street
📍 **DEEP RIVER-JS-7:30 pm**
Speaker 1st Wednesday
"More Will Be Revealed"
Congregational Church
Route 154
📍 **EAST HARTFORD-R-7:30 pm**
Men's Meeting
"Between the Covers"
South Congregational Church
1301 Forbes Street
ENFIELD-ST-7:30-9:00 pm
"We Can Work It Out"
St. Patrick's Church
High and Pearl Streets
FAIRFIELD-D/S-7:30 pm
"Free as an Eagle"
Fairfield High School
Melville Avenue & Knapps Highway
📍 **HAMDEN-JFT-7:30 pm**
"Stepping Stones to Recovery"
Spring Glen Congregational Church
20 Glen Parkway & Whitney Avenue
HARTFORD-D-7:30 pm
Speaker End of Month
"New Birth"
A.M.E. Zion
2051 Main Street
📍 **LITCHFIELD-J-7:30 pm**
"Together We Can"
St. Michael's Church
23 South Street
MANCHESTER-C/D-7:30 pm
"Journey Continues"
110 Russell Street
📍 **MERIDEN-J-7:30 pm**
"Keep It Simple"
First Congregational Church
62 Colony Street
MIDDLETOWN-S/ST-7:30-8:30 pm
"Steppin' Thru It All"
Wesleyan University - Location Changes
Quarterly - Call Campus for Current
Location (860) 685-2000
NAUGATUCK-D-7:30 pm
"This is Your Life"
Hillside Covenant Church
100 Hillside Avenue

NEW BRITAIN-ST-7:30 pm
"The Steps are the Key"
First Church of Christ
830 Corbin Avenue
NIANTIC-S-7:30 pm
"Sound of Serenity"
Niantic Comm. Church
Pennsylvania Avenue
📍 **NORWALK-T/S/C-7:30-8:30 pm**
"Road To Recovery"
First Congregational Church
2 Lewis St. (Corner of Park & Lewis St. on the green)
📍 **NORWICH-ST/IT-7:30 pm**
Traditions Last Wednesday
"Live the Steps or Die"
Uncas on the Thames (SMHA Building)
Route 32
📍 **ROCKY HILL-D/S-7:30 pm**
"The War is Over Group"
Veterans Home
Fellowship House
📍 **VERNON-ST/C-7:30 pm**
"What a Way to Grow"
United Methodist Church
401 Hartford Turnpike
📍 **WATERBURY-D/Men-7:30 pm**
"It's A Boy"
First Lutheran Church
88 Cooke Street
WESTERLY, RI-J-7:30-8:30 pm
"The Way Out-Just for Today N.A."
Warm Shelter
56 Spruce Street
📍 **WILLIMANTIC-D/S-7:30-9:00 pm**
Speaker Last Week
"A Day at a Time"
First Baptist Church
667 Main Street
📍 **MERIDEN-C/ST-7:45 pm**
"The Time is Now"
YMCA Youth Center
145 South Main Street
📍 **NORWALK-J-7:45 pm**
"By the Text"
Miracle Temple Church
2 Trinity Place
📍 **BRANFORD-D/S/ST-8:00 pm**
"On the Green"
Trinity Episcopal Church
1109 Main Street (West end of the green
along Montowese Street)
NEW HAVEN-D/S-8:00 pm
"On the Move"
Salvation Army
301 George Street
📍 **NORTH HAVEN-D-8:00 pm**
Men/Step First Wednesday
"Heaven Can Wait"
St. Therese Church
Route 17, 555 Middletown Avenue
SHARON-D/S-8:00 pm
Speaker Last Wednesday
"The Last Change Group"
Trinity Glenn Rec. Room
149 West Cornwall Road
📍 **WEST HAVEN-BST-8:00 pm**
"Over the Hump"
VA Medical Center Bldg. 1, 1st Fl. Cafeteria
950 Campbell Avenue

📍 **NEW LONDON-J-10:00-11:00 am**
"NA in the Day"
Soup Kitchen
12 Montauk Avenue

THURSDAY/JUEVES

📍 **NEW BRITAIN-D-12:00-1:00 pm**
Speaker Last Thursday
"Within Reach"
South Congregation (1st Baptist) Church
90 Main Street (Corner of Main & Arch)

(Continued)

THURSDAY, CONTINUED

📍 **NEW HAVEN-D-12:00 Noon**
"Thursday Noon Outreach"
Episcopal Church of St. Paul & St. James
57 Olive Street (Corner of Chapel Street)
📍 **STAMFORD-BST-12:00 Noon**
Speaker 4th Week/Topic 5th Week
"Serenity at Noon"
Franklin Commons A, 2nd Floor
141 Franklin Avenue
HARTFORD-D-1:00 pm
"One O'Clock High"
Trinity Episcopal Church
Sigourney Street
📍 **MIDDLETOWN-R-1:00-2:15 pm**
Speaker Last Thursday
"After Lunch Bunch"
Shepherd Home
112 Bow Lane
MIDDLETOWN-J/D-5:45 pm
"No Joke on Oak"
St. Paul's Lutheran Church, Back of Church
47 Oak Street
📍 **NEW HAVEN-D/S-6:00 pm**
"Women Break NA Way"
St. Paul UAME Church
150 Dwight Street
📍 **MERIDEN-C/D-6:30-7:30 pm**
"Show Me How To Live"
The A.I.C. Building
174 State Street
BRANFORD-R-7:00 pm
"One Step Beyond"
First Congregational Church
1009 Main Street
📍 **BRIDGEPORT-D-7:00-8:30 pm**
"East Side Story Two"
755 Clinton Avenue
HARTFORD-D-7:00-8:30 pm
"Survival Group"
Central Baptist Church
437 Main Street
📍 **MIDDLETOWN-D-7:00 pm**
"What's Going On?!"
First Church of Christ
190 Court Street
📍 **NEW BRITAIN-R/T-7:00-8:15 pm**
"Tradition End of Month
"Miracles on Arch"
YMCA
50 High Street
ROCKVILLE-D-7:00-8:00 pm
"Wherever You Go, There You Are"
United Methodist Church
Grove Street
📍 **STAMFORD-R-7:00 pm**
"A Simple Solution"
St. Lukes Church
8 Woodland Avenue
WATERBURY-ST-7:00-8:15 pm
"Stairway to Recovery"
West Main Behavioral Health Ctr., Child and
Adolescent Svcs.,
88 Grandview Avenue (BSMT)
WATERBURY-ST/S/Women-7:00-8:30 pm
"Recovering Women"
North End Recreation Center
268 North Main Street
📍 **CARMEL, NY-BST-7:30 pm**
"The Here & Now Group of Carmel"
V.F.W. Hall
34 Glendale Avenue
📍 **DANBURY-R/S3RD-7:30 pm**
"You're Never Alone"
Community Center for Behavioral Health
El Dorado Building
152 West Street
📍 **GROTON-ST/IT-7:30-9:00 pm**
Speaker 2nd Thursday
"Sesame Street"
Christ United Methodist Church
200 Hazelnut Hill Road
HADDAM NECK-D-7:30-9:00 pm
"Whole Lava Love"
Haddam Neck Congregational Church
408 Quarry Hill Road

📍 **HARTFORD-C/D/S-7:30 pm**
Speaker Last Week
"Fresh Start"
Open Hearth
437 Sheldon Street
MERIDEN-D-7:30 pm
"Hats Off to Recovery"
MIDDLETOWN-ST-7:30 pm
"Stepping Up"
St. Vincent DePaul (Soup Kitchen)
615 Main Street
📍 **NAUGATUCK-BST/S-7:30 pm**
"The Ladder To Recovery"
St. Mary's Church
335 North Main Street
📍 **NEW CANAAN-D/S-7:30-8:30 pm**
"Hope On The Hill"
Silver Hills Hospital
208 Valley Road
📍 **NEW HAVEN-D-7:30 pm**
"From Jail to Yale"
Yale-New Haven Hospital-Max Stuffle Room
York & Legion Streets (York Street Entrance)
📍 **NEW HAVEN-J-7:30-9 pm**
"New Generation Group"
United Church Parish House
323 Temple Street
📍 **NORWALK-S/D-7:30 pm**
"Silver Solutions"
Norwalk Hospital-Nash Auditorium
25 Maple Street
NORWICH-ST/D-7:30 pm
Speaker last Thursday
"Keep It Simple"
Uncas on the Thames
Thames Street
OLD SAYBROOK-R-7:30 pm
"I Can't, We Can"
Saybrook Congregational Church
Main Street, Rt. 154
📍 **PLAINVILLE-D/S-7:30 pm**
"Making Headway"
Congregational Church
130 West Main Street
SEYMOUR-D/P-7:30 pm
"Seymour Thursday Night Meeting"
United Methodist Church
225 Great Hill Road (Rt. 188)
📍 **SOUTHINGTON-D/S-7:30-8:30 pm**
"The Sky is the Limit"
St. Paul's Episcopal Church
145 Main Street
📍 **SOUTH WINDSOR-ST/T/D-7:30 pm**
"Powerless"
Evergreen Lodge
1559 Main Street
📍 **STORRS-D-8:00 pm**
"Serenity Over Storrs"
St. Marks
42 North Eagleville Road
📍 **TORRINGTON-D-8:00 pm**
"Progressive Recovery"
Trinity Church
220 Prospect Street
📍 **WEST HAVEN-D/S-8:00 pm**
"The Other Thursday Night Group"
First Baptist Church
308 Center Street
📍 **CLINTON-8:30-9:45 pm**
12x12x12 Rotation NA Library
"Sounds of Freedom"
Rt. 1. (Across from Town Hall, Academy
Building)

FRIDAY/VIERNES

📍 **ENFIELD**-BST-10:00 am
"Waking Up"
St. Patrick's Church
High Street and Pearl Street
📍 **NEW LONDON**-10:00-11:00 am
"NA In The Day"
Soup Kitchen
12 Montauk Avenue
📍 **MIDDLETOWN**-T-10:30-12:00 noon
"A New Awakening"
Holy Trinity Church
381 Main Street
📍 **NEW BRITAIN**-D/ST-12:00 Noon
"Genesis"
First Lutheran Church Youth Center
53 Franklin Square (Basement)
📍 **NEW HAVEN**-BST/D-12:00 Noon
"Right Step Into the Weekend"
St. Paul's Church
Corner of Chapel & Olive Streets
📍 **BRISTOL**-D/S-7:00-8:00 pm
"Friday Night Freedom"
United Methodist Church
99 Summer Street
(Corner of Summer and Center)
📍 **HARTFORD**-ST/T-7:00-8:15 pm
"Pathway to Recovery"
St. Francis Hospital, 3rd Floor, Conference Room "B"
114 Woodland Street
KILLINGWORTH-IT-7:00 pm
"Circle of Recovery"
The Killingworth Circle Congregational Church
Route 81
📍 **MIDDLETOWN**-J-7:00-8:30 pm
"Out of the Fog"
Holy Trinity Church
381 Main Street
📍 **NEW HAVEN**-J/D/BST/S-7:00 pm
"Who Woulda Thought Group"
Evangelical Covenant Church
590 Orange Street, Corner of Humphrey
📍 **NORWALK**-J/C/T-7:00-8:30 pm
"Road to Recovery"
First Congregational Church
Park and Lewis Streets
📍 **OAKVILLE**-J-7:00 pm
"Just For Tonight"
All Saints Episcopal
262 Main Street
📍 **PLAINVILLE**-R-7:00-8:15 pm
Candlelight Meeting
"Back to Basics"
Redeemers A.M.E. Zion Church
110 Whiting Street
PORTLAND-ST-7:00-8:00 pm
"Stepping into the Weekend"
Trinity Episcopal Church
345 Main Street
SHELTON-D/S-7:00 pm
"Victory in the Valley"
War Memorial Building
695 Howe Avenue (Route 10)
📍 **WINSTED**-P/J-7:00 pm
"More Good Times Ahead"
Church of Christ
800 Main Street
BRASS CITY-P/J-7:30-9:00 pm
Speaker Last Friday
"Brass City Unity"
138 Thomaston Avenue, Open Door
📍 **BRIDGEPORT**-ST/T-7:30-9:00 pm
"Stepping Into The Tradition"
Ralphola Taylor Center
790 Central Avenue
📍 **BRIDGEPORT**-D-7:30-9:00 pm
Spanish Meeting
"Un Dia a la Vez"
Urban Retreat
East Main Street
📍 **DANBURY**-J-7:30-9:00 pm
Open to all addicts
"Recovery Is Possible"
Community Center for Behavioral Health
El Dorado Building
152 West Street

📍 **EAST HARTFORD**-D-7:30 pm
Speaker End of The Month
"To Carry the Message Group"
East Hartford Community Shelter
385 Main Street
📍 **GUILFORD**-J-7:30-8:30 pm
"Clean on The Green"
St. Georges Church (rear building)
33 Whitfield Street
📍 **HARTFORD**-ST-7:30 pm
"Thank God I'm Free"
United Methodist Church, Corner of
South Whitney and Farmington Avenue
MANCHESTER-J/S-7:30-8:30 pm
"Seriously Seeking Recovery"
Manchester Memorial Hospital
71 Haynes Street
📍 **MERIDEN**-C/D-7:30 pm
"A Precious Gift/Candle Light
A.M.E. Zion Church
1280 North Broad Street
📍 **MERIDEN**-D-7:30 pm
"Surrender!!!"
St. Andrews Church
19 Catlin Street
📍 **MIDDLETOWN**-D/S-7:30 pm
Men's Meeting
"Pigs in Space"
First Church of Christ
190 Court Street
📍 **NEW BRITAIN**-D-7:30-8:30 pm
Speaker Last Week
"Top of the Hill"
New Britain General Hospital-Lecture Rm. 1
100 Grand Street
📍 **NORWICH**-ST/D-7:30 pm
"H.O.W. Group"
Uncas on the Thames Hospital
Rt. 32/West Thames Street
PAWCATUCK-ST/D-7:30 pm
Free For All 1st Friday of Month
"Miracle Grow"
United Congregational Church
9 Castle Hill Road
📍 **PORTLAND**-J/S-7:30 pm
Women, Speaker Last Week
"Straight Lace"
Portland Methodist Church
Main & Church Street
📍 **SHELTON**-D/S-7:30 pm
"Victory in the Valley"
Shelton War Memorial
695 Howe Avenue (Route 110)
SUFFIELD-J/D-7:30-8:45 pm
Speaker Last Friday
"Wecovery"
First Church of Christ Congregational Church
81 High Street
📍 **WALLINGFORD**-D-7:30 pm
Speaker 3rd Friday
"Recovery on Track"
St. Paul's Episcopal Church
65 North Main Street
WEST HARTFORD-D-7:30 pm
"You're Right Where You're Supposed to Be"
Elmwood Community Church
26 Newington Road
NEW HAVEN-D/S-8:00 pm
"Fighting Back"
St. Paul UAME Church
150 Dwight Street
📍 **NEW LONDON**-ST/D-8:00 pm
Speaker last Friday
"Miracles Happen Here"
First Baptist Church
268 State Street
📍 **ORANGE**-ST-8:00 pm
"New Beginnings"
Holy Infant Church
Racebrook Road
📍 **STAMFORD**-S-8:00 pm
"Free Spirit"
New Life House
41 Stillwater Avenue
📍 **MIDDLETOWN**-P-10:00-11:15 pm
"No Limits"
Middlesex Hospital-Conference Rm North 1
Crescent Street (ER Garage)

SATURDAY/SABADO

📍 **MILFORD**-J-8:30-9:45 am
"The One Promise"
St. Peter's Church
81 River Street
Enter Front Door of Rectory
MIDDLETOWN-D-10:00 am
Speaker Last Week
"Surrender to Win"
First Church of Christ
190 Court Street
📍 **HARTFORD**-BST-10:00-11:15 am
Speaker Last Saturday
"Talk the Talk, Walk the Walk"
South Park Inn
75 Main Street
📍 **EAST HARTFORD**-R-10:30-12 Noon
Speaker Last Saturday
"Any Addict Seeking Recovery"
East Hartford Shelter
385 Main Street
📍 **MERIDEN**-R-10:30 am-12 Noon
"The Morning After"
St. Rose Community Building
34 Center Street
📍 **NEW LONDON**-BST-10:30 am
"New Beginnings"
1000 Bank Street
📍 **WOODBIDGE**-R/T-10:30 am
Tradition last Saturday of month
"Southern Exposure"
The Mother Church of our Lady of Assumption
1700 Litchfield Turnpike (Rt 69)
📍 **NEW HAVEN**-D-1:00-2:30 pm
"Second Time Around"
Episcopal Church of St. Paul & St. James
57 Olive Street
HARTFORD-D-1:30 pm
"Home at Last"
Liberty Christian Center, Int.
23 Vine Street
📍 **ANSONIA**-D-4:00 pm
"Surrender or Die"
The Sahara Club
165 North Main Street
📍 **NEW HAVEN**-D-5:30 pm
Speaker 3rd Saturday
"Inner City Recovery"
St. Paul's UAME Church
150 Dwight Street
📍 **NEW BRITAIN**-D-6:00-7:00 pm
Speaker Last Saturday of the Month
"High on Recovery"
YMCA
50 High Street
PLAINVILLE-J-6:30-7:30 pm
Speaker Last Week, ending at 7:45 pm
"Trust The Dream"
Congregational Church
130 West Main Street
📍 **SOUTH NORWALK**-R-6:30 pm
"By The Text"
Miracle Temple
2 Trinity Place
📍 **BRIDGEPORT**-D-7:00 pm
"Man-Up Gentleman's"
CCAR
49 Cannon Street (courtyard-rear)
📍 **BRIDGEPORT**-S/T-7:00-8:30 pm
"Success At Success"
Christ Centered A.R.M.E.D. Ministries
334 Grantfield Avenue
📍 **DEEP RIVER**-7:00-8:30 pm
Basic Text Meeting
"River Of Recovery"
Deep River Congregational Church
Route 9A & 154
ENFIELD-S/D-7:00-8:00 pm
"Planet Recovery"
St. Patrick's Church
64 Pearl Street (Pearl and High Streets)

📍 **MERIDEN**-BST-7:00 pm
"Saturday Night's All Right"
A.M.E. Zion Church
1280 North Broad Street
📍 **MIDDLETOWN**-D-7:00 pm
"Saturday Night Sanity"
Church of the Holy Trinity
Main Street
📍 **NEW CANAAN**-R-7:00-8:30 pm
"Lost then Found"
Wavely Care Center
3 Farm Road
📍 **NEW HAVEN**-D/S-7:00 pm
Speaker Last Saturday
"Young, Clean & Serene"
Trinity Lutheran Church
Corner of Orange and Wall Streets (Orange
Street entrance)
NOANK-J-7:00 pm
Candlelight
"Grow With the Glow"
Noank Baptist Church
Church & Main Street
📍 **NORTH BRANFORD**-D-7:00 pm
Speaker First Saturday
"Keep it Simple"
North Branford Congregational
1680 Foxon Road
📍 **NORWALK**-S-7:00-8:00 pm
Last Saturday-Anniv. Meeting 7:00-8:30 pm
"Road to Recovery"
First Congregational Church
Park and Lewis Streets
📍 **OAKVILLE**-Alternating ST/T-7:00 pm
Speaker 1st Saturday
"It Works; How And Why?"
Gateway Bible Church
500 Buckingham Street
📍 **STAMFORD**-S/D-7:00-8:00 pm
"Courage to Change"
Chester Addison Community Center
245 Selleck Street
📍 **TORRINGTON**-S/ST-7:00 pm
"The Elevator's Broken, Use the Steps"
Trinity Episcopal Church
220 Prospect Street
WATERBURY-D-7:00 pm
Speaker Last Saturday
"Saturday Night Survivors"
Zion Baptist Church
137 Pearl Street
DANBURY-D/S-7:30-9:00 pm
"The Real Deal"
United Methodist Church
5 Clapboard Ridge Road
📍 **HARTFORD**-J-7:30-8:45 pm
"There's Hope For Today"
Mount Sinai Hospital
500 Blue Hills Avenue, lower level cafeteria
📍 **VERNON**-D-7:30-8:15 pm
"Recovery East"
Sacred Heart Parish
550 Hartford Turnpike
📍 **NORWALK**-C-7:45 pm
"By The Text Group of NA"
Miracle Temple Church
2 Trinity Place
MIDDLETOWN-9:30-10:45 pm
Basic Text Study/Candlelight
"Basically Lit"
Middlesex Hospital-Conference Rm North 1
Crescent Street (ER Garage)
HARTFORD-D-10:00-11:15 pm
Speaker first Saturday
"New Late Night"
United Methodist Church, Corner of
South Whitney and Farmington Avenue

MOBILE MEETINGS

**Mobile Meeting for ill or disabled recovering addicts.
Call 1-800-627-3543: Ask for New Haven Mobile Meeting Committee.**

PHONE NUMBERS

SERENIDAD PLEGARIA

Dios, concédeme la serenidad
para aceptar las cosas
que no puedo cambiar,
valor para cambiar las que puedo,
y sabiduría para reconocer
la diferencia.

SÓLO POR HOY

Puedes decirte:

SÓLO POR HOY pensaré en mi recuperación viviendo y disfrutando la vida sin consumir drogas.
SÓLO POR HOY confiaré en alguien de NA que crea en mí y quiera ayudarme en mi recuperación.
SÓLO POR HOY tendré un programa y trataré de seguirlo lo mejor que pueda.
SÓLO POR HOY a través de NA intentaré tener una mejor perspectiva de mi vida.
SÓLO POR HOY no tendré miedo, pensaré en mis nuevas amistades, gente que no consume y que ha encontrado un nuevo modo de vivir. Mientras siga este camino no tengo nada que temer.