

**SUNDAY / DOMINGO**

**11:30AM New Freedom (O,BT,S,To,WC,K)**

Trinity Church  
345 Main Street, Portland, 06480

**Masks required**

**MONDAY / LUNES**

**5:30PM Over The Wall (O,To,WC,K)**

Trinity Church  
345 Main Street, Portland, 06480  
(Brownstone Church)

**WEDNESDAY / MIÉRCOLES**

**7:00PM Living Clean (O,LC)**

Trinity Episcopal Church  
345 Main Street, Portland, 06480  
(Main Hall)

**Masks required when not seated and socially distanced. This is a temporary location.**

**8:30PM All About Change (O,To,WC,K)**

Brownstone Church  
345 Main St, Portland, 06480  
*Speaker on the last Wednesday of each month*  
**Temporary meeting place for month of November.**

**THURSDAY / JUEVES**

**7:30PM Whole Lava Love (O,To)**

Trinity Episcopal Church  
345 Main Street, Portland, 06480  
(Brownstone Church)  
*Lava Lamp instead of Candlelight Meeting*

**Following Social Distancing**

**FRIDAY / VIERNES**

**7:00PM Stepping Into the Weekend (O,ST)**

Zion Lutheran Church  
183 Williams Street, Portland, 06480

**7:30PM Pigs in Space (O,M,RF,S,To,WC,K)**

Church of The Holy Trinity  
381 Main Street, Middletown, 06457  
(2nd floor)

**Masks required, Temps taken, Sanitizing provided**

**VIRTUAL MEETINGS**

**MONDAY / LUNES**

**8:00PM Stepping Free - Higganum, (O,S,ST,WC,VM,TC)**  
Zoom Meeting ID: 986 062 220 Password: 993205



**TUESDAY / MARTES**

**5:30PM Recovery 101 - Middletown, (O,RF,WC,VM,TC)**  
8x8 app, NOT ZOOM  
*Free Parking available in Lot C on Church Street*



**WEDNESDAY / MIÉRCOLES**

**5:45PM Serenity Check - Middletown, (O,JFT,S,WC,VM,TC)**  
Zoom Meeting ID: 836 8946 3343 Password: 028227  
*Speaker on the second Wednesday of each month*



**FRIDAY / VIERNES**

**7:30PM Straight Lace - Portland, (O,JFT,S,W,WC,K,VM,TC)**  
Meeting ID: 867-3112-0145 Password: NA1953  
*Womens Meeting*



**SATURDAY / SÁBADO**

**7:00PM Basically Lit Recovery - Middletown, (O,BT,VM,TC)**  
Meeting ID: 741 521 497 Password: 780131  
*Line by Line Text Study*



MEETING FORMAT LEGEND			
BT	Basic Text	JFT	Just for Today
K	Keytags	LC	Living Clean
M	Men	O	Open
RF	Rotating Format	S	Speaker/Discussion
ST	Step	TC	Temporarily Closed
To	Topic Discussion	VM	Virtual Meeting
W	Women	WC	Wheelchair

NEIGHBORING AREAS/REGIONS	
Greater New York Region	212-929-6262
Berkshire County Area	413-443-4377
Free Spirit Area (Southern RI)	401-461-1110
New England Region (MA and Northern RI)	866-624-3578
ABCD Region (Albany, NY)	888-399-5519

**PHONE NUMBERS**

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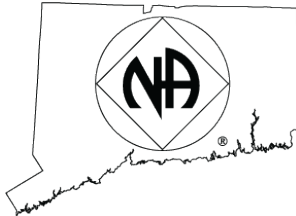
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**What is our message?**

**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.**

*Basic Text, page 65*

**NARCOTICS ANONYMOUS**



**MEETING LIST FOR  
MID-STATE UNITY AREA  
(Middletown, Portland,  
Cromwell)**

**JANUARY 2021**

**24 HOUR HELPLINE  
1-800-627-3543**

<https://www.ctna.org>

**SUGGESTIONS FOR EVERYONE**

- DON'T USE no matter what**
- Ask your Higher Power to keep you clean**
- Come early and stay late**
- Get a home group**
- Go to 90 meetings in 90 days**
- Read NA literature daily**
- Get and use a sponsor**
- Use the PHONE**

**KEEP COMING BACK. IT WORKS**