**SUNDAY / DOMINGO**

4:30PM Moose Tracks (O,CL,To)
Danielson Methodist Church
9 Spring Street, Danielson, 06239
*Shotgun Format*

7:00PM Great to Be Straight (O,ST,T,WC,K)
Roger's Lake Clubhouse
75 Rogers Lake Trail, Old Lyme, 06371

7:30PM Crystal Clean (O,S,ST,RA,HY)
St. Mark's Episcopal Church
15 Pearl Street, Mystic, 06355

**MONDAY / LUNES**

6:00PM *A New Wave of Serenity on the Sound (O,To,WC)*
St. John's Episcopal Church
400 Main Street, Niantic, 06357
(Meeting Outdoors)

7:00PM Recovery On Point (O,To,K)
Church Of Christ
366 Main Street, Old Saybrook, 06475
(Enter through top door on the right - back of church)

7:00PM There is Hope (O,JFT,WC)
CCAR
713 Main Street, Willimantic, 06266

7:30PM Chelsea Group (O,CL,RF,K)
Mohegan Congregational Church
27 Church Lane, Uncasville, 06382

**TUESDAY / MARTES**

6:00PM Recovery at Dodge Pond (O,JFT)
Town Hall Pavillion
108 Pennsylvania Avenue, Niantic, 06357

7:00PM Living Clean Today (O,WC,LC,K)
St. Ann's Episcopal Church
82 Shore Road, Old Lyme, 06371

7:00PM We Do Recover (O,JFT,K)
The Church
207 Bank Street, New London, 06320

7:30PM Twilight Zone (O,CL,ST,K)
Old Mystic Fire District Community House
115 Welles Road, Mystic, 06355

**WEDNESDAY / MIÉRCOLES**

6:00PM Recovery at Dodge Pond (O,JFT)
Town Hall Pavillion
108 Pennsylvania Avenue, Niantic, 06357
(Meeting Outside behind Town Hall)

**VIRTUAL MEETINGS**

**SUNDAY / DOMINGO (CONT)**

6:30PM Finding the Way (O,BT,RF,K)
Cornerstone Baptist Church
247 Broad Street, Danielson, 06239
*Masks Required if Unvaccinated*

7:00PM More Will Be Revealed (O,JFT,K)
First Church of Christ
366 Main Street, Old Saybrook, 06475

7:00PM Sound of Serenity (O,JFT,S)
Saint Johns Episcopal Church
22 Maple Ave, Uncasville, 06382
*Mask required, social distancing, follow Covid guidelines.*

7:30PM Outer Limits (O,BT,S,K)
Grace United Methodist Church
10 Park Avenue, Westerly, 02891
(Downstairs)
*Speaker 1st Wednesday of Each Month*

**THURSDAY / JUEVES**

7:30PM Sesame Street (O,BT,ST,WC)
Mohegan Congregational Church
27 Church Lane, Uncasville, 06382

**FRIDAY / VIERNES**

6:30PM Five & Dime (O,FD)
St John's Episcopal Church
400 Main Street, Niantic, 06357

6:30PM Moose Tracks (O,RF)
Danielson Methodist Church
9 Spring Street, Danielson, 06239
*Shotgun Format*

7:00PM Steps to Freedom (O,ST,WC,IG)
First Church of Christ in Saybrook
366 Main Street, Old Saybrook, 06475
*NO Smoking on Grounds*

**SATURDAY / SÁBADO**

10:30AM New Beginnings (O,ST,K,IG,HY)
T.H.E. Church
207 Bank Street, New London, 06320
1-6 Step Meeting
*In-Person Capacity of 25, Taking temps at the door, Masks required*

7:00PM Grow With the Glow (O,CL,JFT,S,K)
Noank Baptist Church
18 Cathedral Heights, Noank, 06340
*Masks Required. 25 Person Limit - Newcomers will never be turned away!*

7:30PM Crystal Clean - Mystic (O,S,ST,RA,HY)
Zoom Meeting ID: 629 045 608
*25 Person Limit - Newcomers will never be turned away!*

**MONDAY / LUNES (CONT)**

6:00PM NA in the Day - New London (O,BST,S,K,VM,TC)
Zoom Meeting ID: 220 174 840

6:00PM Conectados por la recuperación - New Haven (O,ES,VM)
Zoom Meeting ID: 318 480 980 Passcode: NA
*Spanish Virtual Meeting*

**TUESDAY / MARTES (CONT)**

9:30AM Three Steps Forward - Westbrook (O,IG,VM,TC)
Zoom ID: 798 2798 4430 Passcode: 475438

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*Note: Meetings are subject to change and may require registration.*
<table>
<thead>
<tr>
<th>DAY</th>
<th>MEETING NAME</th>
<th>LOCATION</th>
<th>MEETING ID</th>
<th>PASSCODE</th>
<th>MEETING TYPE</th>
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<tr>
<td>WEDNESDAY</td>
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<td>7:00PM</td>
<td>Climbing The Steps - New London</td>
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<td>Women Taking Steps - Willimantic</td>
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**MEETING FORMAT LEGEND**

- **BST**: Beginners Step
- **C**: Closed
- **ES**: Español
- **IC**: Introductory Guide
- **HY**: Hybrid Meeting
- **JFT**: Just for Today
- **LC**: Living Clean
- **RA**: Restricted Attendance
- **S**: Speaker/Discussion
- **SWG**: Step Working Guide
- **ST**: Step
- **TC**: Temporarily Closed Facility
- **VM**: Virtual Meeting
- **W**: Women
- **WC**: Wheelchair

**PHONE NUMBERS**

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

**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**

Meetings Weekly: 40

**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.

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