# SUNDAY / DOMINGO

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 10:00AM | A Fresh Start (O,S,To,K)  
West Main Behavioral Health Center  
88 Grandview Avenue, Waterbury, 06708  
(Basement)  
Speaker on last Sunday of each month |
| 4:30PM | Serene & Living Clean (O,S,To,K)  
W.A.L.C. (Wolcott Activities and Learning Center)  
48 Todd Road, Wolcott, 06716 |
| 7:00PM | When at the End of the Road (O,S,LC,K)  
Naugatuck Congregational Church  
9 Division Street, Naugatuck, 06770 |
| 7:30PM | Not at the Church (O,IP,WC,K)  
Newtown Congregational Church  
14 West Street, Newtown, 06470  
(Meeting around back) |

# MONDAY / LUNES

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 6:00PM | Spiritual Jam (C,D,SPAD)  
Community of the Cross Church  
7 Madison Ave., Danbury, 06810 |
| 7:30PM | Living Clean A New Beginning (O,WC,LC)  
First Congregational Church  
835 Riverside Avenue, Torrington, 06790 |
| 7:30PM | Recovery in the East (O,RF,To)  
Cross of Christ Church  
1555 Hamilton Ave., Waterbury, 06706 |

# TUESDAY / MARTES

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 10:30AM | Carpe Diem (O,ST,WC,K,IG)  
St. John’s Episcopal Church  
16 Church Street, Waterbury, 06702 |
| 6:00PM | Spiritual Principles Downtown (O,SPAD)  
CCAR  
132 Grand Street, Waterbury, 06702  
(3rd Floor) |
| 7:00PM | Freedom Isn’t Free (O,BT,JW,M,RF,S)  
Center Congregational Church  
155 Main St., Torrington, 06790 |
| 7:00PM | Starting Over (O,ST,To)  
Community of the Cross Church  
7 Madison Avenue, Danbury, 06810  
(In Front door then down the stairs) |
| 7:30PM | Recovery in the Woods (O,BT,To,K)  
North Congregational Church  
11 Main Street North, Woodbury, 06798  
(Rt. 6 and Rt. 47) |

# WEDNESDAY / MIERCOS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 6:00PM | Back to Basics (O,BT)  
Hillside Covenant Church  
100 Hillside Ave., Naugatuck, 06770 |
| 7:00PM | Back To Life (O,BST)  
Fellowship Center  
15 Great Pasture Road, Danbury, 06801 |
| 7:00PM | Firm Foundation (O,RF,W,K)  
Cross of Christ Lutheran Church  
1555 Hamilton Ave, Waterbury, 06706  
Women’s Meeting |
| 7:00PM | This Is Your Life (O,SLC,K)  
The Covenant Church  
64 Grove Street, Thomaston, 06787  
Speaker on 5th Wednesday of the month |
| 7:30PM | It’s a Boy (O,JFT,M,S,K)  
Morris House  
26 North Elm Street, Waterbury, 06702 |
| 7:30PM | Miracles Under the Stars (O,JFT,HY)  
St. Marguerite Bourgeoys Church  
138 Candlewood Lake Road, Brookfield, 06804 |
| 7:30PM | Together We Can (O,JFT,WC,K)  
St. Michael’s Church Annex  
23 South Street, Litchfield, 06759  
Speaker on the last Wednesday of each month |

# THURSDAY / JUEVES

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 7:00PM | Progressive Recovery (O,To,K)  
Trinity Episcopal Church  
220 Prospect Street, Torrington, 06790 |
| 7:00PM | Stairway to Recovery (O,ST,K)  
West Main Behavioral Health  
88 Grandview Avenue, Waterbury, 06708  
(Basement) |
| 7:00PM | The Promise is Freedom (O,JFT,S,ST,T,SPAD)  
Danbury Church of Christ  
90 Clapboard Ridge Rd, Danbury, 06811  
(Downstairs) |
| 7:30PM | Seymour Thursday Meeting (O,JFT,K)  
United Methodist Church  
225 Great Hill Road, Seymour, 06483 |

# FRIDAY / VIERNES

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 7:30PM | Recovery is Possible (O,JFT,RF,K)  
Scared Heart Church Lounge  
16 Cottage Street, Danbury, 06810  
(Held in the lounge. Entrance is on the left side of the church under awning.)  
Alternates each week between Just For Today & Popsicle Stick meeting |
| 8:00PM | Steps To Freedom (O,To,WC,K)  
Canaan United Methodist Church  
2 Church Street, Canaan, 06018 |

# SATURDAY / SÁBADO

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 8:30AM | Point of Freedom (O,BT,K)  
CCAR  
59 Field Street, Torrington, 06790 |
| 7:00PM | It Works, How and Why (O,IW,S,ST,T,K)  
United Methodist Church  
305 Main Street, Watertown, 06779 |
| 7:00PM | The Elevator’s Broken, Use the Steps (C,K,IG)  
Trinity Episcopal Church  
220 Prospect Street, Torrington, 06790  
(Meeting room around back) |
| 7:30PM | The Real Deal (O,S,To,K)  
Scared Heart Church  
17 Cottage Street, Danbury, 06810  
(Church Lounge) |

# VIRTUAL MEETINGS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 10:30AM | Carpe Diem Daily - Waterbury (O,To,VM)  
Zoom Meeting ID: 519 542 388 Passcode: Recovery |
| 7:30PM | Miracles Happen - Litchfield (O,To,VM)  
Zoom Meeting ID: 412 633 258 |

# MONDAY / LUNES

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
</table>
| 10:30AM | Carpe Diem Daily - Waterbury (O,LC,VM)  
Zoom Meeting ID: 519 542 388 Passcode: Recovery |
**MEETING FORMAT LEGEND**

<table>
<thead>
<tr>
<th>BST</th>
<th>Beginners Step</th>
<th>BT</th>
<th>Basic Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>Closed</td>
<td>D</td>
<td>Discussion</td>
</tr>
<tr>
<td>HY</td>
<td>Hybrid Meeting</td>
<td>IG</td>
<td>Introductory Guide</td>
</tr>
<tr>
<td>IP</td>
<td>Informational Pamphlet</td>
<td>IW</td>
<td>It Works - How and Why</td>
</tr>
<tr>
<td>JFT</td>
<td>Just for Today</td>
<td>K</td>
<td>Keytags</td>
</tr>
<tr>
<td>LC</td>
<td>Living Clean</td>
<td>M</td>
<td>Men</td>
</tr>
<tr>
<td>O</td>
<td>Open</td>
<td>RF</td>
<td>Rotating Format</td>
</tr>
<tr>
<td>S</td>
<td>Speaker/Discussion</td>
<td>SPAD</td>
<td>A Spiritual Principle a Day</td>
</tr>
<tr>
<td>ST</td>
<td>Step</td>
<td>T</td>
<td>Tradition</td>
</tr>
<tr>
<td>To</td>
<td>Topic Discussion</td>
<td>VM</td>
<td>Virtual Meeting</td>
</tr>
<tr>
<td>W</td>
<td>Women</td>
<td>WC</td>
<td>Wheelchair</td>
</tr>
</tbody>
</table>

**PHONE NUMBERS**

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**MEETINGS**

**MONDAY / LUNES (CONT)**

**7:30PM**

The Broken Elevator - Danbury  
(O,BT,ST,VM)  
Zoom Meeting ID: 614 336 4882

**TUESDAY / MARTES**

**10:30AM**

Carpe Diem Daily - Waterbury  
(O,ST,VM)  
Zoom Meeting ID: 519 542 388  
Passcode: Recovery

**WEDNESDAY / MIÉRCOLES**

**10:30AM**

Carpe Diem Daily - Waterbury  
(O,S,VM,SPAD)  
Zoom Meeting ID: 519 542 388  
Passcode: Recovery

**7:30PM**

Miracles Under the Stars - Brookfield  
(O,JFT,HY)  
Zoom Meeting ID: 614 336 4882

**THURSDAY / JUEVES**

**10:30AM**

Carpe Diem Daily - Waterbury  
(O,JFT,S,VM)  
Zoom Meeting ID: 519 542 388  
Passcode: Recovery

**FRIDAY / VIERNES**

**10:30AM**

Carpe Diem Daily - Waterbury  
(O,IP,T,VM)  
Zoom Meeting ID: 519 542 388  
Passcode: Recovery

**7:00PM**

More Good Times Ahead - Winsted  
(O,BT,JFT,S,LC,K,HY)  
Zoom Meeting ID: 824 0767 9639  
Passcode: 12121

**SATURDAY / SÁBADO**

**10:30AM**

Carpe Diem Daily - Waterbury  
(O,S,To,VM)  
Zoom Meeting ID: 519 542 388  
Passcode: Recovery

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**MEETING LIST FOR GREATER WATERBURY and GREATER DANBURY AREAS**

**MAY 2024**

**24 HOUR HELPLINE**

1-800-627-3543

https://www.ctna.test

**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: 41