<table>
<thead>
<tr>
<th>Sunday / Domingo</th>
<th>Monday / Lunes</th>
<th>Tuesday / Martes</th>
<th>Wednesday / Miércoles</th>
<th>Thursday / Jueves</th>
<th>Friday / Viernes (Cont.)</th>
<th>Saturday / Sábado</th>
<th>Virtual Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM New Freedom (O, BT, S, To, WC, K)</td>
<td>6:00PM Basically Lit Recovery (O, BT)</td>
<td>5:30PM Recovery 101 - Middletown, O, RF, WC, VM</td>
<td>7:00PM Whole Lava Love (O, To)</td>
<td>7:00PM Stepping Into the Weekend (O, ST)</td>
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<tr>
<td>St. Vincent de Paul Soup Kitchen 617 Main St., Middletown, 06455</td>
<td>Zion Lutheran Church 183 William Street, Portland, 06480 (Top of driveway enter through glass doors) Line by Line Text Study</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
<td>St. Vincent de Paul Soup Kitchen 617 Main Street, Middletown, 06455</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
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<tr>
<td>7:00PM Came To Believe (O, To, WC, K)</td>
<td>6:00PM Stepping Into the Light (O, ST, T)</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
<td>Third Congregational Church 94 Miner Street, Middletown, 06457 Speaker on the second Wednesday of each month</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
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<tr>
<td>Church of the Holy Trinity 381 Main Street, Middletown, 06457 (Chapel room downstairs)</td>
<td>St. James Parish Hall 501 Killingworth Rd., Higganum, 06441</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
<td>First Congregational Church 554 Main Street, Portland, 06480 (Fellowship Hall)</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
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<tr>
<td>7:00PM After the Weekend (O, IP, S, WC, K)</td>
<td>7:00PM Over the Wall (O, To, WC, K)</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
<td>7:00PM All About Change (O, RF, K)</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
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<tr>
<td>Bethlehem Lutheran Church 1 West High Street, East Hampton, 06424 (Corner of Rt. 66 and Main St.)</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
<td>St. Vincent de Paul Soup Kitchen 617 Main Street, Middletown, 06457</td>
<td>Portland United Methodist Church 381 Main Street, Portland, 06480</td>
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<tr>
<td>SATURDAY / SÁBADO</td>
<td>Virtual Meetings</td>
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<tr>
<td>7:00PM Saturday Night Sanity (O, S, To)</td>
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<tr>
<td>Church of the Holy Trinity 381 Main Street, Middletown, 06457 (2nd floor) Speaker on the last Saturday of each month</td>
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</tbody>
</table>

**Virtual Meetings**

**Tuesday / Martes**

5:30PM Recovery 101 - Middletown, O, RF, WC, VM
Zoom ID: 830 6839 2522 Passcode: 149476
Free Parking available in Lot C on Church Street
MEETING FORMAT LEGEND

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BT</td>
<td>Basic Text</td>
</tr>
<tr>
<td>IP</td>
<td>Informational Pamphlet</td>
</tr>
<tr>
<td>JFT</td>
<td>Just for Today</td>
</tr>
<tr>
<td>LC</td>
<td>Living Clean</td>
</tr>
<tr>
<td>M</td>
<td>Men</td>
</tr>
<tr>
<td>O</td>
<td>Open</td>
</tr>
<tr>
<td>RF</td>
<td>Rotating Format</td>
</tr>
<tr>
<td>S</td>
<td>Speaker/Discussion</td>
</tr>
<tr>
<td>ST</td>
<td>Step</td>
</tr>
<tr>
<td>T</td>
<td>Tradition</td>
</tr>
<tr>
<td>To</td>
<td>Topic Discussion</td>
</tr>
<tr>
<td>VM</td>
<td>Virtual Meeting</td>
</tr>
<tr>
<td>W</td>
<td>Women</td>
</tr>
<tr>
<td>WC</td>
<td>Wheelchair</td>
</tr>
</tbody>
</table>

PHONE NUMBERS

PHONE NUMBERS

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: 15

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