

**SUNDAY / DOMINGO****10:30AM New Freedom (O,BT,S,To,WC,K)**

St. Vincent de Paul Soup Kitchen  
617 Main St., Middletown, 06455

**7:00PM Came To Believe (O,To,WC,K)**

Church of the Holy Trinity  
381 Main Street, Middletown, 06457  
(Chapel room downstairs)

**MONDAY / LUNES****6:00PM Basically Lit Recovery (O,BT)**

Zion Lutheran Church  
183 William Street, Portland, 06480  
(Top of driveway enter through glass doors)  
*Line by Line Text Study*

**6:00PM Stepping Into the Light (O,ST,T)**

St. James Parish Hall  
501 Killingworth Rd., Higganum, 06441

**7:00PM After the Weekend (O,IP,S,WC,K)**

Bethlehem Lutheran Church  
1 West High Street, East Hampton, 06424  
(Corner of Rt. 66 and Main St.)

**TUESDAY / MARTES****6:00PM Over The Wall (O,To,WC,K)**

Portland United Methodist Church  
381 Main Street, Portland, 06480

**WEDNESDAY / MIÉRCOLES****5:45PM Serenity Check (O,JFT,S,WC)**

Third Congregational Church  
94 Miner Street, Middletown, 06457  
*Speaker on the second Wednesday of each month*

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

First Congregational Church  
554 Main Street, Portland, 06480  
(Fellowship Hall)

**7:30PM All About Change (O,RF,K)**

St. Vincent de Paul Soup Kitchen  
617 Main Street, Middletown, 06457

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

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

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

Zion Lutheran Church  
183 Williams Street, Portland, 06480

**FRIDAY / VIERNES (CONT)****7:00PM Straight Lace (O,JFT,S,W,WC,K)**

Portland United Methodist Church  
381 Main Street, Portland, 06480  
*Womens Meeting*

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

Portland Senior Center  
7 Waverly Avenue, Portland, 06480

**SATURDAY / SÁBADO****7:00PM Saturday Night Sanity (O,S,To)**

Church of the Holy Trinity  
381 Main Street, Middletown, 06457  
(2nd floor)  
*Speaker on the last Saturday of each month*

**VIRTUAL MEETINGS****TUESDAY / MARTES****Recovery 101 - Middletown, (O,RF,WC,VM)**

5:30PM Zoom ID: 830 6839 2522 Passcode: 149476  
*Free Parking available in Lot C on Church Street*



**MEETING FORMAT LEGEND**

BT	Basic Text	IP	Informational Pamphlet
JFT	Just for Today	K	Keytags
LC	Living Clean	M	Men
O	Open	RF	Rotating Format
S	Speaker/Discussion	ST	Step
T	Tradition	To	Topic Discussion
VM	Virtual Meeting	W	Women
WC	Wheelchair		

**PHONE NUMBERS**

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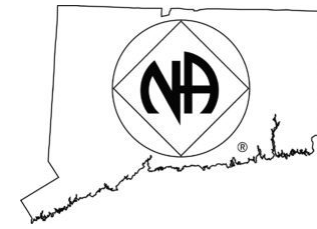
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**What is our message?**

**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)**

**JULY 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**