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 / IUEVES

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) Zoom ID: 830 6839 2522 Passcode:

5:30PM 200m ID: 8.

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	
0	Open	RF	Rotating Format	
S	Speaker/Discussion	ST	Step	
Т	Tradition	То	Topic Discussion	
VM	Virtual Meeting	W	Women	
WC	Wheelchair		<u> </u>	

PHONE NUMBERS					
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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)

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