

Friday-continued

Guilford 7:30 PM (1 hour)
 Clean on The Green (O,JFT)
 St. George's Catholic Church, 33 Whitfield St.

Manchester 7:30 PM (1 hour 15 min)
 Seriously Seeking Recovery (O,JFT,S,W,C,K)
 Manchester Memorial Hospital, 71 Haynes St.

Middletown 7:30 PM
 Pigs in Space (O,M,RF,S,To,W,C,K)
 Church of The Holy Trinity, 381 Main St.
 2nd floor

New London 7:30 PM (1 hour 15 min)
 Miracles Happen Here (O,S,To)
 Tree of Life Church, 122 Colman St.

Norwich 7:30 PM (1 hour 15 min)
 H.O.W. Group (O,S,To)
 Uncas on the Thames: SMHA Building, 401 W. Thames St.
 Rt. 32

Old Saybrook 7:30 PM (1 hour)
 Steps to Freedom (O,BT,S,ST,W,C,K)
 First Church of Christ in Saybrook, 366 Main St.
NO Smoking on Grounds

Portland 7:30 PM
 Straight Lace (O,JFT,S,W,W,C,K)
 Portland United Methodist Church, 381 Main St.
 Corner of Church St.

Shelton 7:30 PM
 Victory in the Valley (O,S,To,W,C,K)
 War Memorial Building, 695 Howe Ave.
 Rt. 110

Southington 7:30 PM (1 hour)
 Top of the Hill (O,RF,S,To,W,C,K)
 Faith Baptist Church, 243 Laning St.
NO Smoking on Grounds; Speaker Last Fri of the Month.

Suffield 7:30 PM (1 hour 15 min)
 WEcovery (O,JFT,S,To)
 First Church of Christ Congregational, 81 High St.

Wallingford 7:30 PM
 Recovery on Track (O,S,To,W,C)
 St. Paul's Episcopal Church, 65 North Main St.

West Hartford 7:30 PM (1 hour)
 You're Right Where You're Supposed to Be (O,To)
 Elmwood Community Church, 26 Newington Rd.
Speaker on Last Friday of Each Month

New Britain 8:00 PM (1 hour 15 min)
 Diversity Is Our Strength (O,RF,To,W,C)
 Right Now Ministries - Gymnasium, 147 West Main St.
 Formerly Saint Marks Church

New Haven 8:00 PM
 Fighting Back (O,S,To)
 St. Paul's UAME Church, 150 Dwight St.

Stamford 8:00 PM
 Free Spirit (O,S,To,W,C,GP)
 New Life House, 41 Stillwater Ave.

Middletown 10:00 PM (1 hour)
 T!r the Wheels Fall Off (O,RF)
 Faith Lutheran Church, 300 Washington St.
 Basement - entrance around back

Saturday

Milford 8:30 AM (1 hour 15 min)
 The One Promise (O,JFT,K)
 St. Peter's Episcopal Church, 71 River St.

Torrington 8:30 AM (1 hour 15 min)
 Point of Freedom (O,BT,K)
 St. Mary's Church, 85 Pulaski St.

Hartford 10:00 AM (1 hour 15 min)
 Walk the Walk, Talk the Talk (O,BST)
 United Methodist Church, 571 Farmington Ave.

Hartford 10:00 AM (2 hours)
 The Intimate Step Meeting (C,ST)
 Institute of Health & Healing, 17 Niles St.

New Britain 10:00 AM (1 hour 15 min)
 Saturday Morning Surrender (O,S,To)
 South Congregational Church - Hart Hall, 90 Main St.
 Corner of Arch St. *Speaker on the last Saturday of each month*

Meriden 10:30 AM
 The Morning After (O,BT,W,C,K)
 Saint Rose Community Building, 34 Center St.

New Haven 10:30 AM
 Second Time Around (O,S,To,K)
 St. Matthews U.F.W.B Church, 400 Dixwell Ave.
 Robert J Gay Building, rear entrance, lower level

New London 10:30 AM (1 hour 15 min)
 New Beginnings (O,BST,K)
 Huntington Baptist Church, 29 Huntington St.
 Meets in Fellowship Hall

Willimantic 10:30 AM (1 hour 15 min)
 Women Taking Steps (C,ST,W)
 Willimantinn Business Center, 322 Main St.

Woodbridge 10:30 AM
 Southern Exposure (O,BT,T,K)
 Our Lady of the Assumption, 1700 Litchfield Turnpike
 Rt. 69

Hartford 12:00 PM (1 hour 15 min)
 Home At Last (O,S,To)
 Phillips Metropolitan C.M.E. Church, 2500 Main St.

Waterbury 12:00 PM
 Hope by The Green (C,GP)
 St. Mary's School, 43 Cole St.
 Main Entrance by the pre-K School *Parking @ Bergin
 Funeral Home 290 East Main St.*

Wallingford 1:00 PM (1 hour 15 min)
 Young Weekend Warriors (O,L,C,K)
 Coalition for a Better Wallingford, 136 Center St.

Middletown 5:30 PM (1 hour 15 min)
 Basically Lit Recovery (O,BT)
 Faith Lutheran Church, 300 Washington St.
 Basement - entrance around back *Line by Line Text Study*

New Haven 5:30 PM
 Inner City Recovery (O,JFT,K)
 St. Paul's UAME Church, 150 Dwight St.
Speaker on the third Saturday of each month

New Haven 5:30 PM
 Loud and Proud (O,LGBT,To,K)
 New Haven Pride Center, 84 Orange St.

New Britain 6:00 PM (1 hour 15 min)
 High on Recovery (O,S,To,K)
 YMCA, 50 High St.

Norwalk 6:30 PM (1 hour)
 By the Text (C,BST)
 Miracle Temple, 2 Trinity Place

Saturday-continued

Plainville 6:30 PM (1 hour)
 Trust the Dream (C,JFT,T)
 First Congregational Church, 130 West Main St.
Speaker on the last Saturday of each month, ending at 7:45pm

Ansonia 7:00 PM
 Feeling Free (O,W,C,L,C,K)
 Holy Rosary Church, 10 Father Salemi Drive
 Bingo Hall

Bridgeport 7:00 PM
 Success Downtown (O,To,W,C,K)
 CCAR, 35 Courtland St.

Enfield 7:00 PM (1 hour)
 Planet Recovery (C,ST,K)
 St. Patrick's Church, 64 Pearl St.

Meriden 7:00 PM (1 hour)
 Saturday Night's All Right (O,BST,K)
 Immanuel Lutheran Church, 164 Hanover St.

Middletown 7:00 PM
 Saturday Night Sanity (O,S,To)
 Church of the Holy Trinity, 381 Main St.
 2nd floor *Speaker on the last Saturday of each month*

New Canaan 7:00 PM
 Lost Then Found (O,To,W,C)
 United Methodist Church, 165 South Ave.
 Back Entrance

New Haven 7:00 PM (1 hour)
 Die Hard Recovery (O,To,K)
 Trinity Lutheran Church, 234 Orange St.
 Corner of Wall St. - Basement

Noank 7:00 PM
 Grov With the Glow (O,CL,To)
 Noank Baptist Church, 18 Cathedral Heights

North Branford 7:00 PM
 Keep It Simple (O,S,To,W,C)
 North Branford Congregational, 1680 Foxon Rd.
Speaker on the First Saturday of each month

Norwalk 7:00 PM (1 hour)
 Road to Recovery (C,S)
 First Congregational Church, 3 Lewis St.
 Corner of Park St.

Oakville 7:00 PM
 It Works. How and Why (O,S,ST,T,K)
 Gateway Bible Church, 500 Buckingham St.

Stamford 7:00 PM
 Courage to Change (O,S)
 Chester Addison Community Center, 245 Selleck St.

Torrington 7:00 PM
 The Elevator's Broken, Use the Steps (C,S,ST,K)
 Trinity Episcopal Church, 220 Prospect St.

Waterbury 7:00 PM
 Saturday Night Survivors (O,BT)
 Zion Baptist Church, 137 Pearl St.

Danbury 7:30 PM
 The Real Deal (O,S,To)
 United Methodist Church, 5 Clapboard Ridge Rd.

Hartford 7:30 PM (1 hour 15 min)
 There's Hope For Today (O,JFT,K)
 Trinity Episcopal Church, 120 Sigourney St.

Saturday-continued

Vernon 7:30 PM (1 hour)
 Recovery East (O,To,W,C,K)
 First Congregational Church of Vernon, 695 Hartford Turnpike

Norwalk 7:45 PM (1 hour 15 min)
 By the Text (C,BT,L,C)
 Miracle Temple, 2 Trinity Place

Hartford 9:00 PM (1 hour)
 New Late Night (O,S,To)
 United Methodist Church, 571 Farmington Ave.
 Corner of South Whitney *Bag Meeting*

Bridgeport 7:30 PM
 Libertad (Freedom) (O,ES,To,K)
 Areyto Apartments Community Room, 665 Artic St.
 Community Room

New Haven 7:00 PM (1 hour)
 Unidos Otra Vez (O,ES,To,K)
 United Church Parish Hall, 323 Temple St.

en español

lunes

martes

miércoles

Mobile Meetings

Mobile Meetings are for ill or disabled addicts.
 Please call 800-627-3543 and follow prompts for Mobile Meetings.

PHONE NUMBERS

SERENIDAD PLEGARIA

Dios, concédeme la serenidad
 para aceptar las cosas
 que no puedo cambiar,
 valor para cambiar las que puedo,
 y sabiduría para reconocer
 la diferencia.

SÓLO POR HOY

Puedes decirte:
 SÓLO POR HOY pensaré en mi recuperación viviendo y disfrutando la vida sin consumir drogas.
 SÓLO POR HOY confiaré en alguien de NA que crea en mí y quiera ayudarme en mi recuperación.
 SÓLO POR HOY tendré un programa y trataré de seguirlo lo mejor que pueda.
 SÓLO POR HOY a través de NA intentaré tener una mejor perspectiva de mi vida.
 SÓLO POR HOY no tendré miedo, pensaré en mis nuevas amistades, gente que no consume y que ha encontrado un nuevo modo de vivir. Mientras siga este camino no tengo nada que temer.

THE TWELVE STEPS OF NA

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

SERENITY PRAYER

God, grant me the serenity
 to accept the things I cannot change,
 The courage to change the things I can,
 And the wisdom to know the difference

“My gratitude speaks . . . when I care and when I share with others the NA way”

JUST FOR TODAY

Tell yourself:
 JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.
 JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.
 JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.
 JUST FOR TODAY through NA I will try to get a better perspective on my life.
 JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

CONNECTICUT REGIONAL SERVICE COMMITTEE
 P.O. Box 1817
 Meriden, CT 06450

NEIGHBORING AREAS HELPLINE NUMBERS

Greater New York Region 212-929-6262
 Berkshire County Area 413-443-4377
 Free Spirit Area (Southern RI) 401-461-1110
 New England Region (MA and Northern RI) 866-624-3578
 ABCD Region (Albany, NY) 888-399-5519

THE TWELVE TRADITIONS OF NA

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA Group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every NA Group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

CONNECTICUT REGION MEETING SCHEDULE



NARCOTICS ANONYMOUS

APRIL 2019 REGIONAL PHONE LINE 1-800-627-3543

To order NA schedules write to:
 CTRSC Schedules
 P.O. Box 2572
 Middletown, CT 06457

www.ctna.org