

MEETING LEGEND

12=12 Steps; **1,2,3**= Steps 1, 2, and 3; **BT**= Basic Text; **CN**= Candlelight; **C**= Closed; **CF**= Child-Friendly; **D**= Discussion; **H+W**= It Works How and Why; **J**= Just for Today; **L**= Literature; **LC**= Living Clean; **M**= Men's Meeting; **O**= Open; **S**= Speaker; **T**= Traditions; **WC**= Wheel Chair Access; **WM**= Women's Meeting

SUNDAY

Time to Get Real **10:00 AM**
Salvation Army Centre of Hope (Chapel)
281 Wellington St, **London**
D/L/O/WC

Living, Laughing, Learning **11:00 AM**
River City Centre
260 Mitton St, North, **Sarnia**
C/D

Recovery Lounge **7:00 PM**
Knollwood Baptist Church
800 Cheapside Street, **London**
BT/LC/D/O/S

Women Embracing Recovery **7:00 PM**
River City Centre
260 Mitton St, North, **Sarnia**

Straight Talk **8:00 PM**
Cathedral Church of St. Paul
472 Richmond Street, **London**
C/D/L/WC

Serenity Seekers **8:00 PM**
St. Paul's Anglican Church
9 Douro Street, **Stratford**
BT/C/D

MONDAY

Time to Get Real **10:00 AM**
Salvation Army Centre of Hope (Chapel)
281 Wellington St, **London**
D/L/O/WC

New Horizons **6:00 PM**
The Church of the Epiphany (Front Entrance)
560 Dundas Street, **Woodstock**
12/CN/J/L/O/S

Basic Text Study **7:00 PM**
River City Centre
260 Mitton Street, North, **Sarnia**
BT/C/D (O/S-2nd Monday)

I Can't We Can **7:30 PM**
First Baptist Church
568 Richmond Street, **London**
12/1,2,3/BT/O/D/H+W/S/T

TUESDAY

New Horizons **7:00 PM**
The Church of the Epiphany (Front Entrance)
560 Dundas Street, **Woodstock**
12/CN/J/L/O/S

Just For Today **7:00 PM**
River City Centre
260 Mitton Street, North, **Sarnia**
C/D

Recovery Rocks **7:30 PM**
Mission Services
459 York Street, **London**
D/O/WC

Alive and Kicking **7:30 PM**
Wesley Knox United Church
91 Askin Street, **London**
12/BT/C/D/L/LC/T/WC

Whatever Works **8:00 PM**
Knox Presbyterian Church
9 Victoria Street, **Goderich**
BT/C/CN/D

WEDNESDAY

Freedom is a Choice **10:00 AM**
River City Centre
260 Mitton Street, North, **Sarnia**
O/D

Slowly Getting Better **7:00 PM**
River City Centre
260 Mitton Street, North, **Sarnia**
C/D

Stopping the Damage **7:00 PM**
Knox Presbyterian Church
142 Ontario Street, **Stratford**
C/D

Back to Basics **7:30 PM**
Wesley Knox United Church
91 Askin Street, **London**
CN/D/J/LC/O/WC

Recovery Happens **7:30 PM**
St Mary's Memorial Hospital, (In Basement)
267 Queen St, West, **St. Mary's**
C/BT/D

THURSDAY

Survivors Group **7:00 PM**
River City Centre
260 Mitton Street, North, **Sarnia**
C/D/L

Just For Today **7:30 PM**
All Saint's Anglican Church
249 Hamilton Road, **London**
O/CF/D/L

Whatever Works **8:00 PM**
Knox Presbyterian Church
9 Victoria Street, **Goderich**
BT/C/CN/D (O/S last Thursday)

Serenity Seekers **8:00 PM**
St. Paul's Anglican Church
9 Douro Street, **Stratford**
BT/C/D

New Horizons **8:30 PM**
The Church of the Epiphany (Front Entrance)
560 Dundas Street, **Woodstock**
12/CN/J/L/O/S

FRIDAY

How It Works **7:00 PM**
St. Paul's Presbyterian Church
56 Thames Street, South, **Ingersoll**
CF/O/L/WC/ (S- last Friday)

Alive & Kicking **7:00 PM**
St. Luke's United Church
350 Indian Rd, South, (At Wellington), **Sarnia**
D/O/WC (S-3rd Friday except in May)

Living Clean **7:00 PM**
Salvation Army Centre of Hope (Chapel)
281 Wellington St, **London**
D/LC/O

FRIDAY (Continued)

She Will Recover **7:00 PM**
Cornerstone Room, 4th Floor
332 Richmond Street, (At York), **London**
WM

Mindful Recovery **7:00 PM**
Christ Anglican Church (In Basement except 3rd
Friday of each month is upstairs)
414 Oil St, **Petrolia**
O/LC

Recovery Happens **7:30 PM**
St. Mary's Memorial Hospital (Basement Meeting
Room)
267 Queen St, West, **St. Mary's**
C/BT/WC

Walking in Recovery **7:30 PM**
Centre Street Baptist Church
160 Centre Street, **St. Thomas**
D/O (12- 1st, S-5th Friday)

Hope and Freedom **8:00 PM**
Exeter United Church (Rear Entrance)
42 James Street, South, **Exeter**
C/D/WC

Grateful Group **8:00 PM**
All Saint's Anglican Church
249 Hamilton Road, **London**
C/D/WC

SATURDAY

Time to Get Real **1:30 PM**
Salvation Army Centre of Hope (Chapel)
281 Wellington St, **London**
D/L/O/WC

Living, Laughing, Learning **7:00 PM**
River City Centre
260 Mitton St, North, **Sarnia**
C/D

Steps to Freedom **7:00 PM**
All Saint's Anglican Church
249 Hamilton Road, **London**
12/C/D/L

Stopping the Damage **7:00 PM**
Knox Presbyterian Church
142 Ontario Street, **Stratford**
C/D

New Horizons **7:00 PM**
The Church of the Epiphany (Front Entrance)
560 Dundas Street, **Woodstock**
12/CN/J/L/O/S

Out of the Darkness **8:00 PM**
St. Andrews Church
152 Albert Street, **Strathroy**
C/D/WC

"Narcotics Anonymous is a group of recovering addicts who live without the use of drugs. It cost nothing to be a member. The only requirement for membership is a desire to stop using. "

"Our 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. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers, because that is all we have to give. You don't have to be clean (drug free) when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdoes or a jail sentence to get help from NA, nor is addiction a hopeless condition from which there is no recovery. It is possible to overcome the desire to use drugs."

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.

PHONE NUMBERS

DRUG PROBLEM

WE CAN HELP!



**GREATER LONDON AREA
OF NARCOTICS
ANONYMOUS MEETING
LIST**

**(Includes Exeter, Goderich, Ingersoll,
London, Petrolia, Sarnia, Stratford,
Strathroy, St. Thomas, St. Mary's and
Woodstock)**

Visit us at www.glana.ca

**Call toll-free
1-888-811-3887**

October 2017

**To Request updates to the meeting list
please email the Public Information
Subcommittee at Pi@glana.ca**