

**The Sudbury Area Sub-Committees and The Sudbury Area Service Committee Meet on the last Saturday of the month at Grace Family Church in the basement- 426 Burton Avenue, Sudbury. All Welcome.**

**10:00am- Activities: (Downstairs)**

**10:00am- Speaker Jam: (Downstairs)**

**11:00am- Public Relations : (Downstairs)**

**12:00pm- Literature: (Downstairs)**

**12:00pm- Campout : (Downstairs)**

**1:15pm - Area Service Committee Meeting: (Downstairs)**

**To find out more information or/and contact any of our Sub Committees or Area trusted servants please feel free to go to [www.sudburyareana.com](http://www.sudburyareana.com) and click on "Contact Us" on the left side of page, there you will be redirected to where you can send an email and someone will get back to you.**

### Who We Are

Anyone who wants to stop using drugs may become a member of Narcotics Anonymous. (NA).

Membership is not limited to addicts using any particular drug. Those that feel they may have a problem with drugs, legal or illegal including alcohol, are welcome in NA. Recovery in NA focuses on the problem of addiction, not any particular drug.

### What We Are

Narcotics Anonymous is a non-profit, international, community-based organization for recovering addicts.

Narcotics Anonymous members learn from one another how to live drug free and recover from the effects of addiction in their lives.

### Where We Are

Most NA meetings are regularly held at the same time and place each week, usually in a public place.

NA meetings are formally structured. The function of the meeting is always the same, to provide a suitable and reliable environment for recovery.

### 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.

Meetings vary widely in format. Some formats are: participation, speaker, question and answer, topic discussion, and some have a combination of these formats. The function of any meeting is always the same: to provide a suitable and reliable environment for personal recovery.

There are two basic types of meetings, those which are open to the public, and those which are closed to the public (for addicts only).

## **Sudbury Area Of Narcotics Anonymous Meeting List**

**October 2020**

**1-888-811-3887**

Please visit: [www.sudburyareana.com](http://www.sudburyareana.com)

Email [pr@sudburyareana.com](mailto:pr@sudburyareana.com)



## LEGEND

**OLCS– Open Living Clean  
The Journey Continues  
Study**

**OD- Open Discussion**

**CD- Closed Discussion**

**Q&A- Question and Answer**

**CSG– Closed Step Guide**

**CBT- Closed Basic Text  
Study**

**OBT– Open Basic Text Study**

**OTD- Open Topic Discussion**

**OIWH&WS– Open Discus-  
sion/It Works How & Why  
Study**

**ODGPS– Open Discussion  
The Guiding Principles Study**

**OJFT– Open Just For Today**

### Monday

Guiding Principles of NA Group

Tree Of Life North

1375 Regent Street South Unit 2B, Sudbury

7:45pm ODGPS– \*\*During Covid19 only this will be a Steps  
and Traditions Format\*\*

### Monday

Circle Of Friends Group

Valleyview Community Church

2891 Martin Road, Blezard Valley

7:30pm OBT

### Tuesday

Espanola Northern Lights Group

Espanola United Church

137 Sheppard Street, Espanola

7:30PM OTD

### Tuesday

Pathway To Peace Group

St. James In The Valley United Church

4510 Tate Blvd, Val Therese

7:30pm OLCS

### Wednesday

Step Ahead Group

Tree Of Life North

1375 Regent Street South Unit 2B, Sudbury

7:30pm CSG—Closed due to Covid 19

### Thursday

The Basic Blues Group

Sudbury Mental Health

336 Pine Street, Sudbury (Back)

7:30pm Q&A CD—Closed due to Covid 19

### Friday

Freedom Group

Sudbury Action Centre For Youth

95 Pine Street, Sudbury

8:00pm OIWH&W S -Closed due to Covid 19

### Friday

Espanola Northern Lights Group

Espanola United Church

137 Sheppard Street, Espanola

7:00PM OTD

### Saturday

Saturday Night Alive Group

Sudbury Mental Health

336 Pine Street, Sudbury (Back)

7:30pm OTD- Closed due to Covid 19

### Saturday

Espanola Northern Lights Group

Espanola United Church

137 Sheppard Street, Espanola

7:30PM OIWH&W

### Sunday

Just For Tonight Group

Ukrainian National Federation

130 Froot Road, Sudbury

7:00pm OJFT

## Get Phone Numbers

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“We never have to use again, Just for today!!!”

“Keep Coming Back you are worth it!!!”

“Welcome, you need not be alone !!!”