

**Sunday****11 - Feelings Group of NA**, 285 Clarissa St., Rochester, NY, 14608 (**D**)  
**12:30 PM****11 - The Message of Hope**, 1425 Portland Ave, Rochester, NY, 14621 (**D**)  
**12:30 PM****5:30 - Couch Potatoes in Recovery**, Community Center, 1200 South Winton Rd, Rochester, NY, 14618 (**O, D**)  
**6:30 PM****6 - Basically Speaking**, 350 Chili Ave, Rochester, NY, 14611 (**D, SD, WC**)  
**7:30 PM****7:30 - Recovery and Relapse**, 415 South Ave, Rochester, NY (**D, IP, St**)  
**9 PM****7:30 - Step in the Right Direction**, 1275 Spencerport Rd, Rochester, NY, 14606 (**C**)  
**9 PM****Monday****NOON - The Courage to Change**, 285 Clarissa St., Rochester, NY, 14608 (**BT, D**)  
**1:30 PM****NOON - The Not Yet Group**, 13 Vienna Street, Rochester, NY, 14605 (**)**  
**1:30 PM****1 - Doing the Right Thing**, 55 Ontario St, Rochester, NY, 14605 (**)**  
**2:30 PM****6 - Page 18**, 70 Liberty Pole Way, Rochester, NY, 14604 (**)**  
**7:30 PM****6:30 - Spiritual Change**, 441 Parsells Ave (corner of Greeley), Rochester, NY, 14609 (**)**  
**8 PM****6:45 - Gates to Recovery**, 4195 Lyell Rd, Rochester, NY, 14606 (**)**  
**7:45 PM****7 - A Better Way To Live**, 6 W Court St., Warsaw, NY, 14569 (**O**)  
**8:30 PM****7 - All in the Family**, 17 S. Fitzhugh St., Rochester, NY, 14614 (**)**  
**8:30 PM****7 - Talking Heads**, 350 Chili Ave, Rochester, NY, 14611 (**)**  
**8:30 PM****7:30 - Eye of the Hurricane**, 1008 Main St., East Rochester, NY, 14445 (**D**)  
**8:30 PM****Tuesday****NOON - The Courage to Change**, 285 Clarissa St., Rochester, NY, 14608 (**)**  
**1:30 PM****NOON - The Not Yet Group**, 13 Vienna Street, Rochester, NY, 14605 (**)**  
**1:30 PM****1:30 - Carrying the Message**, 1443 East Main St., Rochester, NY, 14609 (**C**)  
**3 PM****6 - Aids and Recovery**, 1124 Culver Rd., Rochester, NY, 14609 (**D, WC, AB**)  
**7:30 PM****6:45 - Speakers & Stories**, 4195 Lyell Rd, Rochester, NY, 14606 (**BT, So**)  
**8:15 PM****7 - Experience Strength and Hope**, Back Entrance, 149 Brooks Ave, Rochester, NY, 14619 (**)**  
**8:30 PM****7 - Honest Open-Minded and Willing**, 70 Liberty Pole Way, Rochester, NY, 14604 (**D**)  
**8:30 PM****7 - Recovery Starts Here**, 25 Franklin St., Dansville, NY, 14437 (**)**  
**8:30 PM****Wednesday****NOON - The Courage to Change**, 285 Clarissa St., Rochester, NY, 14608 (**BT, D**)  
**1:30 PM****NOON - The Not Yet Group**, 13 Vienna Street, Rochester, NY, 14605 (**)**  
**1:30 PM****1 - Doing the Right Thing**, 55 Ontario St, Rochester, NY, 14605 (**)**  
**2:30 PM****1:30 - Carrying the Message**, 1443 East Main St., Rochester, NY, 14609 (**C**)  
**3 PM****6:30 - Just Say No**, 350 Chili Ave, Rochester, NY, 14611 (**)**  
**8 PM****6:30 - Principles Before Personalities**, 79 North Clinton Ave., Rochester, NY, 14604 (**)**  
**8 PM****7 - 9 B There or B Square**, 111 Chestnut St., Rochester, NY, 14604 (**D, IP, JT, SD, St, Tr**)  
**PM****7:30 - Meeting From Another Planet**, 220 South Winton Rd., Rochester, NY, 14610 (**)**  
**9 PM****Thursday****NOON - The Courage to Change**, 285 Clarissa St., Rochester, NY, 14608 (**BT, D**)  
**1:30 PM****Thursday (cont)****NOON - The Not Yet Group**, 13 Vienna Street, Rochester, NY, 14605 (**)**  
**1:30 PM****7 - Keys to Recovery**, 1049 Wegman Rd, Rochester, NY, 14624 (**)**  
**8:30 PM****7 - NA Speaker Meeting**, 1410 Clifford Ave, Rochester, NY, 14621 (**SD**)  
**8:30 PM****7 - Unity Through Traditions and Steps**, 431 W. Main St., Rochester, NY, 14608 (**D, IP, WC**)  
**8:30 PM****7:30 - Back to Brockport**, 14 State St., Brockport, NY, 14420 (**IP, SD, St, AB**)  
**8:30 PM****7:30 - Reclaiming Life**, 529 E. Main St., Batavia, NY, 14020 (**D, SD, St, QA**)  
**9 PM****7:30 - Rosedale Group**, 243 Rosedale St., Rochester, NY, 14620 (**)**  
**9 PM****Friday****9 - We Do Recover**, 33 Chestnut St., Rochester, NY, 14604 (**SD**)  
**10:30 AM****NOON - The Courage to Change**, 285 Clarissa St., Rochester, NY, 14608 (**BT, D**)  
**1:30 PM****NOON - The Not Yet Group**, 13 Vienna Street, Rochester, NY, 14605 (**)**  
**1:30 PM****1 - 2 Doing the Right Thing**, 55 Ontario St, Rochester, NY, 14605 (**)**  
**PM****7 - I Just Don't Know**, 30 Amity St., Spencerport, NY, 14559 (**)**  
**8:30 PM****7 - Tired of Running**, 70 Liberty Pole Way, Rochester, NY, 14604 (**O, BT, D, Rr, SD**)  
**8:30 PM****Saturday****10 - Phenomenal Women**, 431 West Main St., Rochester, NY, 14608 (**O, D, SD, St, Tr**)  
**11:30 AM****10 - Who's An Addict**, 1443 E. Main St., Rochester, NY, 14609 (**BT, D, SD, Tr**)  
**11:30 AM****Saturday (cont)****11 - A Step Forward**, 2 Riverside St., Rochester, NY, 14613 (**)**  
**12:30 PM****11 - The Breakfast Club**, 243 Rosedale St., Rochester, NY, 14620 (**)**  
**12:30 PM****1 - No Matter What**, 70 Liberty Pole Way, Rochester, NY, 14604 (**BT, St**)  
**2:30 PM****3 - I Can't, We Can**, 121 Driving Park Ave., Rochester, NY, 14613 (**O, IP, Rr, So**)  
**4:30 PM****4 - 5 Dawn of a New Reality**, 350 Chili Ave, Rochester, NY, 14607 (**D, SD, To**)  
**PM****6 - Ultimate Weapon**, 70 Liberty Pole Way, Rochester, NY, 14604 (**BT, SD, St, Tr**)  
**7:30 PM****7 - Saturday Night Live**, 441 Parsells Ave., Rochester, NY, 14609 (**BT, CL, D, St**)  
**8:30 PM****7:30 - Back to Brockport**, 14 State St., Brockport, NY, 14420 (**IP, SD, St, AB**)  
**8:30 PM****8 - The Journey Continues**, 1124 Culver Rd., Rochester, NY, 14609 (**)**  
**9:30 PM**

# Sub-Committee Meetings

## Public Relations

Includes meeting list, phone line, newsletter, and website.  
2nd and 4th Saturday each month 11:00 am-12:30 pm  
243 Rosedale St. (Room 2B)

## H & I

3rd Saturday of each month 1:00 pm-3:00 pm  
243 Rosedale St.(Fellowship Hall)

## Steering

2nd & 4th Saturday of each month 12:30 pm-2:00 pm  
243 Rosedale St. (Room 2B)

## Activities

1st & 3rd Saturday of each month 10:00-11:30 am  
243 Rosedale St. (Room 2B)

## RACNA 24

3rd Thursday of the month 7:30-9:00 pm  
243 Rosedale St. (Room 2B)

## Literature

2nd Sunday of each month 11:30 am-12:30 pm  
243 Rosedale St. (Room 2B)

## Rochester Area Service Committee

P.O. Box 40255, Rochester, NY 14604

## Officer Meeting

2nd Sunday of each month: 12:30 pm-2 pm  
243 Rosedale St. (Fellowship Hall)

## Area Meeting

2nd Sunday of each month: 2 pm - 5 pm  
243 Rosedale St. (Fellowship Hall)

**Buffalo.....716-878-2316**

**Finger Lakes.....877-266-3660**

**Syracuse.....315-472-5555**

**Triple Cities.....607-774-4907**

**Greater NYC**

**Service Office.....212-929-NANA**

### MEETING FORMAT LEGEND

AB	Ask-It-Basket	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	IP	Informational Pamphlet
JT	Just for Today	O	Open
QA	Question and Answer	Rr	Round Robin
SD	Speaker/Discussion	So	Speaker Only
St	Step	To	Topic
Tr	Tradition	WC	Wheelchair

### TRADITION NUMBER 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.”*

**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 with my recovery.

**Just For Today**, I will have a program and 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.

**PLEASE PICK UP THE PHONE BEFORE YOU PICK UP AND USE.**



## Narcotics Anonymous

Meeting Directory  
Rochester, New York

**August 2017 (c)**



**24 HOUR HELPLINE  
(585) 235-7889**

**Rochester Area Service Committee  
PO Box 40255  
Rochester, NY 14604**

<http://rochesterny-na.org> or  
<http://recoveryispossible.us>

Contact: [publicrelations@rochesterny-na.org](mailto:publicrelations@rochesterny-na.org) or  
[publicrelations@recoveryispossible.us](mailto:publicrelations@recoveryispossible.us)

**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**

**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.**

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