

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, 758 South Ave., Rochester, NY (**D, IP, St**)
9 PM

7:30 - Step in the Right Direction, 1275 Spencerport Rd, Rochester, NY, 14606 (**C**)
8:30 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 ()
2 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

Tuesday (cont)

NOON - The Not Yet Group, 13 Vienna Street, Rochester, NY, 14605 ()
1:30 PM

NOON - The Not Yet Group, 13 Vienna Street, Rochester, NY, 14605 ()
1:30 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

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

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

Thursday (cont)

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 - 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 - Serenity in 60 Minutes, 1049 Wegman Road, Rochester, NY, 14624 (**O, D**)
1 PM

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 ()
2 PM

2 - The Heartbeat of Recovery, 803 West Ave. Suite 196, Rochester, NY, 14611 (**O**)
3:30 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

7:30 - You're Never Alone, 48 Cameron Street, 14606 (**O**)
9 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

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

Saturday (cont)

1 - No Matter What, 70 Liberty Pole Way, Rochester, NY, 14604 (**BT, St**)
2:30 PM

3 - I Can't, We Can, 287 Flower City Park, Rochester, NY, 14615 (**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 25

2nd Saturday of the month 4:00-6:00 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 31845, 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 |
| 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.

**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.**



Narcotics Anonymous

Meeting Directory
Rochester, New York

October 2018 (nc)*

24 HOUR HELPLINE
(585) 235-7889

Rochester Area Service Committee
PO Box 31845
Rochester, NY 14604

https://rochesterny-na.org or
http://recoveryispossible.us
 Contact: publicrelations@rochesterny-na.org or
 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