

NARCOTICS ANONYMOUS MEETING LEGEND

BK - Basic Text Study	L - Literature
IWHW-It Works How & Why	W - Women's Group
JFT - Just For Today	Pn - Panel
C - Closed (For Addicts Only)	St - Step
B - Beginners	NS - Needs Support
P - Pamphlet	G/L - Gay/ Lesbian
M - Men's Group	TBS - Text hook study
O - Open	Hrl - Hearing Impaired
S - Speaker	GB - Grab Bag
Tr - Tradition	CC - Chairperson's Choice
T - Topic	SF - Smoke Free
D - Discussion	SGB - Speaker/ Grab Bag

Sunday

- Trenton- "Spiritual Awakening"
26 West Hanover Pl
Cathedral Square
9:00a.m to 11:00a.m (C, St, Guide Meeting)
- Trenton- "Convention Committee Meeting"
Every First Sunday
Bethany Presbyterian Church
Hamilton & Chestnut Ave
1:30pm
- Ewing- "H&I Meeting"
Rescue Mission
98 Carrol St.
Every Second (2nd) Sunday 4 :30 pm
- Trenton- "Learning to Love Women's Group of NA"
Bethany Presbyterian Church
Hamilton & Chestnut Avenues
3:00p.m. to 4:30p.m. (W) (O,GB/StD)
- Trenton- "The Twilight Zone Group of NA"
St. Michael's Church
140 North Warren St.
Downtown Trenton, NJ 08609
7:00-8:30 p.m. (Non Smoking)
Entrance and Parking in Rear

Monday

- Trenton- "Early Morning Risers" (NS)
Ujima Center
1001 Pennington Avenue
(enter off Parkway Ave in the back)
9:00 a.m. (OSTD)
- Trenton - "Midday Miracles" (NS)
Friendship Baptist Church
111 Perry Street
11:30a.m. -1:00pm
- Trenton - "New Way of Life"
30 Wayne Ave Baptist Church
5:30p.m. - 7:00p.m. (PD, BK)
- Trenton - "Sign of the Time"
110 Prospect Street
In the Community Room of Prospect Village
6:00p.m.- 7:30p.m. (St, IWHW)

- Trenton - "Trenton Group of NA"
Jerusalem Baptist Church
150 North Clinton Avenue
Trenton, NJ
7:30p.m.- 9:00p.m. (BK/SD)
- Trenton - "We Choose to Live Group of NA"
Chestnut and Hamilton Ave
7:00 pm - 8:30 pm

Tuesday

- Trenton - "Early Morning Recovery" (NS)
50 Escher Street (Basement)
8:30a.m - 10:00a.m (BT/OD)
- Trenton - "Midday Miracles" (NS)
Friendship Baptist Church
111 Perry Street
11:30am - 1:00pm
- Trenton - "Hope Without Dope"
Lincoln Homes Community Hall
Old Rose Street
6:30p.m. -8:00pm (OTPD)
- Trenton - "Bottom Line Group"
The Rescue Mission
98 Carrol Street
7:30pm -9:00pm (T,P,D)
- Ewing- "Fresh Start" (NS)
Presbyterian Church
100 Scotch Rd.
8:00pm -9:30pm (OSD)
- Princeton- "Enough is Enough"
24 Club of Princeton
Rt. 206 E. of Rt. 518
8:00pm-9:30pm (St)
(Entrance in rear of building- next to Goodyear)

Wednesday

- Trenton - "Early Morning Riser" (NS)
Ujima Center, 1001 Pennington Avenue
(enter off Parkway Ave in the back)
9:00a.m- 10:30a.m/ (O,S,D/N,T,S)
- Trenton - "Stop & Surrender" (NS)
Kingsbury Square- Market Street
E. Tower - Community Room
11:30a.m - 1:00p.m. (P,O,D)
- Trenton - "New Way of Life"
30 Wayne Ave Baptist Church
5:30p.m. - 7:00p.m. (B, St)
- Trenton - "Sign Of The Time"
110 Prospect Street
In the Community Room of Prospect Village
6:00p.m. - 7:30p.m. (Tr, IWHW)
- Hamilton - "Miracle of Change" (NS)
John O Wilson Center, 169 Wilfred Ave
Hamilton, NJ 08610
7:00p.m - 8:30p.m. (BSU/IWHW)
- Trenton - "The Only Requirement"
50 Escher Street (Basement)
8:00p.m. - 9:30p.m (TDOS)
- Trenton - "The Web Committee"
540 East State Street
Every third Wednesday 6:00pm - 7:30pm

Thursday

- Trenton - "Midday Miracles" (NS)
Friendship Baptist Church
111 Perry Street
11:30am - 1:00 pm (O,B,K)
- Trenton - "Open Book, Open Mind"
440 MLK Blvd
In the Basement of Galilee Baptist Church
5:30-7:30p.m.
- Trenton - "One Step at a Time"
50 Escher Street (Basement)
7:00p.m.- 8:30p.m (SLO,D)
- Hightstown - "Hightstown Group of NA" (NS)
First Presbyterian Church of Hightstown
Main Street
8:00p.m.- 9:30p. m. (L,D)

Friday

- Trenton - "Midday Miracles" (NS)
Friendship Baptist Church
111 Perry Street
11:30a.m. (O)
- Trenton - "New Way of Life" (NS)
30 Wayne Ave Baptist Church
5:30p.m.-7:00p.m. (OSD)
- Trenton - "Sign Of The Time"
Donnelly Homes Community Center
Enter on Southard Street
6:00p.m.-7:30p.m. (OBKTD)
- Trenton - "One Disease One Program"
Candlelight Meeting
50 Escher Street (Basement)
7:00p.m.-8:30p.m. (BKD)
- Bordentown- "Bordentown Group of N.A."
Divine Word Missionaries
101 Park Street.
7:30p.m.-8:30p.m.(C/M/NS)
(Rotating Format)
- Trenton - " Lifeline Group"
601 N. Clinton Avenue
8:30p.m. - 10:00p.m (IWHW) (St 1-12)

Saturday

- Trenton - "Early Morning Recovery" (NS)
50 Escher Street (Basement)
8:30a.m - 10:00a.m (BT/OD)
- Trenton - "Stop & Surrender"
1 Kingsbury Square - Market Street
West tower Community Room
11:30a.m. - 1:00p.m (O/St/S/T/D)
- Trenton - "Capital Area Activities Committee"
Bethany Presbyterian Church
Hamilton & Chestnut Aves.
1st Saturday of the Month
2:00p.m.-3:30p.m. (O/Business)
- Trenton - "Stepping Into Recovery" (NS)
Rescue Mission (Multi-Purpose Room)
98 Carrol St.
5:30p.m.-7:00p.m. (M,O,S,TD)

- Trenton - "How Are You Living"
Shiloh Baptist Church
Lower Auditorium or Library
Calhoun Street & Belvidere Street
6:00p.m.-7:30p.m. (T,D,O)
- Trenton - "Do or Die"
917 S. Broad Street
7:30p.m.-9:00p.m. (S)
- Trenton - "Saturday Night Alive"
Bethany Presbyterian Church
Hamilton and Chestnut
9:00-10:30p.m. (O,S,D,T)
- Hamilton - "A Path to Freedom of NA"
Lexington Square
2117 Rt. 33
7:00 pm - 8:00 pm (Newcomers Meeting Closed)



**AN ADDICT ALONE IS IN
BAD COMPANY**

PHONE NUMBERS

If you are interested in becoming involved in any of the following subcommittees, please contact the appropriate chairpersons:

- CHAIRPERSON: Dennis M - (973) 493-3185
- VICE CHAIRPERSON: Open
- OUTREACH: Open
- PUBLIC INFORMATION: Heather K - (609) 858-8791
- HOSP. & INSTITUTIONS: Open
- ACTIVITIES: Dora - (609) 977-1542
- CONVENTION CHAIR: Kevin A - (609-954-6389
- POLICY CHAIR: JoAnn - (609) 510-7152
- RCM: Mike L - (609) 516-0495
- WEBSITE CHAIRPERSON: Marie - (609) 635-1311
- RECOVERY WEEKEND: Open

Area service meets the 2nd Sunday of every month.
Contact the Chairperson for more information.

SUGGESTIONS

- Get and use a sponsor
- Make 90 Meetings and 90 Days
- Get a Homegroup
- Don't Use and Go to Meetings
- Use the Phone
- Come Early and Stay Late
- Avoid People, Places and Things
- Keep Coming Back !!!

**WHAT IS THE NARCOTICS
ANONYMOUS PROGRAM**

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organization, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meeting regularly stay clean.

THE TWELVE STEPS OF N.A.

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 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 that 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 short comings.
8. We made a list of all persons we had harmed, and become 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 the 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.

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.



**NARCOTICS
ANONYMOUS**

**CAPITAL AREA
MEETING LIST**

FALL / WINTER 2011

***THAT NO ADDICT SEEKING
RECOVERY NEED EVER DIE
FROM THE HORRORS
OF ADDICTION***

**CAPITAL AREA SERVICE
P.O BOX 649
TRENTON, NJ 08607**

**NEW JERSEY
STATEWIDE HELPLINE
1-732-933-0462**

**The sick and suffering addict
can still reach the hotline at:
1-800-992-0401**

**www.capitalareaofna.org
www.nanj.org**