

SUNDAY

5:00PM 1HR **Richardson Sunday afternoon**, Richardson Community House, 33 Pritchard Circuit, Canberra, ACT, 2905 (D)

MONDAY

7:30PM 1HR **Civic Monday Beginners**, Salvation Army Church, 1 Elder Street, Canberra, ACT, 2612 (O,B,D,St)

TUESDAY

12:30PM 1HR **Civic Tue Daily Meditation Reading**, Pilgrim House, Uniting Church, Corner of Rudd Street, 69 Northbourne Avenue, Canberra, ACT, 2600 (D)
Corner of Northbourne Ave and Rudd St

6:00PM 1HR **Civic Tue Womens, open to Any addict**, Griffin Centre, Level 1 Room 6 (turn right when getting out of lift), 20 Genge Street, Canberra, ACT, 2601 (D,W)

7:00PM 1HR **Canberra Tuesday Men's Meeting**, Salvation Army Building, Upstairs, Corner Anketell and Reed Streets, ACT, 2900 (O,BT,M)

WEDNESDAY

5:30PM 1HR **Meditation Meeting**, Saint John's Church, Now in the big hall downstairs, 45 Constitution Avenue, Reid, ACT, 2612 (O,D)

THURSDAY

7:00PM 1HR **Thursday Night NA**, The Salvation Army Hall, In the large hall, 1 Elder Street, Canberra, ACT, 2612 (O,D,JT,WC)

FRIDAY

7:30PM 1HR **Ainslie Fri ID/Birthday**, Corroboree Park - Function Room, Weatherboard Hall, Patterson Street, Ainslie, ACT, 2602 (D)

SATURDAY

5:30PM 1HR **Civic Saturday**, Salvation Army Church Hall, 1 Elder Street, Braddon, ACT, 2612 (O,LC)

MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
D	Discussion	JT	Just for Today
LC	Living Clean	M	Men
O	Open	St	Step
W	Women	WC	Wheelchair

ONLINE MEETINGS

If you live in a regional area or can't attend a meeting in person, meetings are available online or by phone. Online meeting times and details:
www.na.org.au/multi/online-meetings

PHONE NUMBERS

CANBERRA/A.C.T. AREA

OCTOBER 2022

National Helpline and Meetings Search
1300 652 820
0488 811 247

<http://na.org.au>

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.

Basic Text, page 65

Meetings Weekly: 9