SUNDAY

2:00PM 1.5HR Kempsey Sunday, Parish Hall, Behind Catholic Church opp. train station, 1 Marsh Street, Corner of Kemp Street, West Kempsey, NSW, 2440,

5:00PM 1.5HR Coffs Harbour Sun Just For Today, United Church, Corner of Vernon Street and Gordon Street, Coffs Harbour, NSW, 2450, **(D)**

MONDAY

6:30PM 1.5HR Urunga JFT, Urunga Neighbourhood Centre, 34 Bonville Street, Urunga, NSW, 2455, **(O,JT,WC)**

7:30PM 1HR Online Coffs Women's Monday, Online, Coffs Harbour, NSW, *https://us02web.zoom.us/j/84418803958* **(D,W,VM)**

WEDNESDAY

6:30PM 1HR Woolgoolga Living Clean, CWA, Next to Diggers RSL, 21 Beach Street, Woolgoolga, NSW, 2456, *https://us02web.zoom.us/j/82276166514* **(O,B,D)**

THURSDAY

6:00PM 1HR Thursday Night Steps, Uniting Church Hall, 21 Gordon Street, Coffs Harbour, NSW, 2450, **(D,WC)**

7:30PM 1HR Online Coffs Women's Thursday, Online, Coffs Harbour, NSW, *https://us02web.zoom.us/j/83637142977* **(D,W,VM)**

FRIDAY

7:00PM 1HR Coffs Harbour Mens Just For Today, Uniting Church Hall, 21 Gordon Street, Coffs Harbour, NSW, 2450, **(O,M,St,WC)**

SATURDAY

4:00PM 1.5HR Bellingen Sat Literature, Uniting Church (Front hall), Corner of Waterfall Way and Ford Street, 28 Hyde Street, Bellingen, NSW, 2454, **(O,D)**

6:00PM 2.5HR Inverell Saturday, Scouts Hall, Front door, 19 GlennInnes road, Inverell, NSW, 2360, **(O,JT,WC,LC)**

MEETING FORMAT LEGEND			
B	Beginners	D	Discussion
JT	Just for Today	LC	Living Clean
M	Men	O	Open
St	Step	VM	Virtual Meeting
W	Women	WC	Wheelchair

PHONE NUMBERS

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*

NSW COFFS KEMPSEY

OCTOBER 2022

**National NA Phone Line
1300 652 820
0488 811 247**

https://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

Meetings Weekly: 10