

SUNDAY**Newcastle and Hunter Valley Area**

10:30A	1.5HR	Sunday Spiritual Concepts , Maycare Community Centre, 88 Hanbury Street, Mayfield, NSW, 2304 (O,JT)
4:30PM	1.5HR	Sunday Living Clean , Maycare Community Centre, 88 Hanbury Street, Mayfield, NSW, 2304 (O,D,LC)
5:30PM	1HR	Kurri Kurri Sunday , Kurri Kurri senior citizens hall, 132 Barton st, Kurri kurri, NSW, 2327 (O,LC)

NSW Central Coast Area

8:00AM	1HR	Kincumber Sun , Neighbourhood Centre, 20-22 Kincumber Street, Kincumber, NSW, 2251 (O,JT)
12:30P	1.5HR	Online Meeting - Gosford Central Coast Lunchtime , Online, Central Coast on Zoom, Gosford, 2250 (O,JT,VM)
6:00PM	1HR	Terrigal , Rotary Hall, access via Crestside Close, Duffys Road, Terrigal, 2260 (O,CS,WC)
6:30PM	1HR	Tuggerah NA Basic Text Topic Meeting , Tuggerah Community Hall, 9 Anzac Road, Tuggerah, NSW, 2259 (BT)

NSW Coffs Kempsey

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)

NSW Far North Coast Area

10:00A	1HR	We Do Recover , Youth Activity Centre, 1 Gilmore Crescent, Byron Bay, NSW, 2481 (O)
11:30A	1HR	Ballina Sun ID , Saint Marys Anglican Church Hall, Norton Street, Ballina, NSW, 2478 (D)
3:00PM	1.5HR	Nimbin Sunday , Back room Environment Centre, 54 Cullen Street, Nimbin, NSW, 2480 (O,D,WC)
4:00PM	1.5HR	Steps & Traditions Study , CWA Hall, Corner Duke & Pound Streets, Grafton, NSW, 2460 (O,BT,D,St)
5:00PM	1HR	Suffolk Park Steps and Traditions , Suffolk Park Community Hall, 160/162 Alcorn Street, Suffolk Park, NSW, 2481 (O,St,WC)

MONDAY**Newcastle and Hunter Valley Area**

5:30PM	1.5HR	Hamilton Mon - Steps , Salvation Army Hall, 67 Cleary Street, Hamilton, NSW, 2303 (O,D,St,WC)
6:00PM	1HR	Wheel of Freedom , Uniting Church, 118 The Boulevard, Toronto, NSW, 2283 (O,B)

NSW Central Coast Area

12:30P	1.5HR	Online Meeting - Gosford Central Coast Lunchtime , Online, Central Coast on Zoom, Gosford, 2250 (O,JT,VM)
7:00PM	1HR	Green Point Mon , Green Point Community Centre, 96 Koolang Road, Green Point, NSW, 2251 (D,JT,WC)
7:00PM	1HR	Wyong Monday , Wyong Uniting Church hall, corner of Bakers Lane, 19 Rankens Court, Wyong, NSW, 2259 (O,JT,WC)

NSW Coffs Kempsey

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, (D,W,VM)

NSW Far North Coast Area

9:30AM	1.5HR	Lismore Topic Meeting , Scout Hall, Please don't park in front of Council's metal gates., 188 Magellan St (near cnr Brewster St), East Lismore, NSW, 2480 (O,CS,WC)
12:30P	1HR	Hour of hope , Presbyterian Hall, 13 Ruskin Street, Byron Bay, NSW, 2481
6:30PM	1HR	Monday Murwillumbah , Safe Haven Community Hub, Corner Murwillumbah and Queen Streets, Shop 10-12/41-45 Murwillumbah Street, Murwillumbah, NSW, 2484 (O,JT)

MONDAY (CONT)

6:30PM	1HR	Monday Night Surf Club , Surf Club, back of Surf Club, beach side, up stairs, little room. Open floor meeting reading from a random passage from JFT, Bay Street, Byron Bay, NSW, 2481 (B,JT,St)
7:00PM	1.5HR	Bangalow Mon ID/Speaker , Church Hall, Ashton Street, Bangalow, NSW, 2476 (O,SD)

NSW Mid North Coast Port Macquarie Area

7:00PM	1.5HR	Port Macquarie Mon - Gratitude , Methodist Church, Next to KFC, 144 Horton Street, Port Macquarie, NSW, 2444 (D)
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TUESDAY**Newcastle and Hunter Valley Area**

5:30PM	1.5HR	Muswellbrook Tue , Brookside Center, 77 Sydney Street, Muswellbrook, NSW, 2333 (D)
6:00PM	1HR	Newcastle Just For Today , Soul Cafe, 2/49 Hunter Street, Newcastle, NSW, 2300 (O,D,JT,WC)
6:30PM	1.5HR	It Works How and Why , Raymond Terrace Community Church, 10 Richardson Road, Raymond Terrace, NSW, 2324 (O,B,D,WC)

NSW Central Coast Area

12:30P	1.5HR	Online Meeting - Gosford Central Coast Lunchtime , Online, Central Coast on Zoom, Gosford, 2250 (O,JT,VM)
6:00PM	1.5HR	Morisset Topic , Baptist Church Morisset, Walk through the church, Corner of Fishery Point Road and Pulbah Street, Morisset, NSW, 2264 (O,B,WC)
7:30PM	1HR	Woy Woy - Umina Beginners , Peninsula Community Centre, 93 McMasters Road, Woy Woy, NSW, 2256 (O,B,WC)

NSW Far North Coast Area

NOON	1HR	Byron Bay Tue , Presbyterian Church, 13 Ruskin Street, Byron Bay, QLD, 2481 (O,B)
6:30PM	1HR	Byron Bay Tue Womens , Uniting Church, enter and park Carlyle Street, Carlyle Street, Byron Bay, NSW, 2481 (D,W,WC,HY)
6:30PM	1.5HR	Grafton Tuesday , CWA Hall, Corner Duke & Pound Streets, Grafton, NSW, 2460 (O,B)
6:30PM	1HR	True Colours LGBTIQI Meeting , Byron Community Cabin, 35 Carlyle Street, Byron Bay, NSW, 2481 (O,LGBTQI,JT,WC,HY)
7:00PM	1.5HR	Byron Bay Tuesday Mens Topic , Presbyterian Church Hall, Corner of Lawson Street, behind library, 13 Ruskin Street, Byron Bay, NSW, 2481 (D,JT,M,WC)
7:00PM	1.5HR	Lismore Tue Mens , Southern Cross University, Z block - room Z182 (Entry along Rifle Range Rd), Rifle Range Road, Lismore, NSW, 2480 (C,B,CS,D,JT,M)

WEDNESDAY**Newcastle and Hunter Valley Area**

6:30PM	1HR	Windale Primary Purpose , BaptistCare Community Centre, 1/124 South Street, Windale, NSW, 2297 (O,B,SD,WC)
7:00PM	1.5HR	Mayfield mystery topic meeting , Baptist care, 88 hanbury street, Mayfield, NSW, 2304 (O)
7:00PM	1.5HR	Singleton Wednesday , Salvation Army Hall, 4 York St, Singleton, NSW, 2330 (O,JT,SG,LC)

NSW Central Coast Area

12:30P	1.5HR	Online Meeting - Gosford Central Coast Lunchtime , Online, Central Coast on Zoom, Gosford, 2250 (O,JT,VM)
7:30PM	1.5HR	Wyoming Wednesday , Anglican Community Centre, next to church, 4 Ronald Avenue, Wyoming, NSW, 2250 (O,JT)

NSW Coffs Kempsey

6:30PM	1HR	Woolgoolga Living Clean , CWA, Next to Diggers RSL, 21 Beach Street, Woolgoolga, NSW, 2456 (O,B,D)
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NSW Far North Coast Area

NOON	1HR	Byron Bay Wed - Freedom Group , Presbyterian Hall, Hall behing Church, 13 Ruskin Street, Byron Bay, NSW, 2481 (O,BT,JT,LC)
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WEDNESDAY (CONT)

5:00PM	1.5HR	Living Clean , Riverlands Drug & Alcohol Centre, Corner of Hunter & Uralba St, enter via Carpark, 75 Hunter St reet, Lismore, NSW, 2480 (O,JT,LC)
5:30PM	1HR	Brunswick Heads , Brunswick Valley Community Centre, Entrance to meeting is at rear of building down driveway on right-hand side. Covid capacity 25., 42 South Beach Road, Brunswick Heads, NSW, 2483 (D)
5:30PM	1.5HR	Lismore Wednesday Online , Lismore, NSW (VM)
7:00PM	1HR	Granite Belt Group , Baptist Church, Access through back entry of the church. Meeting room directly to the right once inside the chapel, Corner Hillcrest & Railway Streets, Stanthorpe, QLD, 4380 (O,B,D,St)
7:30PM	1HR	Byron Bay Wed Meditation Meeting , Byron Surf Life Saving Club, Main Beach, Bay Street, Byron Bay, NSW, 2481 (O,D,JT)

NSW Mid North Coast Port Macquarie Area

7:00PM	1.5HR	Port Macquarie Wed - Steps and Traditions , Uniting Church (next to KFC), Horton Street, Port Macquarie, NSW, 2444 (D,St)
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THURSDAY**Newcastle and Hunter Valley Area**

6:00PM	1.5HR	Adamstown - Just for Today , Uniting Church hall, Near broadmeadow train station on the 9ways side of train lines., 199 broadmeadow road, Broadmeadow, NSW, 2292 (JT)
6:30PM	1HR	Keep Coming Back Group , Raymond Terrace Senior Citizens & Community Hall, Facility is in Boomerang Park, 17E Irrawang Street, Raymond Terrace, NSW, 2324 (O,BT)
7:00PM	1HR	Cessnock NA , Baptist Church Hall, Please use Hall Entrance, all participants will have to comply with Covid 19 guidelines, please call 0436406292 for queries, 7 Cooper Street, Cessnock, NSW, 2325 (O,CS,JT) <i>corner of Hall and Cumberland Sts</i>

NSW Central Coast Area

12:30P	1.5HR	Online Meeting - Gosford Central Coast Lunchtime , Online, Central Coast on Zoom, Gosford, 2250 (O,JT,VM)
6:00PM	1HR	Woy Woy I.D. Recovery , Peninsula Community Centre, 93 McMasters Road, Woy Woy, NSW, 2256 (D,WC)
7:00PM	1.5HR	Gosford Thu - Mens , Anglican Church, stone building, 7 Mann St, Gosford, NSW, 2250 (D,M,TC)
7:00PM	1.5HR	San Remo Thu , Neighbourhood Centre, 28 Brava Avenue, San Remo, NSW, 2262 (D)

NSW Coffs Kempsey

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, (D,W,VM)

NSW Far North Coast Area

NOON	1HR	Byron Bay Thu - Basic Text meeting , Presbyterian Church, Ruskin Street, Byron Bay, NSW, 2481 (BT)
6:00PM	1HR	Ballina Thursday , Saint Marys Anglican Church Hall, Corner Norton and Burnet Streets, Ballina, NSW, 2478
6:00PM	1HR	Lismore Women's Meeting MOVED DUE TO FLOOD , Studio, 14 pleasant street, Goonellebah, NSW, 2480 (D,W)
6:00PM	1HR	We Are Not Alone , Back of Manna Haven Cafe-Restaurant, old Seventh Day Adventist Church, 97 Jonson Street, Byron Bay, NSW, 2481 (O,B,CS,D)
6:30PM	1.5HR	Maclean , CWA Hall, Wheel chair access, 40 River Street, MACLEAN, NSW, 2465 (O,D,JT,WC)
7:00PM	1.25HR	Mullumbimby Thurs 7pm Steps 1,2,3 , CWA Hall, 15 Tincogan Street, Mullumbimby, NSW, 2482 (O,B,BT,CS,St,HY)

NSW Mid North Coast Port Macquarie Area

11:00A	1HR	Taree Thursday , Destiny Church, Corner of Commerce and High Streets, Taree, NSW, 2430 (O,B,SD,St,WC,SC,TC)
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FRIDAY**Newcastle and Hunter Valley Area****6:00PM 1.5HR Newcastle East Fri MENS**, Salvation Army Hall, 67 Cleary Street, Hamilton, NSW, 2303 **(M)****6:00PM 1HR Newcastle Friday Night Women's NA Recovery Group**, Mayfield, NSW, 2302 **(O,W,VM)****NSW Central Coast Area****12:30P 1.5HR Online Meeting - Gosford Central Coast Lunchtime**, Online, Central Coast on Zoom, Gosford, 2250 **(O,JT,VM)****4:30PM 1HR Women Living Clean**, CWA Hall, 1 Pacific Street, Long Jetty, NSW, 2261 **(CS,W,WC)****6:00PM 1HR The Entrance Fri The Hour Of Power**, The Entrance Community Centre, Corner of Oakland and Battley Avenues, The Entrance, NSW, 2261 **(D,WC)****7:30PM 1.5HR Gosford Friday**, Wyoming Memorial Hall, 4 Ronald Avenue, Wyoming, NSW, 2250 **(O,JT,HY)****NSW Coffs Kempsey****7:00PM 1HR Coffs Harbour Mens Just For Today**, Uniting Church Hall, 21 Gordon Street, Coffs Harbour, NSW, 2450 **(O,M,St,WC)****NSW Far North Coast Area****11:00A 1.25H Brunswick Heads - 11am**, RSL Hall Brunswick Heads, 2 Tweed Street, Brunswick Heads, NSW, 2483 **(C,WC,LC,TC)****5:30PM 1.5HR Lismore Friday NA Just For Today**, Riverlands Drug And Alcohol Detox, Corner of Hunter and Uralba St. Enter via Carpark, 75 Hunter street, Lismore, NSW, 2480 **(O,B,BT,CS,D,JT,WC)****6:00PM 1HR Simply Lennox**, CWA Hall, 1 Mackney Lane, Lennox Head, NSW, 2478 **(JT)****7:00PM 1.25H ID Speaker Meeting**, All Souls Church Hall, 1 Ashton Street, Bangalow, NSW, 2479 **(B,BL,CS,D,SD)****SATURDAY****Newcastle and Hunter Valley Area****6:00PM 1.5HR Newcastle Sat I.D**, The Salvation Army, 67 Cleary Street, Hamilton, NSW, 2291 **(O,B,WC)****NSW Central Coast Area****8:00AM 1HR East Gosford Sat**, Green Point Community Centre, 96 Koolang Road, Green Point, NSW, 2251 **(O,BT)****12:30P 1.5HR Online Meeting - Gosford Central Coast Lunchtime**, Online, Central Coast on Zoom, Gosford, 2250 **(O,JT,VM)****7:00PM 1.5HR Chittaway Sat**, The Glen Centre, Temporarily Closed from 17th May 2021, 50 Church Road, Chittaway, NSW, 2261 **(D,WC,TC)****NSW Coffs Kempsey****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)****NSW Far North Coast Area****9:00AM 1.5HR Bangalow Saturday Morning**, Bangalow Presbyterian Church, 73 Byron Street, Bangalow, NSW, 2479 **(O,D,WC)****1:30PM 1HR Kyogle NA Meeting**, Saint James Anglican Church, 3 Campbell Road, Kyogle, NSW, 2474 **(O,JT)****6:00PM 1.25H Beating The Beast**, Presbyterian Church, main hall at front of building, Entry via rear car park off Hampton Street, 188 Keen Street, Lismore, NSW, 2480 **(O,SD,SC,TC)****6:00PM 1HR Light of Hope**, Presbyterian Hall, 13 Ruskin Street, Byron Bay, NSW, 2481 **(D,WC)****6:00PM 1.5HR Saturday Online Steps & Trads**, Online, Zoom, Lismore, NSW, 2480 **(O,St,VM)****6:00PM 1HR Yamba New Beginnings**, Yamba Library/ hall, Hall behind library, 45 Woolli Street, Yamba, NSW, 2464 **(O,B)****SATURDAY (CONT)****NSW Mid North Coast Port Macquarie Area****5:00PM 1.5HR Port Macquarie Sat TOPIC**, Uniting Church, Next to KFC, 144 Horton Street, Port Macquarie, NSW, 2444 **(D,JT)****MEETING FORMAT LEGEND**

B	Beginners	BL	Bi-Lingual
BT	Basic Text	C	Closed
CS	Children under Supervision	D	Discussion
HY	Hybrid Meeting	JT	Just for Today
LC	Living Clean	LGBTQI	LGBTQI
M	Men	O	Open
SC	Spiritual Concepts	SD	Speaker/Discussion
SG	Step Working Guide	St	Step
TC	Temporarily Closed Facility	VM	Virtual Meeting
W	Women	WC	Wheelchair

ONLINE MEETINGS

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

PHONE NUMBERS

**Our 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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NSW Northern Regional Country Meetings

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**

Meetings Weekly: 92