

SUNDAY

NSW Central Coast Area

8:00AM	1.5HR	Kincumber Sun , Neighbourhood Centre, 20 Kincumber St, Kincumber, NSW, 2251 (D, JT)
6:30PM	1HR	Wyong Sunday Night , Community Hall, Bakers Lane, Wyong, NSW, 2259 (D)

NSW Far North Coast Area

10:00AM	1HR	We Do Recover , Youth Activity Centre, Behind Byron Library, 1 Gilmore crescent cnr Lawson St, Byron Bay, NSW, 2481 (C)
11:00AM	1HR	Ballina Sun ID , St Marys Anglican Church Hall, Norton St, Ballina, NSW, 2478 (D)
3:00PM	1.5HR	Nimbin Sun , Back room Environment Centre, 56 Cullen St, Nimbin, NSW, 2480 (D, WC)
4:30PM	1HR	Bangalow LGBTIQ , All Souls Anglican Church, 1 Ashton St, Bangalow, NSW, 2475 (GLBTI)
5:00PM	1HR	Suffolk Park Steps and Tradition , Suffolk Park Community Hall, 160/162 Alcorn Street, Suffolk Park, NSW, 2481 (St, WC)

NSW Coffs Kempsey

2:00PM	1.5HR	Kempsey Sunday , Parish Hall, Behind Catholic Church opp. train station, 1 Marsh street (cnr of Kemp st), West Kempsey, NSW, 2440
5:00PM	1.5HR	Coffs Harbour Sun ID , Neighbourhood Centre, Community Village, 22 Earl St, Coffs Harbour, NSW, 2450 (D)

Newcastle and Hunter Valley Area

4:30PM	1.5HR	Sunday topics meeting , Maycare Community Centre, 88 Hanbury Street, Mayfield, NSW, 2304 (O, LC)
5:30PM	1.5HR	Kurri Kurri Sunday , Senior Citizens Hall, Cnr Barton st and Hampton st, Kurri Kurri, NSW, 2327
11:30PM	1.5HR	Sunday Spiritual Concepts , Soul Cafe, level 2, above Westpac, cnr of Hunter Street and Watt Street, Newcastle, NSW, 2300 (D)

NSW Country

7:00PM	1.5HR	Tamworth Sun , Salvation Army Hall, 328 Goonoo Goonoo Rd, Tamworth, NSW, 2340 (O, JT)
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Manning Great Lakes

7:30PM	1HR	Tuncurry Sun Just for Today , Uniting Church, Corner of Bent St and South St, Tuncurry, NSW, 2428 (D, JT, WC)
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MONDAY

NSW Far North Coast Area

9:30AM	1.5HR	Lismore Mon , Seventh Day Adventist Church, at rear, enter and park via Shepherd Lane, basement, 44 Uralba St, Lismore, NSW, 2480 (D, WC)
12:30PM	1HR	Byron Bay Mon Hour of Hope , Presbyterian Hall, 13 Ruskin St, Byron Bay, NSW, 2481 (D, WC)
6:30PM	1HR	Monday Night Surf Club , Surf Club, beachfront, Bay St, Byron Bay, NSW, 2481 (St)
7:00PM	1.5HR	Bangalow Mon , Church Hall, Ashton St, Bangalow, NSW, 2476 (D, SD)

Newcastle and Hunter Valley Area

5:30PM	1.5HR	Hamilton Mon - Steps , Salvation Army Hall, 67 Cleary St, Hamilton, NSW, 2303 (D)
7:30PM	1.5HR	Rutherford Mon Open Topic , Salvation Army Hall, 1A Bunning Ave, Rutherford, NSW, 2320 (D)

NSW Mid North Coast Port Macquarie Area

7:00PM	1.5HR	Port Macquarie Mon - Gratitude , Church, 144 Horton St, Port Macquarie, NSW, 2444 (D)
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NSW Country

7:00PM	1.5HR	Armidale Mon Beginners Meeting , Kent House, Garden Room, 141 Faulkner St, Armidale, NSW, 2350 (B)
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NSW Central Coast Area

7:00PM	1HR	Green Point Mon , Green Point Community Centre, 96 Koolang Rd, Green Point, NSW, 2251 (D, JT, WC)
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7:30PM	1.5HR	Bakers Lane Wed , Community Hall, Bakers Lane, Bakers Ln, Bakers Ln, 2259 (O, JT, WC)
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NSW Coffs Kempsey

7:00PM	1.5HR	Urunga JFT , Urunga Neighbourhood Centre, 34 Bonville Street, Urunga, NSW, 2455 (O, JT, WC)
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TUESDAY

NSW Far North Coast Area

NOON	1HR	Byron Bay Tue , Presbyterian Church, 13 Ruskin St, Byron Bay, QLD, 2481 (D, St)
6:30PM	1HR	Byron Bay Tue Womens , Uniting Church, enter and park Carlyle St, Carlyle St, Byron Bay, NSW, 2481 (D, W, WC)
7:00PM	1HR	Lismore Tue Mens , upstairs room behind the Presbyterian Church, Entrance via the car park off Hampton St., 188 Keen St, Lismore, NSW, 2480 (M) <i>Corner of Hunter and Uralba Sts</i>
7:00PM	1.5HR	Byron Bay Tue Mens Topic , Presbyterian Hall, Ruskin St, Byron Bay, NSW, 2481 (D, M, WC)

NSW Central Coast Area

12:30PM	1HR	Gosford , Anglican Church, Stone Building, 4 Mann Street, Gosford, NSW, 2250 (B)
6:00PM	1.5HR	Morisset Topic , Baptist Church Morisset, Walk through the church, Corner of Fishery Point Rd and Pulbah St, Morisset, NSW, 2264 (O, B, WC)
7:30PM	1.5HR	Toukley Tue Just For Today , Toukley Community Hall, corner of Victoria Ave, 249-251 Main Rd, Toukley, NSW, 2263 (D, JT, WC)
7:30PM	1.5HR	Umina Beach Tuesday Beginners (Access via Ocean Beach Rd), Cnr Neptune St and Ocean Beach Rd, Umina Beach, NSW, 2256 (B)

Newcastle and Hunter Valley Area

5:30PM	1.5HR	Muswellbrook Tue , Brookside Center, 77 Sydney Street, Muswellbrook, NSW, 2333 (D)
6:00PM	1HR	Newcastle Tue , Soul Cafe, Second floor, 49 Hunter St, Newcastle, NSW, 2300 (D, WC)
6:30PM	1.5HR	It Works How and Why , Salvation Army Hall, 15 Carmichael Street, NSW, 2324 (O, B, D, WC)
7:30PM	1HR	Cessnock Steps , Baptist church hall, Corner King & Cooper St, Cessnock, NSW, 2325 (St)

NSW Country

6:30PM	1HR	Serenity Seekers , Armidale neighbourhood centre, 129 rusden street, Armidale, NSW, 2350 (O, B, D, JT, WC)
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WEDNESDAY

NSW Coffs Kempsey

10:00AM	1.5HR	Urunga Wed , Urunga Neighbourhood Centre, next to the library, 34 Bonville Street, Coffs Harbour, NSW, 2455 (D, WC)
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NSW Far North Coast Area

11:30AM	1.5HR	Byron Bay Wed - Freedom Group , Presbyterian Hall, 13 Ruskin St, Byron Bay, NSW, 2481 (D, WC)
5:30PM	1.5HR	Lismore Wed , Seventh Day Adventist Church, at rear, enter and park via Shepherd Lane, basement, 44 Uralba St, Lismore, NSW, 2480 (D, WC)
5:30PM	1HR	Brunswick Heads , CWA Hall, cnr Park and Booyun Sts, 1 Booyun St, Brunswick Heads, NSW, 2483 (D)
7:30PM	1HR	Byron Bay Wed Meditation Meeting , Byron Bay Surf Club, Bay St, Byron Bay, NSW, 2481 (D)

NSW Central Coast Area

6:00PM	1HR	The Entrance Wed - Womens , The Entrance Community Centre, Corner Battley & Oakland Ave, 15 Battley Ave, The Entrance, NSW, 2261 (D, W)
7:30PM	1.5HR	Wyoming Wednesday , Wyoming Memorial Hal, next to church, Ronald Av., Wyoming, NSW, 2250

Newcastle and Hunter Valley Area

7:00PM	1.5HR	Mayfield Wed - Mystery Topic , Maycare Community Centre, 88 Hanbury St, Mayfield, NSW, 2304 (D)
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7:30PM	1HR	Singleton Wed , Salvation Army Hall, 4 York St, Singleton, NSW, 2330 (D)
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NSW Mid North Coast Port Macquarie Area

7:00PM	1.5HR	Port Macquarie Wed - Steps and Traditions , Uniting Church (next to KFC), Horton St, Port Macquarie, NSW, 2444 (D, St)
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Manning Great Lakes

7:30PM	1HR	Forster Wednesday Steps 123 , Uniting Church Hall, 36 Macintosh Street, Forster, NSW, 2428 (D, St)
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THURSDAY

NSW Far North Coast Area

NOON	1HR	Byron Bay Thu - Just for Today , Presbyterian Church, Ruskin St, Byron Bay, NSW, 2481 (JT)
6:00PM	1HR	Ballina Thursday , St Marys Anglican Church Hall, corner Norton and Burnet St, Ballina, NSW, 2478
6:00PM	1HR	Lismore Women's Meeting , Rear of the Presbyterian church, 188 keen street, Lismore, NSW, 2480 (D, W) <i>Small detached meeting room, nr Service Station at corner of Wyrallah Rd and Dibbs St</i>
6:00PM	1HR	Rainbow Meeting , 7th day Adventist Church (At the rear), 79 Jonson St, Byron Bay, NSW, 2481 (D, GLBTI)
7:00PM	1.5HR	Mullumbimby Thurs Steps 1,2,3 , CWA Hall, 15 Tincogan St, Mullumbimby, NSW, 2482 (B, D, St)

NSW Central Coast Area

12:30PM	1.5HR	Gosford Thurs Early Recovery , Anglican Church, stone building, Mann St, Gosford, NSW, 2250 (B, D)
6:00PM	1HR	Ettalong Thursday , Uniting Church Hall, 57 Picnic Parade, Ettalong, NSW, 2257
7:00PM	1.5HR	Gosford Thu - Mens , Anglican Church, stone building, Mann St, Gosford, NSW, 2250 (D, M)
7:00PM	1.5HR	San Remo Thu , Neighbourhood Centre, 28 Brava Avenue, San Remo, NSW, 2262 (D)

NSW Coffs Kempsey

6:00PM	1.5HR	Literature Discussion , Uniting Church Hall, 21 Gordon st, Coffs Harbour, NSW, 2450 (D, WC) <i>Corner of Vernon and Gordon Sts</i>
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Newcastle and Hunter Valley Area

6:00PM	1.5HR	Adamstown - Just for Today , Senior Citizens Centre, 153A Brunker Rd, Adamstown, NSW, 2280 (JT)
8:00PM	1HR	Cessnock Thurs Candle Light/Just For Today , Baptist church Hall, Corner King and Cooper Streets, Cessnock, NSW, 2325 (D, JT) <i>corner of Hall and Cumberland Sts</i>

FRIDAY

NSW Far North Coast Area

11:00AM	1.25M	Steps and Traditions , Brunswick Heads/Billinudgel RSL Hall, 24 Fawcett St, Brunswick Heads, NSW, 2483 (St, WC)
5:30PM	1.5HR	Lismore Fri , Riverlands Detox Unit., cnr of Hunter and Uralba Sts., 58 Uralba St, Lismore, NSW, 2480 (D, WC)
6:00PM	1HR	Simply Lennox , CWA Hall, 1 MacKney Lane, Lennox Head, NSW, 2478
7:30PM	1.5HR	Byron Bay Fri ID/RECOVERY , Byron Community Cabin, Carlyle St, Byron Bay, NSW, 2481 (B, BL, CS, D, SD) <i>AKA Log Cabin behind the tennis courts</i>

NSW Coffs Kempsey

NOON	1HR	Coffs Friday Lunchie , Salvation Army Hall, 40 Mastracolas Road, Coffs Harbour, NSW, 2450 (O, WC)
7:00PM	1.5HR	Coffs Harbour 12 Traditions , Neighbourhood Centre, Community Village, 22 Earl St, Coffs Harbour, NSW, 2450 (O)

Newcastle and Hunter Valley Area

6:00PM	1.5HR	Newcastle East Fri MENS , Soul Cafe 2nd floor, Cnr Hunter & Watt, Newcastle East, NSW, 2300 (M)
6:00PM	1.5HR	Newcastle West Fri - Womens , Wesley Mission, 15 Dennison St, Newcastle West, NSW, 2302 (D, W)

NSW Central Coast Area

6:00PM 1HR **Long Jetty Fri The Hour Of Power**, Uniting Church Hall, 204 The Entrance Rd, Long Jetty, NSW, 2261 (**D, WC**)
7:30PM 1.5HR **Gosford Fri Topic**, Anglican church, stone building, Mann Street, Gosford, NSW, 2250 (**D**)

NSW Country

7:00PM 1.5HR **Armidale Fri Electric Candlelight ID**, Armidale neighbourhood centre, 129 Rusden street, Armidale, NSW, 2350 (**O, B, D**)

SATURDAY

NSW Central Coast Area

8:00AM 1.5HR **East Gosford Sat**, Council Training Hall, 9 Russell Drysdale St, East Gosford, NSW, 2250 (**D**)

7:30PM 1.5HR **Chittaway Sat**, The Glen Centre, 50 Church Rd, Chittaway, NSW, 2261 (**D, WC**)

NSW Far North Coast Area

9:00AM 1.5HR **Bangalow Sat**, St John's Church, Market St, Bangalow, NSW, 2479 (**D, WC**)

1:00PM 1HR **NA Meeting**, St James Anglican Church, 3 Campbell Rd, Kyogle, NSW, 2474

6:00PM 1.5HR **Light of Hope**, Presbyterian Hall., 13 Ruskin Street, Byron Bay, NSW, 2481 (**D, WC**)

6:00PM 1.5HR **Yamba Saturday Night**, Yamba Community Centre, Treelands Drive, Yamba, NSW, 2464 (**O, WC**)

Newcastle and Hunter Valley Area

10:30A 1.5HR **How Are You Going**, New Hope Church, In 'the shed' at the back of the church building, 55a Wentworth Street, Wallsend, NSW, 2287 (**O, CS, D, JT**)

6:00PM 1.5HR **Newcastle Sat I.D**, Wesley Mission, 15 Denison St, Newcastle West, NSW, 2302 (**O, D, WC**)

NSW Country

12:30P 1.5HR **Serenity seekers**, Armidale neighbourhood centre, 129 rusden street, Armidale, NSW, 2350 (**O, B, D, JT, WC**)

4:00PM 1.5HR **Canowindra Sat Topic**, Orana House, 32 Ferguson St, Canowindra, NSW, 2804 (**D**)

NSW Coffs Kempsey

4:00PM 1.5HR **Bellingen Sat Steps and Traditions**, Uniting Church, Corner of Waterfall Way and Ford St, 28 Hyde St, Bellingen, NSW, 2454 (**D, WC**)

NSW Mid North Coast Port Macquarie Area

8:00PM 1.5HR **Port Macquarie Sat TOPIC**, Uniting Church, 144 Horton Street, Port Macquarie, NSW, 2444 (**D**)

MEETING FORMAT LEGEND

B	Beginners	BL	Bi-Lingual
C	Closed	CS	Children under Supervision
D	Discussion	GLBTI	GLBTI
JT	Just for Today	LC	Living Clean
M	Men	O	Open
SD	Speaker/Discussion	St	Step
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.**

Basic Text, page 65



NSW Northern Regional Country Meetings

JANUARY 2019

**National Helpline and Meetings Search
1300 652 820**

<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: 84