

**SUNDAY****NSW South Coast Area**

<b>5:00 PM</b>	1HR	<b>Bulli Basic Text Study</b> , Bulli Community Centre, Meeting room is upstairs from the back entry, car park is behind via Dumbrell Rd, 328 Princes Highway, Bulli, NSW, 2518 <b>(BT,D)</b>
<b>6:00 PM</b>	1.5HR	<b>Goulburn Sunday Steps</b> , Day Centre - Behind Saint John of God Hospital, Entry via Arheim Street, 234 Bourke Street, Goulburn, NSW, 2580 <b>(JT,HY)</b>

**MONDAY****Australian Region Outreach**

<b>7:30 PM</b>	1.5HR	<b>Wagga Wagga Monday ID</b> , Calvary Riverina Drug and Alcohol Centre, 1 Emblen Street, Wagga Wagga, NSW, 2650 <b>(O,B,D)</b>
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**NSW South Coast Area**

<b>NOON</b>	1.5HR	<b>Ulladulla Mon</b> , Community Services Building, 78 Vincent Street, Ulladulla, NSW, 2539 <b>(O,JT)</b>
<b>1:00 PM</b>	1HR	<b>Bega Monday Lunchtime</b> , Red Cross Rooms, 33 Church Street, Bega, NSW, 2550
<b>6:30 PM</b>	1HR	<b>Moruya Monday</b> , Southern Life Church, 2837 Princes Highway, Moruya, NSW, 2537 <b>(O,JT)</b>
<b>7:00 PM</b>	1.5HR	<b>Nowra Mon</b> , Oolong House, 11 Junction Street, Nowra, NSW, 2541 <b>(D)</b>
<b>7:00 PM</b>	1.5HR	<b>Unanderra Monday</b> , Unanderra Community Centre, Corner Factory Road & Princes Highway, Unanderra, NSW, 2518 <b>(St)</b>

**Victoria Area**

<b>12:30 PM</b>	1.5HR	<b>Wodonga Monday</b> , Presbyterian Church, 59 Mitchell Street, Wodonga, VIC, 3690 <b>(O,JT)</b>
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**TUESDAY****NSW Country**

<b>7:30 PM</b>	1.5HR	<b>Albury Tuesday</b> , Live Better Building, Side entry, 2/432 Townsend Street, Albury, NSW, 2641 <b>(O,BT,CS,D,WC)</b>
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**NSW South Coast Area**

<b>NOON</b>	1HR	<b>Goulburn Tuesday</b> , The Yurt (behind Anglicare), 130 Cowper Street, Goulburn, NSW, 2580 <b>(WC)</b>
<b>6:00 PM</b>	1.5HR	<b>Pambula Tue Steps and Traditions</b> , Hall at side of Anglican Christ Church Pambula, Please observe social distancing, hand hygiene and bring your own coffee mug., 32 Quondola Street, Pambula, NSW, 2549 <b>(O,CS,D,St,VM,TC)</b> <i>https://us02web.zoom.us/j/260712344</i>
<b>7:00 PM</b>	1.5HR	<b>Early Days of Recovery / How we got here.</b> , South Coast Private Hospital. Mystics Room, Hospital COVID-19 requirements Face Masks are Mandatory Masks must be worn while in facility, 121 Burrelli Street, Wollongong, NSW, 2500 <b>(O,B,CS,WC)</b> <i>Hospital COVID-19 requirements Face Masks are Mandatory Masks must be worn while in facility</i>

**WEDNESDAY****NSW South Coast Area**

<b>5:30 PM</b>	1HR	<b>The South Coast Wednesday Women's</b> , Goulburn, NSW, 2580 <b>(W,VM)</b> <i>https://us02web.zoom.us/j/183595105</i>
<b>7:00 PM</b>	1HR	<b>Bellambi Wednesday NA</b> , Bellambi Neighbourhood Centre, Hour of Power - Topic Meeting, 49A Cawley Street, Bellambi, NSW, 2518
<b>7:00 PM</b>	1.5HR	<b>Goulburn Mens Meeting</b> , Workspace, 56 Clinton Street, Goulburn, NSW, 2580 <b>(M,LC,HY)</b> <i>https://us02web.zoom.us/j/460227444</i>
<b>7:30 PM</b>	1.5HR	<b>Wollongong Wed</b> , Uniting Community Centre and Soup Kitchen, Court Lane, Wollongong, NSW, 2500 <b>(O,D,VM,TC)</b>

**THURSDAY****Australian Region Outreach**

<b>7:30 PM</b>	1.5HR	<b>Wagga Wagga - Topic</b> , Saint Paul's Anglican Church, 31 Fernleigh Road, Wagga Wagga, NSW, 2650 <b>(D)</b> <i>https://us02web.zoom.us/j/688082392</i>
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**NSW Country**

<b>7:30 PM</b>	1.5HR	<b>Albury Thursday 'Topic Meeting'</b> , Live Better Building, Next to Maccas, 2/432 Townsend Street, Albury, NSW, 2641 <b>(O,CS,JT)</b>
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**NSW South Coast Area**

<b>7:00 PM</b>	1.5HR	<b>Bundanoon NA Literature Meeting</b> , Holy Trinity Church Hall, Through church carpark (across from Bundanoon Primary School), Gullies Road, Bundanoon, NSW, 2578 <b>(C,LC)</b>
<b>7:30 PM</b>	1.5HR	<b>Kiama Thu Back to Basics</b> , Anglican Church, Terralong Street, Kiama, NSW, 2533 <b>(D,HY)</b> <i>https://us02web.zoom.us/j/139624704</i>

**FRIDAY****NSW Country**

<b>7:30 PM</b>	1.5HR	<b>Albury NA</b> , Church of God, 418 Urana Street, Albury, NSW, 2640 <b>(O,B,D)</b>
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**NSW South Coast Area**

<b>5:30 PM</b>	1.5HR	<b>Bega Fri</b> , 1st Bega Scout Hall, 84 Gipps Street, Bega, NSW, 2550 <b>(D)</b> <i>No link Supplied</i>
<b>7:00 PM</b>	1.5HR	<b>Friday JFT Meeting</b> , Unanderra Community Centre, Corner Factory Road & Princes Highway, Unanderra, NSW, 2526 <b>(D,JT)</b>
<b>7:30 PM</b>	1.5HR	<b>Goulburn Friday</b> , Day Centre - Behind Saint John of God Hospital, Entry via Arheim Street, 234 Bourke Street, Goulburn, NSW, 2580 <b>(St)</b>

**SATURDAY****NSW South Coast Area**

<b>6:00 PM</b>	1.5HR	<b>Nowra Sat</b> , Neighbourhood Centre, 41 Worrigea Street, Nowra, NSW, 2541 <b>(JT)</b>
<b>6:00 PM</b>	1.5HR	<b>Port Kembla Saturday</b> , Port Kembla Baptist Church, Entry on Cowper Street. Through carpark, 81 Illawarra Street, Port Kembla, NSW, 2505 <b>(O,JT)</b>
<b>7:00 PM</b>	1.5HR	<b>Moruya Saturday Basic Text Study Group</b> , Girl Guides hall, Corner of Campbell Street, Evans Street, Moruya, NSW, 2537 <b>(O,BT,HY)</b>

**Victoria Area**

<b>7:30 PM</b>	1.5HR	<b>Wodonga Saturday - Just for Today</b> , Saint Stephens Uniting Church, Corner Beechworth Road and Nilmar Avenue, Wodonga, VIC, 3690 <b>(D,JT,WC)</b>
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**MEETING FORMAT LEGEND**

B	Beginners	B	Beginners
BT	Basic Text	BT	Basic Text
C	Closed	CS	Children under Supervision
CS	Children under Supervision	D	Discussion
D	Discussion	HY	Hybrid Meeting
JT	Just for Today	JT	Just for Today
LC	Living Clean	M	Men
O	Open	O	Open
St	Step	TC	Temporarily Closed Facility
VM	Virtual Meeting	W	Women
WC	Wheelchair	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 Southern 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: 29