SUNDAY		
5:00PM	1.5HR	**Launceston Sunday**, Church of Apostles, 44 Margaret Street, Launceston, TAS, 7250 **(D)**
TUESDAY		
5:30PM	1.5HR	**Life on Life's Terms**, Wesley Church, upstairs meeting room, 58 Melville Street, Hobart, TAS, 7000 **(D)**
WEDNESDAY		
6:00PM	1HR	**Launceston Steps 1,2 & 3**, Church of Apostles, Church Hall at the rear, 44 Margaret Street, Launceston, TAS, 7250 **(O, BT)**
THURSDAY		
1:30PM	1.5HR	**Devonport Thursday**, The Junction, Corner of Fenton and Stewart Streets, Devonport, TAS, 7310 **(O, D)**
7:30PM	1.5HR	**Just for Today/Topic**, Hobart Baptist Church, opp. Hungry Jacks, 284 Elizabeth St, North Hobart, TAS, 7008 **(D, JT, WC)**

MEETING FORMAT LEGEND			
BT	Basic Text	D	Discussion
JT	Just for Today	O	Open
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:
ww.na.org.au/multi/online-meetings

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*

TASMANIA AREA

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: 5