

SUNDAY

7:00PM 1.5HR Steps 2 Freedom Group, Georgian Shores United Church, 997 4th Avenue East, Owen Sound, ON, N4K 5W9 **(O,D)**

7:30PM 1HR Key to Freedom, 705 Community Center, Front Door,
56 Dunlop St. W, Barrie, ON, L4M 1A3 **(C,BT,D)**

MONDAY

6:30PM 1HR Sound Recovery, Biindigin -Welcome - Drop in Center, Beside Scotiabank, 33 James Street, Parry Sound, ON, P2A 1T6 (C,D)

7:00PM 1HR Recovery on the Beach Group, Presbyterian Church,
rear door, 208 Mosley Street, Wasaga Beach, ON, L9Z 2K1

7:30PM 1.5HR Built Up From The Ashes, Baptist Church, Real entrance, 159 Queen St. West, Hepworth, ON, N0H 1B0 (O)

7:30PM 1.5HR Just For Today, Saint Paul's United Church, Rear Entrance off Coldwater, January 22nd and 25th meeting will be held

TUESDAY

7:00PM **1HR Finally Home Group**, Ferris Lane Community Church,
Side entrance, room on the right, not Kids Club room, 49 Ferris Lane,
Barrie, ON L4M 2Y1 **(C D WC)**

7:30PM 1HR Get Connected In Muskoka,
<https://www.zoom.us/j/849591404> Password: 1234, Muskoka, ON,

WEDNESDAY

7:00PM 1.5HR Hope is Here, Centre Fellowship Church, 375 Halton Blvd, Orangeville, ON, L9W 0C2 **(C,D)**

7:30PM 1.5HR I Can't, We Can, St Andrews, Entrance via coffee house, 99 Peter St North, Orillia, ON, **(C,D,WC)**

7:30PM 1HR Open Doors Group, Central West Side Church,
Entrance off parking lot, downstairs, 310 10th Street West, Owen

THURSDAY

7:30PM 1HR Get Connected In Muskoka,
<https://www.zoom.us/j/849591404> Password: 1234, Muskoka, ON,

7:30PM 1.5HR Just For Today, Saint Paul's United Church, Rear Entrance off Coldwater, January 22nd and 25th meeting will be held

7:30PM 1.5HR Spiritual Path, Trinity United Church, Side Door off First Ave, 200 Owen Sound Street, Shelburne, ON, L9V 3L4 **(O)**

FRIDAY

NOON-1HR Key to Freedom 705 Community Center, Front Door, 30

NOON 1HR Key to Freedom, 705 Community Center, Front Door, 30
Person Maximum, 56 Dunlop St. W, Barrie, ON, L4M 1A3 **(C,D)**

7:00PM 1.5HR Breaking Free, Baptist Church, 356 Frank Street,
Warton, ON, N0H 2T0 (**O,BT,WC**)

7:00PM 1HR We Can Work It Out Group, Bracebridge United Church, additional parking in back parking lot, 46 Dominion Street,

7:30PM 1.5HR Hugs not Drugs, Knox Presbyterian Church, In the basement, 248 Midland Ave., Midland, ON, (D)

6:00PM 1.5HR Finally Home, Ferris Lane Community Church, Side entrance, room on the right, not Kids Club room, 49 Ferris Lane, Barrie, ON L4M 3Y1 (**C D WG**)

Barrie, ON, L4M 2Y1 (C,B,WC)

C	Closed	D	Discussion
ENG	English speaking	JT	Just for Today

St	Step	VM	Virtual Meeting
W	Women	WC	Wheelchair

PHONE NUMBERS

**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.**

SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Georgian Heartland A.S.C.

Stayer, ON

chair@georgianheartlandna.org or

rcm@georgianheartlandna.org

JUST FOR TODAY

My thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY,

I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY,

I will have a program; I will try to follow it to the best of my ability.

JUST FOR TODAY,

Through NA, I will try to get a better perspective on my life.

JUST FOR TODAY,

I will be unafraid. My thoughts will be on my new associations, people who are not using and have found a new way of life. So long as I follow that way, I have nothing to fear.

SERVICE MEETINGS

Georgian Heartland Area Service Committee -
Second Sunday of the month every month at
1:00pm. Except in the months of May and October
when it is held on the first Sunday of the month

Zoom Meeting ID: 245 323 6271

Password: 1234

Call in Phone numbers:

+1 647 374 4685 Canada

+1 647 558 0588 Canada

HOW IT WORKS - THE 12 STEPS

1. We admitted we were powerless over our addiction; that life had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves and to another human being the exact natures of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

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: 35



MEETING LIST

2024

24 HOUR HELPLINE

1-888-811-3887

That No Addict Seeking Recovery Need Ever Die...

My Gratitude Speaks...

When I Care & When I Share with Others The NA Way

<https://www.georgianheartlandna.org/meetings/>