SUNDAY

7:00PM 1HR Stand By Me, New Hope Community Church, 690 Riddell Road, Orangeville, ON, L9W 5G5 (O,D,WC,ENG)

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 Georgian Heartland Women,

https://us02web.zoom.us/j/2453236271, Password: 1234, Barrie, ON, (C,D,W,VM)

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

MONDAY

11:30AM 1HR Serenity Now, Wendat Building, Entrance off second street, wooden staircase from parking lot, masks required, 237 Second Street, Midland, ON, L4R 3P7 **(C,D)**

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 is Possible, Cook's Presbyterian Church, 14 George Street, Markdale, ON, NOC 1H0 (O,D)

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

7:00PM 1HR We Can Work It Out, Bracebridge United Church, additional parking in back parking lot, 46 Dominion Street, Bracebridge, ON, P1L 2A5 (C,D)

7:30PM 1.5HR Built Up From The Ashes, Baptist Church, Real entrance, 159 Queen St. West, Hepworth, ON, NOH 1B0 (O)
7:30PM 1.5HR Freedom Steps, Westminster Presbyterian Church, Rear door, 170 Steel Street, Barrie, ON, L4M 2G4 (C,D)
7:30PM 1.5HR Just For Today, Saint Paul's United Church, Rear Entrance off Coldwater, January 22nd and 25th meeting will be held at 60 Fittons street West Orillia (parking is available at 50 Fittons street west), 62 Peter Street North, Orillia, ON, L3V 4Z1 (C,D)

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)

7:00PM 1HR We Can Work It Out, Saint Paul's Church, Rear entrance off Sharpe Street, 235 John Street South, Gravenhurst, ON, P1P 1/1 (C,D)

7:30PM 1HR Get Connected In Muskoka,

https://www.zoom.us/j/849591404 Password: 1234, Muskoka, ON, (VM)

7:30PM 1HR Sweet Surrender, St John's United Church, Main Entrance, 56 Victoria St East, Alliston, ON, L9R 1L5 (O,RF)

WEDNESDAY

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

7:00PM 1.5HR Notoriously NA, The Door, 18 Brunel Rd, Huntsville, ON, P1H 1P1 (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 1.5HR New Hope, Davidson Centre, Westside door, beside skate park, 601 Durham street, Kincardine, ON, N2Z 1L7

(C,BT,D,WC,NP)

7:30PM 1HR Open Doors Group, Central West Side Church, Entrance off parking lot, downstairs, 310 10th Street West, Owen Sound, ON, N4K 3R5 **(C,WC)**

8:00PM 1HR New Beginning Group, Bethel Community Church, Rear door, 128 Saint Vincent Street, Barrie, ON, L4M 3Y8 (C,St,12+)

THURSDAY

3:00PM 1HR Sunshine Group, Salvation Army church, Main entrance, 576 Edward Street, Wiarton, ON, NOH 2T0 **(O,D,WC)**

7:30PM 1HR Get Connected In Muskoka,

https://www.zoom.us/j/849591404 Password: 1234, Muskoka, ON, (VM)

7:30PM 1.5HR Just For Today, Saint Paul's United Church, Rear Entrance off Coldwater, January 22nd and 25th meeting will be held at 60 Fittons street West Orillia (parking is available at 50 Fittons street west), 62 Peter Street North, Orillia, ON, L3V 4Z1 (C,D) 7:30PM 1.5HR Spiritual Path. Trinity United Church. Side Door off

First Ave, 200 Owen Sound Street, Shelburne, ON, L9V 3L4 (O) 8:00PM 1HR Carry The Message Group, Ferris Lane Community Church, In Building, 49 Ferris Lane, Barrie, ON, L4M 2Y1 (C,JT,St,QA)

FRIDAY

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

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

7:00PM 1.5HR Breaking Free, Baptist Church, 356 Frank Street, Wiarton, ON, NOH 2TO (O,BT,WC)

7:00PM 1HR Recovery on the Beach Group, Presbyterian Church, rear door, 208 Mosley Street, Wasaga Beach, ON, L9Z 2K1 (C,D) 7:00PM 1HR We Can Work It Out Group, Bracebridge United Church, additional parking in back parking lot, 46 Dominion Street, Bracebridge, ON, P1L 2A5 (C,D)

7:30PM 1.5HR Freedom Steps, Westminster Presbyterian Church, Rear door, 170 Steel Street, Barrie, ON, L4M 2G4 (C,D)

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

SATURDAY

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 2Y1 **(C,D,WC)**

MEETING FORMAT LEGEND			
12+	12 year old and more	BT	Basic Text
С	Closed	D	Discussion
ENG	English speaking	JT	Just for Today
NP	No pets	0	Open
QA	Question and Answer	RF	Rotating Format
St	Step	VM	Virtual Meeting
W	Women	WC	Wheelchair

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

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.
- 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/meeting s/