

Manitoba Area Narcotics Anonymous Meetings



To confirm meeting information check the website: mascna.org or call the phone line services below:
 In Winnipeg: (204) 981-1730
 Region (204) Phone line: 1-888-811-3887

Manitoba Area Service Committee
 Redwood Centre
 P.O. Box 44085
 Winnipeg, MB. R2W 5M3

Literature Requests:
mailto:litterature@mascna.org

Information Requests:
mailto:info@mascna.org

What is the N.A. Program?

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

Who is an Addict?

Most of us do not have to think twice about this question. We *know!* Our whole life and thinking was centered in drugs in one form or another - the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose whole life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

Get Some Phone Numbers!

Why Are We Here?

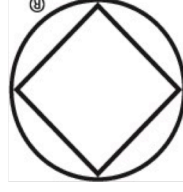
Before coming to the fellowship of Narcotics Anonymous, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in Drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation, we sought help from each other in Narcotics Anonymous.

After coming to N.A. we realized that we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point and recovery is then possible

Just For Today!!!

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 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 who have found a new way of life. So long as I follow that way I have nothing to fear.



Sunday

WINA GROUP 4:00pm
(Women in NA)
CL/CW/DS/LS/SS 130 Nassau St. N. Winnipeg
Parish Church of St. Luke
Parking Lot Door

NEW BEGINNINGS 7:30pm
CL/DS/NS/DM/WCA 613 St. Mary's Road Winnipeg
St. Mary's United Church

ROAD TO RECOVERY 8:00pm
CC/CL/CW/DM/NS/WCA 146 Magnus Ave. Winnipeg
AFM Building

**RECOVERY FIRST 8:00pm
SS/TM/CW/CL** **234 Saskatchewan Ave East
(Back Entrance)
CMHA Drop In Center
Portage la Prairie**

Monday

BROADWAY GROUP 12noon
CL/NS/SS/WCA/US/CSH 222 Furby St. Winnipeg
Crossways United Church
(NO Meeting on a Statutory Holiday)

GENESIS GROUP 7:00pm
CL/NS/SS 187 Kilbride Ave. Winnipeg
Kildonan United Church

**INFINITY GROUP 7:30 pm
CL/NS/ WCA/DM/TM/CC/CW** **202 McLean Ave. Selkirk
Selkirk United Church
(Side Entrance)**

**WESTMAN GROUP NA 8:30pm
NS/CL/WCA** **401-1st St. Brandon
Ste. Mary's Church**

Tuesday

BROADWAY GROUP 12noon
CL/NS/SS/WCA/US/CSH 222 Furby St. Winnipeg,
Crossways United Church

EQUINOX GROUP 7:30pm
CL/DS/NS/SS/DM 195 Collegiate Street
St. James Anglican Church

ROAD TO RECOVERY 8:00pm
CC/CL/CW/DM/NS/WCA 146 Magnus Avenue
Winnipeg AFM Building

**YELLOWHEAD GROUP 7pm
CL/DM/NS/WCA** **221 Hamilton St. Neepawa
Neepawa Calvary Chapel**

**CLEAN AND FREE 7:30pm
CC/LS/SS/DM/NS/TD** **220 Duke Ave.
Portage La Prairie
Salvation Army Building**

Wednesday

BROADWAY GROUP 12noon
CL/NS/SS/WCA/US/CSH 222 Furby St. Winnipeg
Crossways United Church

FOUNDATION FOR FREEDOM
6:30 pm CL/DM/NS/WCA 400 Edmonton St. Winnipeg
Knox United Church

HOME AT LAST GROUP 7:00pm
CD-CW-DS-NS-WCA-O-L-DM 127 Cobourg Ave. Winnipeg
Gordon King Memorial

**BROKENHEAD ATTRACTION
GROUP 3:30pm CL/NS/SS/WCA** **2 Bear Road
Brokenhead Ojibway Nation**

**RECOVERY FIRST 5:00pm
DM/CW/CL** **234 Saskatchewan Ave East
(Back Entrance)
CMHA Drop In Center
Portage La Prairie**

**New Freedom Group 6:30pm
Non w/c accessible/DM/SS/NS** **21-4th Ave NW
Dauphin**

**HOWLING WOLVES 6:30pm
CL/DM** **1079 Cree Road Thompson
AA Club House**

**WESTMAN NA 7:30pm
CL/NS/TD/WCA** **510 Frederick St. Brandon
AFM Door at Back**

**PHOENIX GROUP 7:45pm
Clearance required contact H&I chairperson for release forms.** **Stony Mountain Correctional**

Thursday

BROADWAY GROUP 12noon
CL/NS/SS/WCA/US/CSH 222 Furby St. Winnipeg
Crossways United Church

GENESIS GROUP 7:00pm
CL/NS/SS 187 Kilbride Ave. Winnipeg
Kildonan United Church

**CLEAN AND FREE 7:30pm
CC/LS/SS/DM/NS/TD** **220 Duke Ave.
Portage SA Building**

Friday

BROADWAY GROUP 12pm&6pm
CL/NS/SS/WCA/US/CSH 222 Furby St. Winnipeg
Crossways United Church

GENESIS GROUP 10:00pm
CL/NS/SS/CD 187 Kilbride Ave., Winnipeg
Kildonan United Church

**INFINITY GROUP 7:30 pm
CL/NS/ WCA/DM/TM/CC/CW** **202 McLean Ave. Selkirk
United Church
(Side Entrance)**

**WESTMAN NA 9:30pm
NS/CL/WCA** **401-1st St. Brandon
St. Mary's Church**

Saturday

SERENITY ON SATURDAY 7pm
O/NS/DM/CC/WCA/CW/TD/TM 125 Sherbrook St. Winnipeg
1st Saturday of the month
is a candlelight meeting

**RECOVERY FIRST 12:00pm
O/DM/CW** **234 Saskatchewan Ave East
(Back Entrance)
CMHA Drop In Center
Portage la Prairie**

**HOWLING WOLVES 4:00pm
CL/DM** **1079 Cree Road, Thompson
AA Club House**

**YELLOWHEAD GROUP 7:00pm
CL/DM/NS/WCA** **221 Hamilton St. Neepawa
Neepawa Calvary Chapel**

**Manitoba Area Service Committee Meeting:
3rd Saturday of the month
12pm**

Magnus Eliason Recreation Center
430 Langside St. Winnipeg, Manitoba

Speaker Meetings:

Broadway 5th Sunday of the month
Equinox 5th Tuesday of the month
Genesis 5th Thursday of the month
Infinity Group Last Friday in February & August
Serenity on Saturday 5th Saturday of the month
Birthday Nights & Speaker Meetings
are open to the Public, Family & Friends
GENESIS – Open Meeting 1st Monday of the Month

MEETING CODES

CC Chairpersons Choice
CD Candle Light Meeting
CSH Closed Statutory Holidays
CL Closed Meeting (Addicts Only)
CW Children Welcome
DM Discussion Meeting
DS Downstairs
LS Literature Study Meeting
NS Non-Smoking
SS Step Study Meeting
TD Topic Discussion Meeting
TM Tradition Meeting
US Upstairs
WCA Wheel Chair Accessible
O Open Meeting