

SUNDAY

7:30PM St. Mary's United Church
New Beginnings
(C,D,WC) 613 St. Mary's Road
Winnipeg, MB
8:00PM CMHA/Thrive building
Recovery First East door for access (Door marked) if
door is locked ring bell
102 1st n.w.
Portage la Prairie, MB

MONDAY

7:00PM Holy Trinity Church
Miracles on Main
(C,St,WC) ground floor door - use buzzer
1175 Main Street
Winnipeg, MB
*Requirement for masks and distancing.
Person limit TBD.*
8:00PM Gordon King Memorial
Home At Last Group
(O,CL,D,WC,CW,VM) 127 Cobourg Ave.
Winnipeg, MB
8:30PM St. Mary's Anglican Church
Westman Group
(C,WC) 401 - 1st Street
Brandon, MB

TUESDAY

5:00PM CMHA/Thrive building
Recovery First
(St) East door for access (Door marked) if
door is locked ring bell
102 1st n.w.
Portage la Prairie, MB
7:30PM St. James Anglican United Church
Equinox Group
(C,D,St) downstairs
195 Collegiate Street
Winnipeg, MB

WEDNESDAY

5:00PM CMHA/Thrive building
Recovery First
(St) East door for access (Door marked) if
door is locked ring bell
102 1st n.w.
Portage la Prairie, MB
7:00PM Gordon King Memorial
Home At Last Group
(O,CL,D,WC,CW) 127 Cobourg Ave.
Winnipeg, MB

THURSDAY

6:30PM Parish Church of St. Luke
(WINA) Women In NA Group
(C,St,BK,CW,TC,VM) parking lot door, big buzzer
130 Nassau St. N.
Winnipeg, MB
password: WINA2020
7:00PM Atlantic-Garden City United Church
Genesis Group
(C,St) Use Arlington Street Entrance
725 Atlantic Ave.
*Requirement for masks and distancing.
Person limit TBD.* Winnipeg, MB
7:30PM Bruce Oake Recovery Centre
Equinox Group
(C,D,St) 255 Hamilton Avenue
Winnipeg, MB
8:00PM CMHA/Thrive building
Recovery First
(O) East door for access (Door marked) if
door is locked ring bell
102 1st n.w.
Portage la Prairie, MB

FRIDAY

9:00PM Gordon King Memorial
Home At Last Group
(O,CL,D,WC,CW,VM) 127 Cobourg Ave.
Winnipeg, MB
9:30PM CMHA/Thrive building
Recovery First
(CL) East door for access (Door marked) if
door is locked ring bell
102 1st n.w.
Portage la Prairie, MB
9:30PM St. Mary's Anglican Church
Westman Group
(C,WC) 401 - 1st Street
Brandon, MB

SATURDAY

7:00PM Atlantic-Garden City United Church
Genesis Group
(C,CL,St) Use Arlington Street Entrance
725 Atlantic Ave.
Winnipeg, MB
*Requirement for masks and distancing.
Person limit TBD.*
8:00PM CMHA/Thrive building
Recovery First
(CL,St,Tr) East door for access (Door marked) if
door is locked ring bell
102 1st n.w.
Portage la Prairie, MB

MEETING FORMAT LEGEND

BK	Book Study	C	Closed
CL	Candlelight	CW	Children Welcome
D	Discussion	O	Open
St	Step	TC	Temporary closed
Tr	Tradition	VM	Virtual Meeting
WC	Wheelchair		

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 and August
Serentiy on Saturday	5th Saturday of the month

Birthday Nights & Speaker Nights are open to the Public, Family and Friends

SERVICE MEETINGS

Manitoba Area Service Committee (MASCNA) Meetings:
3rd Saturday of the month
10:30AM
<https://meet.google.com/bnt-ppnw-dgp>

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.

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Narcotics Anonymous World Services Website: <https://www.na.org>



Keep Coming Back!

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 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.

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MY PHONE NUMBERS

Manitoba Area Narcotics Anonymous Meetings



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For more information or to confirm the most up to date meeting information please check:

www.mascna.org

or call the phoneline services below:

(204) 981-1730

Literature Requests: literature@mascna.org

Information Requests: info@mascna.org