

## SUNDAY

**NOON-1PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**1-2PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (C)

**7-8PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**8-9PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (C)

## MONDAY

**NOON-1PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (O)

**NOON-1PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**6-7PM Just For Today**, First Christian Church, 120 N McArthur, Macomb, Illinois, 61455 (O)

**6-7PM NA Meeting**, Wesley United Methodist Church, 120 N Ave A, Canton, Illinois, 61520 (O)

**7-8PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**8-9PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (C)

## TUESDAY

**NOON-1PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (C)

**NOON-1PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**6-7PM Just For Today**, UBC Mission House, 309 N Sherman Ave, Macomb, Illinois, 61455 (O,WC)

**6-7PM Recovery Is Possible**, 222 South Main St, Lewistown, IL, 61542

**6:30-7:30PM Hope On The Hill**, 349 Velde St, Creve Coeur, IL, 61610

**7-8PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**8-9PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (O)

## WEDNESDAY

**NOON-1PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (O)

**NOON-1PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**6-7PM Just For Today**, First Christian Church, 120 N McArthur, Macomb, Illinois, 61455 (O)

**6-7PM NA Meeting**, Wesley United Methodist Church, 120 N Ave A, Canton, Illinois, 61520 (O)

**7-8PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**8-9PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (C)

## THURSDAY

**NOON-1PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (C)

**NOON-1PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**6-7PM Just For Today**, UBC Mission House, 309 N Sherman Ave, Macomb, Illinois, 61455 (O,WC)

**7-8PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**8-9PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (O)

## FRIDAY

**NOON-1PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (C)

**NOON-1PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**6-7PM Just For Today**, UBC Mission House, 309 N Sherman Ave, Macomb, Illinois, 61455 (O,WC)

**6-7PM NA Meeting**, The Community House, 2223 N. Sheridan Rd., Peoria, IL, 61604 (O,ENG)

**7-8PM Friday Night Live**, 3117 N Avalon Pl, Peoria, Illinois, 61604 (O,St)

**8-9PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (O)

**9-10PM NA After Dark**, Sanity, 1220 E McClure Ave, Peoria, Illinois, 61603 (CL,O)

## SATURDAY

**10:30-11:30AM Breakfast Club**, 2221 N Gale Ave, Peoria, Illinois, 61604 (C,WC,Tr,TW) *Meets 2nd and 4th Saturday with flapjacks and fellowship at 10am*

**NOON-1PM Just For Today**, UBC Mission House, 309 N Sherman Ave, Macomb, Illinois, 61455 (O,WC)

**NOON-1PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (O)

**NOON-1PM Sanity**, 1220 E McClure Ave, Peoria, Illinois, 61603 (O)

**6-7PM NA Meeting**, Wesley United Methodist Church, 120 N Ave A, Canton, Illinois, 61520 (O)

**8-9PM New Attitudes**, Armory, Enter door on the left, meeting room on main floor, 149 N Broad Street, Galesburg, Illinois, 61401 (O)

**9-10PM Saturday Night Live (LGBT)**, Sanity, 1220 E McClure Ave, Peoria, Illinois, 61603 (CL,GL,O)

## MEETING FORMAT LEGEND

C	Closed	CL	Candlelight
ENG	English speaking	GL	Gay/Lesbian/Transgender
O	Open	St	Step
TW	Traditions Workshop	Tr	Tradition
WC	Wheelchair		

## Twelve Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, that our lives 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 nature 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.

**PHONE NUMBERS**

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**HEART OF ILLINOIS AREA  
MEETING LIST  
DECEMBER 2023**

**24 HOUR HELPLINE  
(800) 539-0475**

**<https://heartofillinoisna.org>**

**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: 42

**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*