

## SUNDAY

**6-7:30PM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,RF)**

**7-8:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC)**

## MONDAY

**6-7:30PM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,RF)**

**7-8:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC)**

**7-8PM New Beginnings**, Christ Lutheran Church of the Deaf, Basement, Back Door, 104 Finley St., Jacksonville, IL, 62650 **(JT,O,NS)**

**7-8:30PM The Ties that Bind**, Harvard Park Baptist Church, Basement, 2401 S. 9th St., Springfield, IL, 62703 **(O,WC)**

## TUESDAY

**NOON-12:30PM Just for Tuesday**, Springfield, Illinois, **(JT,VM,WEB)**  
<https://us04web.zoom.us/j/73059483134?pwd=boT3CVTH3jLAURbxNaMXady95Wufbk.1>

**7-8:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC)**

**7-8PM FIRE**, First Christian Church, 101 N. Church St., Virden, IL, 62690

**7-8PM New Beginnings**, Christ Lutheran Church of the Deaf, Basement, back door, 104 Finley st., Jacksonville, IL, 62650 **(O,NS)**

**7:30-8:30PM Addicts Helping Addicts Group**, Pawnee Food Pantry, 704 7th St., Pawnee, IL, 62558 **(O,WC,RF)**

## WEDNESDAY

**6-7:30PM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,RF)**

**7-8:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC)**

**8-9:20PM New Beginnings**, Christ Lutheran Church of the Deaf, Basement, Back Door, 104 Finley St., Jacksonville, IL, 62650 **(O,To,NS)**

## THURSDAY

**6-7:30PM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,RF)**

**7-8:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC)**

**7-8PM Free to Be Me Group (Best HG in USA)**, Masks required for in-person meeting, 2450 Taylor Ave., Springfield, IL, 62703 **(O,WC,HY)**  
<https://us04web.zoom.us/j/3409381599>

**8-9PM New Beginnings**, Christ Lutheran Church of the Deaf, Basement, back door, 104 Finley st., Jacksonville, IL, 62650 **(O,NS)**

## FRIDAY

**6-7:30PM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,RF)**

**7-8:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC)**

**7-8PM New Beginnings**, Christ Lutheran Church of the Deaf, Basement, Back Door, 104 Finley St., Jacksonville, IL, 62650 **(CL,JT,O,To,NS)**

**8-9PM Free to be Me Group**, Harvard Park Baptist Church, Basement, 2401 S. 9th St., Springfield, IL, 62703 **(O,WC)**

## SATURDAY

**10-11:30AM Keep It Simple Group**, Harvard Park Baptist Church, Basement, 2401 S 9th St., Springfield, IL, 62703 **(O,WC,BT,HY)**

<https://us02web.zoom.us/j/82636737186?pwd=aTQxOWJWcmRpUDB3R3JjYUhlalJ4dz09>

**6-7:30PM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,RF)**

**7-8:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC)**

## MEETING FORMAT LEGEND

BT	Basic Text	CL	Candlelight
HY	Hybrid Meeting	JT	Just for Today
NS	No Smoking	O	Open
RF	Rotating Format	To	Topic
VM	Virtual Meeting	WC	Wheelchair
WEB	Online Meeting		

## Just for Today Living the Program

Tell Yourself:

**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 N.A. 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 N.A. I will tr 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.**

## 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.

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**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.**



**DECEMBER 2023**

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

<https://ltdana.org>

For other meetings outside of our area, see our regional website and directory at <https://illinoisna.org>

**LIVING THE DREAM AREA**  
**MEETING LIST**

**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: 25