

## SUNDAY

**6-7PM A Simple Way**, First Pentecostal Church of Nokomis, 219 North Oak St., Nokomis, Illinois, 62075 **(O,JT,RF,WC)**

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

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

## MONDAY

**8:30-9:30AM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,JT)**

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

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

**7-8PM New Beginnings**, Grace United Methodist Church, Side door, 400 W. Morgan St., Jacksonville, IL, 62650 **(O,JT,NS)**

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

## TUESDAY

**8:30-9:30AM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,JT)**

**NOON-12:30PM Just for Tuesday**, Springfield, Illinois, **(JT,WEB,VM)**

<https://us04web.zoom.us/j/73059483134?pwd=boT3CVTH3jLAURbxNaMXady95Wufbk.1>

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

**6-7PM FIRE**, First Christian Church, 101 N. Church St., Virden, IL, 62690

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

**7-8PM New Beginnings**, Grace United Methodist Church, Side door, 400 W. Morgan St., Jacksonville, IL, 62650 **(O,NS,LC)**

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

## WEDNESDAY

**8:30-9:30AM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,JT)**

**NOON-1:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,WC,SPAD)**

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

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

## THURSDAY

**8:30-9:30AM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,JT)**

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

**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>

## FRIDAY

**8:30-9:30AM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,JT)**

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

**6-6PM Free to be Me Group**, Harvard Park Baptist Church, Basement, 2401 S. 9th St., Springfield, IL, 62703 **(O,WC)**

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

**7-8PM New Beginnings**, Grace United Methodist Church, Side door, 400 W. Morgan St., Jacksonville, IL, 62650 **(O,CL,JT,NS)**

## SATURDAY

**8:30-9:30AM A Way Out**, First Presbyterian Church, Rear, basement, 116 E Franklin St, Taylorville, Illinois, United States **(O,JT)**

**NOON-1:15PM 217 Group**, 217 North Grand West, Springfield, IL, 62702 **(O,RF,WC)**

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

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

## MEETING FORMAT LEGEND

CL	Candlelight	JT	Just for Today
O	Open	RF	Rotating Format
WC	Wheelchair	NS	No Smoking
WEB	Online Meeting	LC	Living Clean
VM	Virtual Meeting	HY	Hybrid Meeting
SPAD	A Spiritual Principle a Day		

## 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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**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.



**FEBRUARY 2026**

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

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

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

For other meetings outside of our area, see our regional website and directory at <https://illinoisna.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: 32