

**SUNDAY**

**10:30-11:30AM 1HR New Associations,** Journey Counseling Building, Enter through the back door of the building on the far west side., 121 W. State Street, Charleston, IL, 61920 **(C,WC,BT,Tr)**

**MONDAY**

**7-8PM 1HR Monday Night Meeting,** First Christian Church, 901 N. Henrietta, Effingham, IL, 62401 **(WC,RF,CW)**

**7:30-8:30PM 1HR Women's Meeting,** Charleston, IL, **(VM)**

**TUESDAY**

**7-8PM 1HR Any Addict,** First Presbyterian Church, 311 7th Street, Charleston, IL, 61920, Charleston, IL, 61920 **(O,BK,CW)**

**WEDNESDAY**

**7-8PM 1HR Room to Grow,** First Presbyterian Church, 311 7th Street, Charleston, IL, 61920 **(O,BT,CW)**

**THURSDAY**

**6:30-8PM 1.5HR The Meeting,** Immaculate Conception Catholic Church Rear Entrance to Cafeteria, 320 N. 21st street, Mattoon, Illinois, 61920 **(O,Rr)**

**7-8PM 1HR New Attitudes,** Charleston, IL, 61920 **(O,VM,BT,CW)**

**7-8PM 1HR Welcome Home,** United Methodist Church, 308 N. 2nd Street, Altamont, IL, 62401 **(O,RF,ENG,CW)**

**SATURDAY**

**10:30-11:30AM 1HR Need Another,** New Hope Worship Center, Entrance located around the back., 2175 E. Harrison Ave, Charleston, IL, 61920 **(O,BT,CW)**

**MEETING FORMAT LEGEND**

BK	Book Study	BT	Basic Text
C	Closed	CW	Children Welcome
ENG	English speaking	O	Open
RF	Rotating Format	Rr	Round Robin
Tr	Tradition	VM	Virtual Meeting
WC	Wheelchair		

**PHONE NUMBERS**



**NEW BEGINNINGS AREA  
MEETING LIST  
APRIL 2024**

**24 HOUR HELPLINE  
1-800-539-0475**

**<https://nbana.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: 9

**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*

**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.**

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.