

**MONDAY**

**7-8PM 1HR Monday Night Meeting**, First Presbyterian Church, 600 W Temple, Effingham, IL, 62401 **(RF,WC,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,BT,CW,VM)**

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

**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)**

**PHONE NUMBERS****MEETING FORMAT LEGEND**

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

## 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 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.**

## 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.



## NEW BEGINNINGS AREA MEETING LIST FEBRUARY 2026

## 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: 8