**Why Are We Here?**

Before coming to the fellowship of Narcotics Anonymous, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in Drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until in desperation, we sought help from each other in Narcotics Anonymous.

After coming N.A. we realized that we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point and recovery is then possible.

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**Who is an Addict?**

Most of us do not have to think twice about this question. **We know!** Our whole life and thinking was centered in drugs in one form or another - the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose whole life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

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**What is the N.A. Program?**

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

We suggest you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.
### Sunday
- **NEW BEGINNINGS** 7:30PM  
  CL/DS/NA/DM/WCA  
  St. Vital Road  
  St. Mary Magdalene Church  
  Winnipeg
- **N.A. ON THE ROCKS** 7:30pm  
  TD/CL/NS  
  18 North Ave.  
  Flin Flon
- **BROADWAY GROUP** 2pm  
  CL/NS/SS/WCA/US/CSH  
  222 Furby St.  
  Crossways United Church  
  Winnipeg

### Monday
- **BROADWAY GROUP** 12noon  
  CL/NS/SS/WCA/US/CSH  
  222 Furby St.  
  Crossways United Church  
  Winnipeg
- **NO NONSENSE** 6:30pm  
  *** Stoney Mountain Penitentiary
- **JUST FOR TODAY** 6:30pm  
  CL/DM/NS/WCA  
  KENORA  
  430 2nd Street South  
  Knox United Church  
  Side entrance ring bell
- **GENESIS GROUP** 8pm  
  CL/NS/SS  
  187 Kilbride Ave.  
  Kildonan United Church  
  Winnipeg
- **WESTMAN NA** 8:30pm  
  NS/CL/WCA  
  401-1 St.  
  St. Mary’s Church  
  Brandon (204) 727-2601

### Tuesday
- **BROADWAY GROUP** 12noon  
  CL/NS/SS/WCA/US/CSH  
  222 Furby St.  
  Crossways United Church  
  Winnipeg
- **E.K. BEGINNERS** 7pm  
  O/NS/DS/WCA/TD/DM/CC  
  220 Helmsdale Ave.  
  St. Stephens Church  
  Winnipeg
- **EQUINOX GROUP** 7:30pm  
  CL/DM/NS/SS/DM  
  600 Minto St.  
  Our Saviors Lutheran Church  
  Winnipeg
- **GENESIS GROUP** 8:00pm  
  CL/NS/SS  
  187 Kilbride Ave.  
  Kildonan United Church  
  Winnipeg

### Wednesday
- **RISSIN’ FOR RECOVERY** 7:30am  
  CL/NS/WCA/Open Topic  
  160 Princess St.  
  Rm. P 318  
  Red River College
- **BROADWAY GROUP** 12noon  
  CL/NS/SS/WCA/US/CSH  
  222 Furby St.  
  Crossways United Church  
  Winnipeg
- **HOWLING WOLVES** 6:30pm  
  CL/DM  
  1079 Cree Road  
  AA Club House  
  Thompson
- **WESTMAN NA** 7:30pm  
  CL/NS/TD/WCA  
  510 Frederick St.  
  Brandon AFM Door at Back  
  (204) 727-2601
- **PHOENIX GROUP** 7:45pm  
  O/NS/DS/WCA/TD/DM/CC  
  220 Helmsdale Ave.  
  St. Stephens Church  
  Winnipeg
- **FOUNDATION FOR FREEDOM** 8:30PM  
  O/DM/NS/WCA  
  40 Mayfair Place  
  Fort Rouge Comm. Ctr.  
  Winnipeg

### Thursday
- **BROADWAY GROUP** 12noon  
  CL/NS/CC/WCA/US/CSH  
  222 Furby St.  
  Crossways United Church  
  Winnipeg
- **E.K. BEGINNERS** 7pm  
  O/NS/DS/WCA/TD/DM/CC  
  220 Helmsdale Ave.  
  St. Stephens Church  
  Winnipeg
- **CLEAN AND FREE** 7:30pm  
  CC/LS/SS/DM/NS/TD  
  220 Duke Ave.  
  Salvation Army Bldg.  
  Portage La Prairie
- **FOUNDATION FOR FREEDOM** 8:30PM  
  O/DM/NS/WCA  
  40 Mayfair Place  
  Fort Rouge Comm. Ctr.  
  Winnipeg
- **GENESIS GROUP** 8:00pm  
  CL/NS/SS  
  187 Kilbride Ave.  
  Kildonan United Church  
  Winnipeg

### Friday
- **BROADWAY GROUP** 12noon  
  CL/NS/TM/WCA/US/CSH  
  222 Furby St.  
  Crossways United Church  
  Winnipeg
- **BOOMERANG** 7:30pm  
  NS/US/CL/WCA  
  430 Langside St.  
  Magnus Eliason Rec. Centre, Winnipeg
- **WESTMAN NA** 9:30pm  
  NS/CL/WCA  
  401-1 St.  
  St. Mary’s Church  
  Brandon (204) 727-2601

### Saturday
- **HOWLING WOLVES** 4:00pm  
  CL/DM  
  1079 Cree Road  
  AA Club House  
  Thompson
- **SERENITY ON SATURDAY** 7:00pm  
  CL/NS/DM/CC/WCA  
  U of W 515 Portage Ave.  
  2nd floor  
  Manitoba Hall, Winnipeg

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*** All correctional facility meetings require security clearance. See the H&I Chairperson for release forms.

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### Manitoba Area Service Committee
Monthly Meeting 3rd Saturday of the month  
10:00am - 1:00pm 430 Langside Street

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### SPEAKER MEETINGS
- **GENESIS** 5th Thursday of the month.
- **EQUINOX** 5th Tuesday of the month.
- **BROADWAY** 5th Sunday of the month

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### Birthday Nights & Speaker Meetings
are open to the Public, Family & Friends

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### MEETING CODES
- **CC** Chairpersons Choice
- **CD** Candle Light Meeting
- **CSH** Closed Statutory Holidays
- **CL** Closed Meeting (Addicts Only)
- **DM** Discussion Meeting
- **DS** Downstairs
- **LS** Literature Study Meeting
- **NS** Non-Smoking
- **SS** Step Study Meeting
- **TD** Topic Discussion Meeting
- **TM** Tradition Meeting
- **US** Upstairs
- **WCA** Wheel Chair Accessible
- **O** Open Meeting

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Meeting List Revised Dec 8, 2009

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