

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.

Name	PhoneNumber

**N.A. PHONELINE
MEETING INFORMATION
Winnipeg: 981-1730
Brandon: 727-2601**

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.

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.

Manitoba Area Meeting List



Manitoba Area
Service Committee
P.O. Box 25173
1650 Main Street
Winnipeg, MB
R2V 4C8

E-Mail: na_Manitoba@hotmail.com



Winnipeg: 981-1730
Brandon: 727-2601

Sunday
BROADWAY GROUP 2pm
 CL/NS/SS/WCA/US/CSH
 222 Furby St.
 Crossways United Church
 Winnipeg

NEW BEGINNINGS 7:30PM
 CL/DS/NA/DM/WCA
 3 St. Vital Road
 St. Mary Magdalene
 Church Winnipeg

N.A. ON THE ROCKS 7:30pm
 TD/CL/NS
 18 North Ave.
 Flin Flon

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
 401-1st Street
 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/DS/NS/SS/DM
 600 Minto St.
 Our Saviors Lutheran Church
 Winnipeg

Wednesday
RISIN' 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

Wednesday (continued)
WESTMAN NA 7:30pm
 CL/NS/TD/WCA
 510 Frederick St.
 Brandon AFM Door at Back
 Brandon (204) 727-2601

PHOENIX GROUP 7:45pm
 *** Rockwood
 Corrections

**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
 401-1st Street
 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

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

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

SPEAKER MEETINGS

GENESIS 5th Thursday of the month.
EQUINOX 5th Tuesday of the month.
BROADWAY 5th Sunday of the month

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

GENESIS – Open Meeting 1st Monday of the Month

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

Meeting List Revised Dec 8, 2009



**KEEP
 COMING
 BACK**

