

## Just For Today

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 NA 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 NA, 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.

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### Meeting Codes:

O	Open (open to the public and addicts)
C	Closed (for addicts or those who think they may have a drug problem)
D	Discussion
W	Wheelchair Accessible
T	Topic Discussion
12&12	Steps & Traditions
BT	Basic Text
SS	Step Study
L	Literature Study
S	Speaker
SI	Special Interest
Y	Youth

Name	Phone Number

### Central Nova Area Service Committee Meetings

Activities: Sat 3:00pm (Room 5110)

Literature: Sun 10:00 (Room 5132)  
(Literature Sales Sun 11:30am-1:00pm)

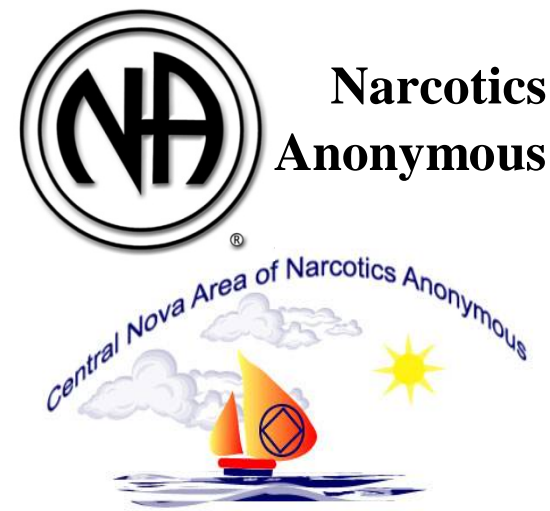
Public Relations: Sun 11:00am  
(Room 5110)

Area Service: Sun 2:00pm (Room 5110)

QE II – Dickson Building  
5820 University Ave, Halifax, NS

Committees meet on the last Sunday of every month, except July & Dec. For updates call phone line or see our website: [www.centralnovaarea.ca](http://www.centralnovaarea.ca)

***Many of us have said...***  
*Take my will & my life, Guide me in my recovery, Show me how to live.*



## Meeting List

Automated Meeting Information

Toll Free: 1-800-205-8402

To talk to a member / Help / Information  
902-789-8323

Meetings and locations are subject to change

Central Nova Area  
PO Box 65 Halifax Central Post Office  
Halifax, NS B3J 2L4

Central Nova Area:  
[www.centralnovaarea.ca](http://www.centralnovaarea.ca)  
Canada Atlantic Region: [www.carna.ca](http://www.carna.ca)  
Narcotics Anonymous World Service:  
[www.naws.org](http://www.naws.org)

***Effective Date: 25 March 2018***

If this list is more than 3 months old,  
please check our online meeting list at  
[www.centralnovaarea.ca](http://www.centralnovaarea.ca).

Groups: Send meeting update info to  
[meetinglistcnana@gmail.com](mailto:meetinglistcnana@gmail.com)

**Sunday (8)**

Nothing to Fear  
All Nations Church  
2535 Robie St., Halifax  
2:00pm – O/T/W

Supernova  
Beacon Church  
25 Beacon St., Yarmouth  
7:00pm – O/D/W

90 in 90  
Brunswick United Church  
2107 Brunswick St., Halifax  
7:30pm – O/T

Strength in Numbers  
St. James Church Hall  
181 Portland St., Dartmouth  
7:30pm – O/T/W

Foundation  
Miners Hall  
85 Main St., Springhill  
7:30pm – O/D

New Vision  
St. Andrews Church  
55 King St., Truro  
8:00pm – O/D/W

Taking Care of Business  
Trinity United Church  
151 Temperance St.  
New Glasgow  
(*side entrance*)  
8:00pm – O/D

Phoenix  
Heritage Church  
500 Charlotte St., Sydney  
(*entrance at back of church*)  
7:00pm – C/D/W

**Monday (4)**

A New Way To Live  
1<sup>st</sup> Floor Boardroom  
Northwood Manor  
2630 Gottingen St., Halifax  
11:45am – O/T/W

Liberation  
St. Catherine's Church  
6476 Bayers Rd., Halifax  
7:30pm – O/T/BT

Shelter from the Storm  
All Nations Church  
2535 Robie St., Halifax  
7:30pm – O/T

Sharing the Message  
Baptist Church, 6 Regal Rd.  
Dartmouth  
7:30pm – O/D/W

**Tuesday (7)**

Pride in Our Recovery  
Plan B (*large back room*)  
2180 Gottingen St., Halifax  
5:30pm – C/T/SI-LGBTQ

Pathway to Peace  
120 St. Ninian St.  
Antigonish  
(*behind St. Ninian's Cathedral*)  
6:30pm – O/D/W

Never Alone  
Dal Student Union, Room 224  
6136 University Ave. Halifax  
7:00-8:30pm – C/T/W/IP

Young and Free  
Holy Trinity Church  
30 Alfred St., Dartmouth  
7:30pm – O/SI-Youth

Survivors  
Knox United Church  
567 Sackville Dr., Sackville  
7:30pm – O/T

New Vision  
St. Andrews Church  
55 King St., Truro  
8:00pm – C/L/W

Talking Circle  
Theresa Cremo Health Ctr  
93 Reservation Rd,  
Waycobah First Nation, CB  
8:00pm – O/D

**Wednesday (4)**

Shelter from the Storm  
All Nations Church  
2535 Robie St., Halifax  
7:30pm – O/T

Breaking Free  
Emmanuel Church  
322 Herring Cove Rd.  
Halifax  
7:30pm – O/D/W

Serenity Seekers  
Sonlife Church  
152 Windmill Rd., Dartmouth  
7:30pm – O/D/W  
*Split men/women meetings.*

Love Life  
Northside Learning Centre  
55 King St., Sydney Mines  
8:00pm – W

**Thursday (6)**

Nature of Recovery  
Bethany United Church  
7171 Clinton Ave., Halifax  
7:30-9:00pm – O/BT

Get Honest or Die  
Church Hall  
3 Crichton Ave., Dartmouth  
7:30pm – O/D/W

I Can't We Can  
St. Matthew's United Church  
1479 Barrington St., Halifax  
8:00pm – C/D/W

New Vision  
St. Andrews Church  
55 King St., Truro  
8:00pm – C/D/W

Taking Care of Business  
Trinity United Church  
151 Temperance St.  
New Glasgow  
(*side entrance*)  
8:00pm – O/D

Circle of Hope  
Nepisi Building  
70 Gabriel St.  
Eskasoni First Nation, CB  
8:00pm – W

**Friday (4)**

You Have a Choice Today  
St. James Church Hall  
181 Portland St., Dartmouth  
7:30pm – O/D

Starting Point  
St. John the Baptist Church  
26 Purcell's Cove Rd.  
8:00pm – O/T

New Vision  
St. Andrews Church  
55 King St., Truro  
8:00pm – O/D/W

Phoenix  
Heritage Church  
500 Charlotte St., Sydney  
(*entrance at back of church*)  
8:00pm – C/D/W

**Saturday (6)**

Just for Today  
Lutheran Church  
2096 Windsor St., Halifax  
(door on Allan St.)  
11:30am – C/T/W

Open Arms  
St. Bernard's Catholic Church  
253 Highway 2, Enfield  
7:00pm – O/D/L

You're Not Alone  
Alano Club  
Rear 10 McKeen St.  
Glace Bay  
7:00pm – C/W

Road to Recovery  
Holy Trinity Church  
30 Alfred St., Dartmouth  
7:30pm – O/T

Last Chance  
Calvin Presbyterian Church  
3311 Ashburn Ave., Halifax  
8:00pm – O/T/W

Clean If You Want to Be  
Holy Trinity Church Hall  
78 Alexandra Ave.  
Bridgewater  
8:00pm – C/W

*All meetings are 1 hour  
unless otherwise indicated*