### VIRTUAL MEETINGS

- **Find virtual meetings at newyorkna.org/meetings**

### MEETING FORMAT LEGEND

- **B** Beginners  
- **BT** Basic Text  
- **C** Closed  
- **D** Discussion  
- **JT** Just for Today  
- **LC** Living Clean  
- **M** Men  
- **O** Open  
- **RF** Rotating Format  
- **Rr** Round Robin  
- **SD** Speaker/Discussion  
- **St** Step  
- **To** Topic  
- **W** Women  
- **WEB** Online Meeting

### HELPLINES

- **Greater New York Regional Helpline** 212-929-NANA (6262)  
- **Eastern Long Island Area Helpline** 631-689-NANA (6262)  
- **Open Arms Area Helpline** 1-800-498-5224  
- **Greater New York Regional Service Office** 212-929-7117

### SERVICE MEETINGS

- **Amagansett Living Room**, 1st Presbyterian Church, 350 Main St @ Meeting House lane, Amagansett, NY, 11930 (JT,Rr,SD)
- **Perpetual Change**, United Methodist Church, 201 East Main St, Sag Harbor, NY, 11963 (O,To)

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**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.

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EASTERN LONG ISLAND AREA
MEETING LIST
DECEMBER 2021
Meetings Weekly: 19