



## Sunday

### Congers

10:00 AM (1 hour)

Rise & Shine (O,D,JT,BK,NS)

Veterans Memorial Hall, 60 Lake Rd

### Nyack

7:00 PM

One Block Over (O,B,RF,NS)

Senior Citizens Center, 1st fl, (@N Franklin St), 90

Depew Ave

### New City

7:30 PM (1 hour)

NC Express (C,St,NS,LC)

United Methodist Church, (Btwn Crestwood Dr & Oak

St), 76 Congers Rd

## Monday

### New City

7:00 PM (1 hour)

Unity First (C,RF,St,WC,NS)

United Methodist Church, (Btwn Crestwood Dr & Oak

St), 76 Congers Rd

### Haverstraw

7:30 PM (1 hour and 15 minutes)

Back to Basics (O,B,NS)

Haverstraw Center, 50 West Broad St

## Tuesday

### Blauvelt

5:30 PM (1 hour)

Change or Die (O,B,RF,WC,NS)

Quaker Friends Building, 60 Leber Rd

### Nyack

7:30 PM (1 hour)

Stairway to Heaven (C,BT,SD,St,BK,NS,LC)

Grace Episcopal Church, (Btwn N Franklin St & N

Broadway), 130 First Ave

## Wednesday

### Nyack

Noon (1 hour)

NA at Noon (O,B,RF,NS)

Grace Episcopal Church, Upstairs, (Btwn N Franklin St &

N Broadway), 130 First Ave

### Nyack

8:00 PM (1 hour and 15 minutes)

Starting Over (C,B,RF,To,NS)

Grace Episcopal Church, (Btwn N Franklin St & N

Broadway), 130 First Ave

## Thursday

### Sparkill

6:00 PM (1 hour)

Spark of Hope (O,JT,SD,NS,BK)

Christ Episcopal Church, (red building), 14 Union St

## Thursday (Continued)

### New City

7:30 PM (1 hour and 15 minutes)

New Horizons (O,B,RF,NS)

United Methodist Church, (Btwn Crestwood Dr & Oak

St), 76 Congers Rd

### Nyack

7:30 PM (1 hour)

Real Talk (C,M,RF,NS)

Berea 7th Day Adventist Church, 67 S. Broadway

## Friday

### Nyack

7:30 PM (1 hour)

The Choice is Ours (O,B,JT,SD,NS,BK)

Grace Episcopal Church, Basement, (Btwn N Franklin

St & N Broadway), 130 First Ave

### Pearl River

9:00 PM (1 hour and 15 minutes)

Solution Seekers (C,RF,BK,NS)

St. Stephen's Church, (Use stained glass double doors

- turn right, then left), 84 Ehrhardt Rd

## Saturday

### Congers

10:00 AM (1 hour)

No Excuses (C,JT,BK,NS)

Veteran's Memorial Hall, (@ Green St.), 60 Lake Rd

### Nanuet

7:00 PM (1 hour)

Staying Alive (O,B,NS)

RCADD, Inc. (Nanuet Pavilion), 25 Smith St, Suite 101

### Nyack

9:00 PM (1 hour)

Saturday Night Alive (RF,NS,C)

Nyack Hospital, Cafeteria Conference Room, 160 N.

Midland Ave

## Format Legend

<b>B</b>	Beginners	<b>NS</b>	No Smoking
<b>BK</b>	Book Study	<b>O</b>	Open
<b>BT</b>	Basic Text	<b>RF</b>	Rotating Format
<b>C</b>	Closed	<b>SD</b>	Speaker/Discussion
<b>D</b>	Discussion	<b>St</b>	Step
<b>JT</b>	Just for Today	<b>To</b>	Topic
<b>LC</b>	Living Clean	<b>WC</b>	Wheelchair
<b>M</b>	Men		

## Rockland Area Service Committee Meetings

### Area Service

1st Tuesday of Every Month, at 7pm

Tappan Reformed Church -Manse Barn, (Accessible)

35 Kings Hwy, Tappan NY 10983

### Public Information (PI)

1st Tuesday of Every Month, at 6pm

Tappan Reformed Church -Manse Barn, (Accessible)

35 Kings Hwy, Tappan NY 10983

### Hospitals and Institutions (H&I)

3rd Tuesday of Every Month, at 7pm

Tappan Reformed Church -Parlor, 35 Kings Hwy,

Tappan NY 10983

### Events & Activities Sub Comm. (E&A) & Outreach

4th Tuesday of Every Month, at 7pm

Tappan Reformed Church -Parlor, 35 Kings Hwy,

Tappan NY 10983

### Some Basic Suggestions:

*Make 90 meetings in 90 days. If that sounds like a lot, make a meeting a day and the 90 will take care of itself.*

*Get a sponsor. A sponsor is another recovering addict just like you with a working knowledge of the 12 steps and 12 traditions of NA.*

*Get phone numbers. Dial them, don't file them.*

*Get involved. Get a commitment such as helping set up before the meeting or cleaning up when the meeting is over.*

*Come early and stay late.*

*Join a home group. A home group is a meeting that you attend regularly where people get to know you and you to know them.*

*Most importantly, don't pick up!*