

SUNDAY
<b>10:30AM Sunday Serenity Insanity Group</b> , Emmanuel House, 239 Public Street, Providence, RI, 02903 (O,D,S)
<b>4:30PM The Offshore Meeting</b> , 21 Water St., Shoreham, RI, 02807,
<b>7:00PM Active to Action</b> , Cameron Bldg, 68 Falmouth St, Attleboro, MA, 02703 (O,WC,19,SD)
<b>7:00PM Dedication</b> , Faith Baptist Church, Parking Lot in Front of Building, 785 Commonwealth Avenue, Warwick, RI, 02886 (O,D,St,Tr,WC,Lit,HY) , <a href="https://us04web.zoom.us/j/781406874?pwd=Q2R1allxNIhzZlNZSmQra0xkSksEQ709">https://us04web.zoom.us/j/781406874?pwd=Q2R1allxNIhzZlNZSmQra0xkSksEQ709</a>
<b>7:00PM J.J.D.</b> , St Mary's Church, 17 Winter Street, Milford, MA, 01757 (O,WC,CW,SD)
<b>7:00PM Recovery Is More Than Abstinence Group</b> , Butler Hospital, Ray Conference Center, 345 Blackstone Boulevard, Providence, RI, 02906 (O,D,JT,VM,TC) , <a href="https://us02web.zoom.us/j/85267880091?pwd=VktlRGtVUIRlbnmxBMU1uQXJCMzg1UT09">https://us02web.zoom.us/j/85267880091?pwd=VktlRGtVUIRlbnmxBMU1uQXJCMzg1UT09</a>
MONDAY
<b>NOON NA In The Day</b> , RI, 02904 (O,JT,WC,VM) , <a href="https://us04web.zoom.us/j/2442113418">https://us04web.zoom.us/j/2442113418</a>
<b>NOON One Day At A Time</b> , 310 Reservoir Ave, Providence, RI, 02907 (S,WC,Lit)
<b>7:00PM Learn to Live - Step, Tradition &amp; Concept Lite</b> , PeaceDale Congregational Churd, 2nd floor, 261 Columbia St., Wakefield, RI, 02879 (O,IP,St,Tr,Lit)
<b>7:00PM New Freedom</b> , Faith Baptist Church, 765 Commonwealth Ave, Warwick, RI, 02886 (O,D,S,WC)
<b>7:00PM Step Sisters</b> , Amos House, 460 Pine Street, Providence, RI, 02907 (C,St,W)
<b>7:00PM Steps To Freedom</b> , Asbury United Methodist Church, 143 Ann Mary Brown Dr., Warwick, RI, 02888 (O,D,S,St,Tr)
<b>7:00PM The Journey Continues</b> , Bethany Village Fellowship, 516 Newport Ave, South Attleboro, MA, 02703 (O,WC,LC,Lit,SD)
<b>7:00PM The New Normal Group of NA</b> , 464 Silver Spring St, Providence, RI, 02904 (O,19,SD) <i>Masks with social distancing please.</i>
<b>7:30PM Dig Deep</b> , St Paul's Church, 48 St Paul Street, Blackstone, MA, 01504 (C,D,To)
TUESDAY
<b>NOON NA In The Day (Online)</b> , RI, 02904 (O,JT,WC,VM) , <a href="https://us04web.zoom.us/j/2442113418">https://us04web.zoom.us/j/2442113418</a>
<b>NOON One Day At A Time</b> , 310 Reservoir Ave, Providence, RI, 02907 (S,WC,Lit)
<b>6:30PM The Journey of Hope</b> , John Hope Settlement House, Front Door, 2nd floor Conference Room, 7 Thomas P Whitten Way, Providence, RI, 02903 (C,NC,St,Tr)
<b>7:00PM Regardless of Sexual Identity (Online)</b> , RI, 02906 (O,D,To,BK,VM) , <a href="https://us02web.zoom.us/j/85267880091?pwd=VktlRGtVUIRlbnmxBMU1uQXJCMzg1UT09">https://us02web.zoom.us/j/85267880091?pwd=VktlRGtVUIRlbnmxBMU1uQXJCMzg1UT09</a>
<b>7:00PM Serenity Maniacs</b> , Woodridge United Church, Congregational building 1st floor above Day Care Center - Group Needs Support, 30 Jackson Road, Cranston, RI, 02920 (O,D,JT,S)
<b>7:30PM Living Free</b> , First Baptist Church, Lyons St entrance, 91 Cottage Street, Pawtucket, RI, 02860 (O,D,S)
<b>7:30PM Recovery In The Beach</b> , 1st Congregation Church, Using current social distancing guidelines, 715 Oakland Beach Avenue, Warwick, RI, 02889 (O,D,JT,St)
<b>8:00PM Recovery In The Country</b> , St Thomas Church, 1 Smith Avenue, Greenville, RI, 02828 (O,D,S,WC)
WEDNESDAY
<b>NOON NA In The Day (Online)</b> , RI, 02904 (O,JT,WC,VM) , <a href="https://us04web.zoom.us/j/2442113418">https://us04web.zoom.us/j/2442113418</a>
<b>NOON One Day At A Time</b> , 310 Reservoir Ave, Providence, RI, 02907 (S,WC,Lit)

WEDNESDAY (CONT)
<b>6:30PM Spiritual Solutions</b> , 42 Commonwealth Ave #4, North Attleboro, MA, 02763 (C,D,IW,St,W,WC)
<b>7:00PM Edgewood NA</b> , Edgewood Congregational Church, 1788 Broad Street, Cranston, RI, 02905 (O,CS,D,S,HY) , <a href="https://us04web.zoom.us/j/852115060">https://us04web.zoom.us/j/852115060</a>
<b>7:00PM Men With A Vision</b> , Side door, right off of parking lot., 15 Valley Street, Providence, RI, 02909 (C,IW,M,S,St,Tr,WC)
<b>7:00PM The 3rd Tradition Meeting</b> , Holy Family Parish, 414 South Main Street, Woonsocket, RI, 02895 (O,SD) <a href="https://nerna.org/straight-today-group/">https://nerna.org/straight-today-group/</a>
<b>7:30PM Cookies &amp; Recovery</b> , St Therese Old Catholic Church, 1500 Main Street, West Warwick, RI, 02893 (C,D,RF,S,St,TW,WC) <i>Desprate need of Support</i>
<b>7:30PM Loveline Group</b> , First Unitarian Church, 1 Benevolent Street, Providence, RI, 02906 (O,BT,D,IP,S,WC) <i>Masks are Required.</i>
THURSDAY
<b>NOON NA In The Day (Online)</b> , RI, 02904 (O,JT,WC,VM) , <a href="https://us04web.zoom.us/j/2442113418">https://us04web.zoom.us/j/2442113418</a>
<b>NOON One Day At A Time</b> , 310 Reservoir Ave, Providence, RI, 02907 (S,WC,Lit)
<b>7:00PM Hope in the Dark (WOMEN's Meeting)</b> , Anchor Recovery Center, 310 Reservoir Avenue, Providence, RI, 02907 (C,JT,RF,St,To,W,WC)
<b>7:00PM IP Time Group</b> , Asbury Methodist Church, 143 Ann Mary Brown Dr., Warwick, RI, 02888 (O,D,IP,S,WC,BK)
<b>7:00PM NASA (NA in South Attleboro)</b> , Bethany Village Fellowship Church, 516 Newport Ave, South Attleboro, MA, 02703 (O,IW,St,Lit)
<b>7:00PM Straight Forward</b> , Freedom Hall, Salvation Army, 201 Pitman St, Providence, RI, 02906 (O,D)
<b>7:00PM The Warehouse Meeting</b> , Building 1, 1655 Elmwood Ave, Cranston, RI, 02910 (O,SD)
<b>7:00PM Why Are We Here</b> , Riverside Congregational Church, Enter thru Parking Lot door (Bullocks Point Ave.), 15 Oak Ave, Riverside, RI, 02915 (O,St,Tr,WC,LC,Lit)
<b>7:30PM Better Way</b> , Federated Church (Community Room), 171 Main Street, Franklin, MA, 02038 (O,BT,D,WC)
FRIDAY
<b>NOON NA In The Day (Online)</b> , RI, 02904 (O,JT,WC,VM) , <a href="https://us04web.zoom.us/j/2442113418">https://us04web.zoom.us/j/2442113418</a>
<b>NOON One Day At A Time</b> , 310 Reservoir Ave, Providence, RI, 02907 (S,WC,Lit)
<b>6:30PM Back 2 Basics Group of N.A.</b> , Church of the Master, 15 Valley Street, Providence, RI, 02909 (O,SD)
<b>7:00PM Clean And Serene</b> , Faith Baptist Church, 765 Commonwealth Ave, Warwick, RI, 02886 (O,D,S,WC,19)
<b>7:00PM Hope Not Dope</b> , Camron Recovery Center, 68 Falmouth St, Attleboro, MA, 02703 (O,SD)
<b>7:00PM Room to Grow</b> , Brown University - Smith-Buonanno, Room G12, 95 Cushing St, Providence, RI, 02906 (O,WC,SPAD)
<b>7:00PM The Lie Is Dead Group</b> , Kings Tabernacle Church, 500 Greenville Ave, Johnston, RI, 02919 (O,D,S,WC,BK)
<b>7:30PM New Life</b> , Praise Tabernacle, 330 Park Avenue, Cranston, RI, 02905 (O,BT,D,WC)
<b>7:30PM Recovery In The Chapel Group (Hybrid)</b> , Emmanuel Episcopal Church, 120 Nate Whipple Hwy, Cumberland, RI, 02864 (O,D,S,WC,HY) , <a href="https://zoom.us/j/691771052">https://zoom.us/j/691771052</a>
<b>7:30PM SPA Day</b> , Anchor Community Fellowship, 36 Avice Street, Narragansett, RI, 02882 (O,SPAD)
SATURDAY
<b>10:00AM Serenity Seekers</b> , Christ the King church, Parish Building, 130 Legris Avenue, West Warwick, RI, 02893 (O,To,HY) , <a href="https://us04web.zoom.us/j/804755920">https://us04web.zoom.us/j/804755920</a>
<b>10:30AM Breakfast Club</b> , Epworth Methodist Church, 915 Newport Avenue, Pawtucket, RI, 02861 (O,D,S,St,HY) , <a href="https://zoom.us/j/747754751">https://zoom.us/j/747754751</a>

SATURDAY (CONT)
<b>1:00PM Keep It Simple Saturday Group</b> , St Patrick's Academy, Room #104, 244 Smith Street, Providence, RI, 02908 (O,D,S,HY) , <a href="https://zoom.us/j/88069288240">https://zoom.us/j/88069288240</a>
<b>6:30PM Start Your Night Right</b> , Camron Roofing Build, 68 Falmouth Street, Attleboro, MA, 02703 (O,D,S)
<b>7:00PM Recovery And Beyond</b> , St Mathews, 15 Frances Avenue, Cranston, RI, 02910 (C,JT,To)
<b>7:30PM Meeting in the Bucket</b> , BLM, 225 Main St, Pawtucket, RI, 02860 (O,WC,SD)
<b>7:30PM Opt For Life</b> , St Peter's By The Sea (Central & Caswell), 72 Central Street, Narragansett, RI, 02882 (O,D,BK)

MEETING FORMAT LEGEND			
19	Restrictions due to Covid-19	BK	Book Study
BT	Basic Text	C	Closed
CS	Children under Supervision	CW	Children Welcome
D	Discussion	HY	Hybrid Meeting
IP	Informational Pamphlet	IW	It Works -How and Why
JT	Just for Today	LC	Living Clean
Lit	Literature Study	M	Men
NC	No Children	O	Open
RF	Rotating Format	S	Speaker
SD	Speaker/Discussion	SPAD	A Spiritual Principle a Day
St	Step	TC	Temporarily Closed Facility
TW	Traditions Workshop	To	Topic
Tr	Tradition	VM	Virtual Meeting
W	Women	WC	Wheelchair

#### 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 used to live and lived to use. Very simply, an addict is a man or woman whose 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 NARCOTICS ANONYMOUS 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 that 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 keep 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, 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.

#### HOW IT WORKS THE TWELVE STEPS OF N.A.

If you want what we to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

1. We admitted we were powerless over our addiction, and our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember —*easy does it*.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these, we are well on our way.

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand is never enough. We put great emphasis on this, for we know that when we use drugs in any form or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to N.A., many of us viewed alcohol separately, but we cannot afford to be confused about this. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the groups springs from our Traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

- Understanding these Traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn't until we get involved with service that someone points out that "personal recovery depends on NA unity," and that unity depends on how well we follow our Traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free. By following these guidelines in our dealings with others, and society at large, we avoid many problems. That is not to say that our Traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and troubles with individuals and groups outside the Fellowship. However, when we apply these principles, we avoid some of the pitfalls. Many of our problems are like those that our predecessors had to face. Their hard-won experience gave birth to the Traditions and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

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 N.A. 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 N.A. 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.*

*When at the end of the road we find that we can no longer function as human beings, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.*

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