



## THE TWELVE STEPS

1. We admitted that we were powerless over our addiction, that 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.

## THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

**NASHUA (CONT)****Thu 7:00PM K.I.S.S.**, Crossways Christian Church, Downtown Campus, 33 Pine Street, Nashua, NH, 03060 (BT,St,YP)**Fri 8:00PM Friday Unity**, Church of the Good Sheperd, 214 Main Street, Nashua, NH, 03060 (BT,O,WC)**Fri 8:00PM Live Clean or Die Group**, Unitarian Church, Entrance front left, 58 Lowell St, Nashua, NH, 03064 (O,SD)**Sat 6:00PM New Way of Life**, United Methodist Church, left rear entrance, 154 Main St, Nashua, NH, 03060 (O,RF,SD)**Sat 7:00PM Saturday Daily Inventory**, Revive Recovery Center, 263 Main Street, Nashua, NH, 03060 (D,O,St)**NORTH CONWAY****Thu 7:00PM Recovery Rocks**, 2977 White Mountain Hwy, North Conway, NH, 03860 (D,O)**PLAISTOW****Sat 6:30PM Recovery Road**, First Baptist Church of Plaistow, 122 Main Street, Plaistow, NH, 03865 (JT,WC)**PORTSMOUTH****Sat NOON Portsmouth No Name Group**, Safe Harbor Building, 115 heritage Ave, Portsmouth, NH, 03801 (D,O,WC)**RAYMOND****Fri 7:00PM Hope Ahead Group (Hybrid)**, Raymond Baptist Church, 145 NH-27, Raymond, NH, 03077 (O,WC,HY,SD)**ROCHESTER****Tue 7:00PM Promise of Freedom**, Infinity Peer Support, 55 Summer Street, Rochester, NH, 03867 (BT,D,O,WC)**Thu 7:00PM New Way of Life**, Infinity Peer Support, 55 Summer Street, Rochester, NH, 03867 (O,RF,WC)**Sat 6:00PM Clean to Grow**, First Church Congregational, 63 S. Main Street, Rochester, NH, 03867 (BT,D,O,St,WC,Tr)**SEABROOK****Wed 6:30PM Keeping it in the Day**, Church of Christ, In the basement, 867 Lafayette Road, Seabrook, NH, 03874 (D,JT,O)**TILTON****Thu 7:00PM Basic Text Group**, Family Resource Center, 5 Prospect Street, Tilton, NH, 03276 (BT,O,WC,SD)**WOODSVILLE****Wed 7:00PM Walking Through Fear**, Woodsville Methodist Church, Church Street, Woodsville, NH, 03785 (D,JT,O,WC)**Meeting Format Legend**

BT	Basic Text	CL	Candlelight
D	Discussion	JT	Just for Today
O	Open	RF	Rotating Format
SD	Speaker/Discussion	St	Step
Tr	Tradition	W	Women
WC	Wheelchair	BK	Book Study
B	Beginners	BT	Basic Text
C	Closed	D	Discussion
IW	It Works -How and Why	JT	Just for Today
M	Men	O	Open
RF	Rotating Format	S	Speaker
St	Step	To	Topic
W	Women	WC	Wheelchair
YP	Young People	LC	Living Clean
Tr	Tradition	NS	No Smoking
SG	Step Working Guide	CL	Candlelight
Lit	Literature Study	VM	Virtual Meeting
WEB	Online Meeting	HY	Hybrid Meeting
HY	Hybrid Meeting	SD	Speaker/Discussion

## ATKINSON

**Mon 7:00PM Judgement Free Zone**, Atkinson Congregational Church, 101 Main Street, Atkinson, NH, 03811 (O,RF,WC)

**Thu 7:00PM Step into the Solution**, Atkinson Congregational Church, 101 Main Street, Atkinson, NH, 03811 (D,O,St)

## BENNINGTON

**Wed 7:30PM Closer Than You Think (Hybrid)**, Bennington Congregational Church, Intersection of Rte. 31 & 47, Bennington, NH, 03442 (O,RF,HY)

## BERLIN

**Thu 7:00PM Berlin Gorham Beginners**, 38 Glen Ave, Berlin, NH, 03570 (B,BT,O,St)

## CLAREMONT

**Mon 6:00PM Monday Night NA (Online & In Person)**, Zoom Link: <https://zoom.us/j/91692711848> PW: NA, 120 Broad St (Trinity Episcopal Church) Claremont, NH, 03743 (O,RF,WC,WEB,HY)

**Thu 7:00PM Hope in Claremont (Online & In Person)**, TLC family resource center Broad Street Entrance, <https://us06web.zoom.us/j/87907328775> PW: NA, 62 Pleasant St, Claremont, NH, 03743 (O,RF,WC,HY)

## CLAREMONT,

**Wed 7:00PM All Will Be Well Group (Online & In Person)**, Join by Phone: 929 436 2866, Meeting ID: 476 126 708 Phone Password: 166281, Join URL: <https://zoom.us/j/476126708> PW: NA, 62 Pleasant St, Claremont, NH, 03743 (CL,O,HY)

## CLAREMONT, NH

**Sun 7:00PM Step It Up (InPerson &Online)**, Zoom Link <https://zoom.us/j/92050814073> PW: NA Phone 646 876 9923 Phone Password: 440303Dial In:, 62 Pleasant St, Unit 4, Broad St entrance, Claremont, NH, NH, 03743 (D,O,RF,W,HY)

## CONCORD

**Thu 6:00PM Learning to Live**, Wesley United Methodist Church, 79 Clinton St, Concord, NH, 03301 (O,RF,WC)

## DERRY

**Thu 7:00PM Out of the Shadows Group**, Marion Garrish Community Center, 39 West Broadway, Derry, NH, 03038 (O,WC,CL,Lit)

**Fri 7:00PM Regardless of Age**, Marion Garrish Community Center, Located in room 4 on the second floor, 39 West Broadway, Derry, NH, 03038 (O,RF,WC,YP)

**Sat 11:00AM On Center**, Episcopal Church of the Transfiguration, 1 Hood Road, Derry, NH, 03038 (O,SD)

## DOVER

**Sun 11:00AM Just For Today**, Triangle Club, 120 Broadway, Dover, NH, 03820 (D,JT,O)

**Sun 7:00PM Weekend Wind Down**, Triangle Club, 120 Broadway, Dover, NH, 03820 (D,O,WC,LC)

**Mon 11:00AM Just For Today**, Triangle Club, 120 Broadway, Dover, NH, 03820 (D,JT,O)

**Mon 7:00PM Grow With Us**, St Thomas Episcopal Church, 5 Hale St, Dover, NH, 03820 (O,RF,WC)

**Tue 11:00AM Just For Today**, Triangle Club, 120 Broadway, Dover, NH, 03820 (D,JT,O)

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**Fri 11:00AM Just For Today**, Triangle Club, 120 Broadway, Dover, NH, 03820 (D,JT,O)

**Fri 7:00PM Dis Again**, Triangle Club, 120 Broadway, Dover, NH, 03820 (D,O,Lit)

**Sat 11:00AM Just For Today**, Triangle Club, 120 Broadway, Dover, NH, 03820 (D,JT,O)

## ENFIELD

**Fri 7:15PM Out of the Fog (In Person Only)**, Speaker 1st Friday, 314 U.S. 4, Enfield, NH (D,O,SD,WC)

## EXETER

**Tue 7:00PM The Gift of Today**, Congregational Church, 21 Front Street, Exeter, NH, 03833 (O,RF,WC)

## FRANKLIN

**Mon 7:00PM Franklin Freedom Group**, Unitarian Universalist Church, Please use rear door, 206 Central Street, Franklin, NH, 03235 (O,RF,WC)

## HUDSON

**Mon 7:00PM Lost Dreams Awaken**, Hudson Community Church, 19 Central Street, Hudson, NH, 03051 (O,To,SD)

**Wed 7:00PM Fifth Tradition Group**, Hudson Community Church, 19 Central Street, Hudson, NH, 03051 (O,RF)

## KEENE

**Sun 9:00AM The Breakfast Club (In person & online)**, Zoom: <https://zoom.us/j/96384286255> PW: NA. Phone 929 205 6099 PW: 440731, 36 Carpenter St., Keene, NH, 03431 (BT,O,St,Tr,WEB,HY)

**Tue 7:30PM In From The Storm Group ( In Person Only)**, 36 Carpenter St., Keene, NH, 03431 (O,RF,WC)

**Thu 7:00PM We Can Group (In Person Only)**, The Serenity Center, 294 West Street Suite A, Keene, NH, 03431 (JT,O,RF,WC)

## LACONIA

**Sun 7:00PM Better Side of Court Street**, 102 Court St, Laconia, NH, 03246 (O)

**Fri 7:00PM Alive At Last**, Navigating Recovery, 102 Court Street, Laconia, NH, 03246 (D,IW,O,RF,S,WC)

## LEBANON

**Tue 7:00PM A Gift Called Life Group (In Person Only)**, 18 School Street, Lebanon, NH (O,WC,BK)

**Thu 7:00PM Together We Can Group (Online & In Person)**, Zoom: <https://us04web.zoom.us/j/9500259596> PW: NA dial by phone: 929-205-6099, 10 S Park St, Lebanon, NH, 03766 (O,WC,BK,HY)

## LINCOLN

**Wed 7:00PM White Mountains NA**, Lincoln, NH (VM,SD)

**Fri 7:00PM White Mountains NA**, Lincoln, NH (VM,SD)

## LITTLETON

**Sun 6:00PM Lost & Found Group**, Faith Bible Community Center, 365 Union St, Littleton, NH, 03561 (O,RF,WC,Lit)

**Sun 7:00PM White Mountains NA**, Littleton, NH, 03561 (VM,SD)

**Tue NOON New Beginnings Women's Meeting**, Littleton, NH, 03561 (O,RF,W,VM)

**Tue 7:00PM Living Clean in the Mountains**, North Country Serenity Center, 45 Union Street, Littleton, NH, 03561 (D,O,LC)

## MANCHESTER

**Sun 6:00PM Vision of Hope**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (O,RF,WC)

**Mon NOON Serenity For Lunch**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (D,O,RF,WC)

**Mon 7:00PM Monday Night Group**, Manchester Vineyard Community Church, 750 Pine Street, Manchester, NH, 03104 (O,SD)

**Tue NOON Serenity At Lunch**, Manchester, NH (O,RF,VM)

**Tue NOON Serenity For Lunch**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (D,O,RF,WC)

**Tue 7:30PM Roomful of Miracles**, Unitarian Universalist Church, 669 Union Street, Manchester, NH, 03104 (O,WC,SD)

**Wed NOON Serenity For Lunch**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (D,O,RF,WC)

**Wed 7:00PM Awakening Spirituality**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (St,W,Tr)

**Wed 7:00PM What Can We Do**, First United Methodist Church, Parking across street, handicap park at church., 961 Valley Street, Manchester, NH, 03103 (O,RF)

**Thu NOON Serenity At Lunch**, Manchester, NH (O,RF,VM)

**Thu NOON Serenity For Lunch**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (D,O,RF,WC)

**Thu 7:00PM The Straight Ahead Group**, Vineyard Community Church, 750 Pine Street, Manchester, NH, 03104 (O,RF,WC)

**Fri NOON Serenity For Lunch**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (D,O,RF,WC)

**Fri 7:00PM Friday Freedom Group**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (O,RF)

**Sat 8:00AM Saturday Sanity**, Manchester, NH, 03101-1972 (O,RF,VM)

**Sat 6:00PM EMANON**, Hope for NH Recovery Building, 293 Wilson Street, Manchester, NH, 03103 (O,WC,SD)

## MARLBOROUGH

**Sat 7:00PM You Are Here Group (In Person & Online)**, Zoom <https://us06web.zoom.us/j/83154677886> PW: NA. Phone 929 205 6099 Phone PW: NA, Federated Church, 16 Pleasant St, Marlborough, NH, 03455 (O,RF,Tr,WC,HY)

## MILFORD

**Tue 7:00PM Free To Be Me**, ARC, Suite E, 180 Elm Street, Milford, NH, 03055 (O,RF,WC)

## NASHUA

**Sun 10:30AM Freedom From Within Group Men's Meeting**, Unit 21, 74 Northeastern Blvd, Nashua, NH, 03062 (C,M,RF,NS)

**Sun 7:00PM Trusting the Process**, Crossways Christian Church Downtown Campus, 33 Pine St, Nashua, NH, 03060 (BT,O,St,WC)

**Tue 7:00PM Man Up Group**, Arlington Street United Methodist Church, Use Haines Street entrance, 63 Arlington Street, Nashua, NH, 03060 (M,O,RF,WC)

**Tue 7:00PM She Rises Women's Group**, 263 Main ST, Nashua, NH, 03060 (C,RF,W,SG)