

**SUNDAY / DOMINGO**

<b>4:00PM</b>	<b>Elmira</b>	<b>Firm Foundation</b> , St. Joseph's Hospital (Old Chapel Room), 555 St Joseph's Blvd, Elmira, NY ( <b>IW,St,AB</b> )
<b>5:00PM</b>	<b>Ithaca</b>	<b>Back to Life</b> , Ithaca Community Recovery Building, Upstairs (Room 2), 518 W. Seneca St, Ithaca, NY ( <b>RF,WC</b> )
<b>5:00PM</b>	<b>Hornell</b>	<b>Road To Recovery</b> , Free Methodist Church, 60 Washington Street, Hornell, NY ( <b>WC</b> )
<b>6:00PM</b>	<b>Bath</b>	<b>Bath Unity Group</b> , St. Thomas Church, 122 Liberty Street, Bath, NY ( <b>O,BT,D,IW,SD,LC</b> )
<b>6:00PM</b>	<b>Auburn</b>	<b>We Together Hand in Hand</b> , Redeemer Lutheran Church, 10 Prospect St., Auburn, NY
<b>6:30PM</b>	<b>Geneva</b>	<b>Unity and Beyond</b> , Zion Lutheran Church, 18 Snell Road, Geneva, NY ( <b>O,BT,IW,SD,Tr,WC,AB</b> )
<b>7:00PM</b>	<b>Canandaigua</b>	<b>NA Soldiers</b> , Veterans Administration Building 9 2nd Floor, 400 fort Hill Ave, Canandaigua, NY ( <b>O,D,St,To</b> )

**MONDAY / LUNES**

<b>6:00PM</b>	<b>Corning</b>	<b>Keeping the Miracle Alive</b> , Grace United Methodist Church, 191 Bridge Street, Corning, NY ( <b>O,RF,WC</b> )
<b>6:00PM</b>	<b>Millerton</b>	<b>We Choose to Survive</b> , , 5174 Main St., Millerton, PA ( <b>O,D,RF,WC</b> )
<b>6:30PM</b>	<b>Clyde</b>	<b>A New Way of Life</b> , Christ Community Church, 27 West Genesee Street, Clyde, NY
<b>6:30PM</b>	<b>Auburn</b>	<b>Ties That Bind Us Together</b> , United Methodist Church, 99 South St, Auburn, NY ( <b>O,BT,IW,RF,SD</b> )
<b>7:00PM</b>	<b>Bath</b>	<b>Bath Unity Group</b> , St Thomas Church, 122 Liberty Street, Bath, NY ( <b>O,BT,D,IW,SD,LC</b> )
<b>7:00PM</b>	<b>Elmira</b>	<b>It Works</b> , Arnot Ogden Hospital, Downstairs (Petrie West Room), 600 Roe Ave., Elmira, NY ( <b>BT,IP,IW,WC</b> )
<b>7:00PM</b>	<b>Ithaca</b>	<b>Spiritual Foundation</b> , Ithaca Community Recovery Building (Basement), 518 W. Seneca St., Ithaca, NY ( <b>SG,WC</b> )
<b>7:00PM</b>	<b>Clifton Springs</b>	<b>Step up and Be Free</b> , Clifton Springs United Methodist Church, 1 E Main Street, Clifton Springs, NY ( <b>O,RF,To</b> )

**TUESDAY / MARTES**

<b>10:15AM</b>	<b>Auburn</b>	<b>Courage to Change</b> , Nick's Ride, 12 South Ave, Auburn, NY
<b>11:00AM</b>	<b>Elmira</b>	<b>Principles Before Personalities</b> , Five Star Bank Building, Trinity 2nd Floor, 150 Lake Street, Elmira, NY
<b>NOON</b>	<b>Clifton Springs</b>	<b>New Hope</b> , St. Johns Episcopal Church, 32 East Main St., Clifton Springs, NY ( <b>O,B,BT,D,St,WC</b> )
<b>6:00PM</b>	<b>Hornell</b>	<b>Road To Recovery</b> , Free Methodist Church, 60 Washington Street, Hornell, NY
<b>6:30PM</b>	<b>Auburn</b>	<b>Keeping It Simple</b> , Lakes Church, 138 E.Genesse Street, Auburn, NY ( <b>O,RF,SD</b> )
<b>7:00PM</b>	<b>Bath</b>	<b>Bath Unity Group</b> , St. Thomas Episcopop Church, 122 Liberty St, Bath, NY ( <b>O,BT,D,IW,SD,LC</b> )

**TUESDAY / MARTES (CONT)**

<b>7:00PM</b>	<b>Dansville</b>	<b>Recovery Starts Here</b> , Free Methodist Church, 25 Franklin St., Dansville, NY ( <b>BT</b> )
<b>7:00PM</b>	<b>Elmira</b>	<b>We Surrender Group</b> , Transformation Center (Use Door off 1st St.), 314 W. Church St., Elmira, NY ( <b>JT,To,WC</b> )
<b>7:30PM</b>	<b>Canandaigua</b>	<b>Basic Text Study Group</b> , United Presbyterian Baptist Curch, 11 E Gibson Street, Canandaigua, NY ( <b>O,BT,IW,St,Tr,WC,LC</b> )
<b>7:30PM</b>	<b>Ithaca</b>	<b>Let the Miracle Happen</b> , Ithaca Community Recovery Building (Basement), 518 W. Seneca St., Ithaca, NY ( <b>D,WC</b> )

**WEDNESDAY / MIÉRCOLES**

<b>6:30PM</b>	<b>Newark</b>	<b>Never Look Back</b> , Emmanuel United Methodist Church, 301 East Miller Street, Newark, NY ( <b>O,RF,WC,NS</b> )
<b>6:30PM</b>	<b>Auburn</b>	<b>We Together Hand in Hand</b> , Redeemer Lutheran Church, 10 Prospect St., Auburn, NY ( <b>RF</b> )
<b>7:00PM</b>	<b>Bath</b>	<b>Bath Unity Group</b> , St. Thomas Church, 122 Liberty Street, Bath, NY ( <b>O,BT,D,IW,SD,LC</b> )
<b>7:00PM</b>	<b>Canandaigua</b>	<b>NA Soldiers</b> , Veterans Administration Building 9 2nd Floor, 400 fort Hill Ave, Canandaigua, NY ( <b>O,BT,IP,JT</b> )
<b>7:00PM</b>	<b>Ithaca</b>	<b>Spiritual Foundation</b> , Ithaca Community Recovery Building (Basement), 518 W. Seneca St., Ithaca, NY
<b>7:00PM</b>	<b>Elmira</b>	<b>Starting Over Group</b> , St. Joseph's Hospital (Old Chapel Room), 555 St. Joseph's Blvd, Elmira, NY

**THURSDAY / JUEVES**

<b>10:15AM</b>	<b>Auburn</b>	<b>The Courage to Change</b> , Nick's Ride, 12 South St, Auburn, NY ( <b>D</b> )
<b>7:00PM</b>	<b>Bath</b>	<b>Golden Links</b> , Ira Davenport Hospital, Basement Conf. Room, 7571 New York 54, Bath, NY ( <b>St</b> )
<b>7:00PM</b>	<b>Cortland</b>	<b>Keys to Recovery</b> , Grace Church, Next to Firehouse, 13 Court St., Cortland, NY ( <b>O,D</b> )
<b>7:00PM</b>	<b>Canandaigua</b>	<b>Living Clean Group</b> , United Presbyterian Baptist Church, 11 E Gibson Street, Canandaigua, NY ( <b>O,BT,St,Tr,WC,LC</b> )
<b>7:00PM</b>	<b>Hornell</b>	<b>Road To Recovery</b> , Free Methodist Church, 60 Washington Street, Hornell, NY
<b>7:00PM</b>	<b>Elmira</b>	<b>Who's An addict</b> , Frederick Douglas Memorial AME Zion Church (Madison Ave. & 2nd St.), 402 Madison Avenue, Elmira, NY ( <b>BT,IP,IW,WC</b> )

**FRIDAY / VIERNES**

<b>6:00PM</b>	<b>Corning</b>	<b>Keeping the Miracle Alive</b> , Grace Methodist Church, 191 Bridge St, Corning, NY ( <b>O,BT,D,IP,IW,JT,RF,SD,St,WC,NS,ME</b> )
<b>6:30PM</b>	<b>Watkins Glen</b>	<b>Hopefiends</b> , Schuyler County Rainbow Chaser, 106 South Perry Street, Watkins Glen, NY ( <b>RF</b> )
<b>6:30PM</b>	<b>Auburn</b>	<b>U R Not Alone</b> , Unitarian Universalist Church, 607 N. Seward Ave, Auburn, NY ( <b>O,BT,IP,IW,RF,SG</b> )

**FRIDAY / VIERNES (CONT)**

<b>7:00PM</b>	<b>Bath</b>	<b>Bath Unity Group</b> , St. Thomas Church, 122 Liberty Street, Bath, NY ( <b>O,BT,D,IW,SD,LC</b> )
<b>7:00PM</b>	<b>Elmira</b>	<b>Keep it Simple</b> , St Joseph's Hospital (Old Chapel Room), 555 St Joseph's Blvd, Elmira, NY ( <b>O,To,WC</b> )
<b>8:00PM</b>	<b>Ithaca</b>	<b>Recovery in the Sky Group</b> , Thompkins Co. Mental Center, 201 E. Green St., Ithaca, NY
<b>8:00PM</b>	<b>Waterloo</b>	<b>Self Discovery</b> , Taylor Brown Hospital, 369 East Main St., Waterloo, NY ( <b>D,IP,SD,St,Tr</b> )

**SATURDAY / SÁBADO**

<b>10:00AM</b>	<b>Elmira</b>	<b>Women in Recovery</b> , St. Joseph's Hospital (Old Chapel Room), 555 St Joseph's Blvd, Elmira, NY ( <b>To</b> )
<b>NOON</b>	<b>Clifton Springs</b>	<b>New Hope</b> , St. Johns Episcopal Church, 32 East Main St., Clifton Springs, NY ( <b>O,B,D,SD,WC</b> )
<b>4:00PM</b>	<b>Elmira</b>	<b>Back to Basics</b> , St. Joseph's Hospital (Old Chapel Room), 555 St. Joseph's Blvd, Elmira, NY ( <b>To</b> )
<b>4:30PM</b>	<b>Canandaigua</b>	<b>Vision of Hope</b> , FLACRA Connections, 64 West Ave, Canandaigua, NY ( <b>O</b> )
<b>6:00PM</b>	<b>Hornell</b>	<b>Road To Recovery</b> , Free Methodist Church, 60 Washington Street, Hornell, NY
<b>7:00PM</b>	<b>Bath</b>	<b>Bath Unity Group</b> , St. Thomas Church, 122 Liberty Street, Bath, NY ( <b>O,BT,D,IW,SD,LC</b> )

**MEETING FORMAT LEGEND**

AB	Ask-It-Basket	B	Beginners
BT	Basic Text	D	Discussion
IP	Informational Pamphlet	IW	It Works -How and Why
JT	Just for Today	LC	Living Clean
ME	Meditation	NS	No Smoking
O	Open	RF	Rotating Format
SD	Speaker/Discussion	SG	Step Working Guide
St	Step	To	Topic
Tr	Tradition	WC	Wheelchair

## WEBSITES AND HELPLINES

Finger Lakes Area	<a href="http://flana.nny-na.org">flana.nny-na.org</a>	(315) 847-3842
Western Finger Lakes Area	<a href="http://wflana.nny-na.org">wflana.nny-na.org</a>	(315) 847-3842
Route 13 Area	<a href="http://route13.nny-na.org">route13.nny-na.org</a>	(315) 847-3842

Recovery is Possible Area	<a href="http://www.rochesterny-na.org">www.rochesterny-na.org</a>	(585) 235-7889
Heart of New York Area	<a href="http://www.honyana.org">www.honyana.org</a>	(315) 472-5555
Triple Cities Area	<a href="http://www.tcana.net">www.tcana.net</a>	(607) 762-9116

Northern New York Region	<a href="http://www.nny-na.org">www.nny-na.org</a>	(315) 847-3842
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Northeast Zonal Forum	<a href="http://www.nezf.org">www.nezf.org</a>	
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NA World Services	<a href="http://www.na.org">www.na.org</a>	(818) 773-9999
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## SERVICE MEETINGS

### Finger Lakes Area

PO Box 921  
Geneva, NY 14456

All FLASCNA service committees meet at :  
Border City Hose Company  
3000 Fallbrook Rd  
Geneva, NY 14456

Spirit of Love Committee	1st Sunday @ 9AM
Group Support Forum	2nd Sunday @ 8AM
Activities Committee	2nd Sunday @ 8AM
Literature Committee	2nd Sunday @ 9AM
Area Service Committee	2nd Sunday @ 10AM
Hospitals and Institutions	2nd Sunday @ 1PM
Public Relations	2nd Sunday @ 2PM
Guidelines	2nd Sunday @ 2PM
Outreach	2nd Sunday @ 2:30PM

### Western Finger Lakes Area

Area Service Committee	1st Tuesday @ 6:15PM	United Presbyterian Church 11 E. Gibson St Canandaigua, NY
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### Route 13 Area

Area Service Committee	2nd Sunday @ 11AM	Alternating Locations
	Odd months	National Soaring Museum 51 Soaring Hill Dr. Elmira, NY
	Even months	Tompkins County Mental Health 201 E. Green St. Ithaca, NY

## PHONE NUMBERS



## Greater Finger Lakes MEETING LIST

### FEBRUARY 2020

### 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.***

### Freedom from active addiction

## **(315) 847-3842**

Call to find a local meeting near you  
or speak to another recovering addict

Or send a text message of a city or zip code  
to find the next 5 meetings happening near you

Meetings Weekly: 50

## SUGGESTIONS

**Go to 90 NA meetings in 90 days  
Get a NA home group  
Get a NA sponsor  
Get NA literature  
Get involved in NA Service**

**NO MATTER WHAT**

**Don't use  
Keep coming back**

