

## SUNDAY

### **9:00AM Experience, Strength, & Hope**

NW Alano Club  
170 Maria Ave St. Paul  
C,BT

### **1:30PM Fellowship NA**

Fellowship Club/Hazelden  
680 Stewart Avenue St. Paul  
O,B,BT,HY  
<https://meet.google.com/rbd-djmr-xej>

### **7:00PM Addicts We Found It**

New Foundations  
1145 Westminster Street St. Paul  
VM,TC  
<https://zoom.us/j/864631285>

## MONDAY

### **NOON Addicts Come Together**

Midway Alano Club  
1161 Sherburne St. Paul  
O,CS

### **6:30PM Monday Night Hope NA**

520 North Robert Street St. Paul  
O,JT,RF

### **7:00PM Easy Does It**

Lutheran Church of the Redeemer  
285 Dale Street North St. Paul  
C,RF,HY  
<https://zoom.us/j/972513593>

### **7:30PM Liberacion De La Adiccion**

Downtown Alano Society  
1337 MacArthur Ave. St. Paul  
O,B,ES,LD

## MONDAY (CONT)

### **7:30PM Liberacion de la adiccion**

Downtown Alano of St. Paul  
520 Robert St N, room 2 St. Paul  
BL

## TUESDAY

### **6:30AM Rise and Shine**

Recovery Center  
110 Washburn Avenue Paynesville  
HY  
<https://zoom.us/j/497370479>  
Password: Recovery

### **6:30PM Women's Nite Out**

Recovery Church  
253 State Street South St. Paul  
C,RF,W

### **7:00PM Growing on Tuesdays**

Lutheran Church of the Redeemer  
285 Dale Street North St. Paul  
O

### **7:30PM Liberacion De La Adiccion**

Downtown Alano Society  
520 Robert Street North St. Paul  
O,B,ES,LD

## WEDNESDAY

### **7:00PM Addicts in the Basement**

The Recovery Church  
253 State Street St. Paul  
C,CH,To

### **7:00PM Courage To Change**

Lutheran Church of The Redeemer  
285 North Dale Street St. Paul  
B,RF,St,Tr

## WEDNESDAY (CONT)

### **7:00PM Just For Today**

Northwestern Alano  
170 Maria Avenue St. Paul  
C,B,WC,TC

### **7:30PM Liberacion De La Adiccion**

Downtown Alano Society  
520 Robert Street North St. Paul  
O,B,ES,LD

## THURSDAY

### **NOON Together We Stand**

Midway Alano Club  
1161 Sherburne St. Paul  
C,RF

### **6:00PM Women Keep it Real NA**

Castle Remodeling Lower Level  
access thru side door, ring doorbell if  
locked  
2600 Johnson St NE Suite D  
Minneapolis  
C,RF,To,W

### **6:00PM Women Keep it Real NA**

Castle Remodeling In The Basement  
Green Door  
2600 Johnson Street NE Suite D  
Minneapolis  
W

### **7:00PM Hooked on Books**

Lutheran Church of the Redeemer  
285 Dale Street North St. Paul  
RF

### **7:30PM Liberacion De La Adiccion**

Downtown Alano Society  
520 Robert Street North St. Paul  
O,B,ES,LD

## FRIDAY

### 7:00PM We Are Recovering

St. Andrews Lutheran Church  
900 Stillwater Road Mahtomedi  
C,WC

### 7:30PM Liberacion De La Adiccion

Downtown Alano Society  
520 Robert Street North St. Paul  
O,B,ES,LD

### 8:00PM Back to Basics

St John the Evangelist Church  
Fireside room  
60 N. Kent St. St. Paul  
C,B,BT,LD

### 8:00PM Words Into Actions

Lutheran Church of the Redeemer  
285 North Dale Street St. Paul  
C,RF,WC,HY  
zoom/j/9733990758

### 10:30PM Friday Night Hope NA

Midway Alano Club  
1161 Sherburne Avenue St. Paul  
O,JT,RF,WC  
<https://zoom.us/j/374876537>

## SATURDAY

### 9:00AM Recovery in the Parlor

Building  
1145 Westminster Street St. Paul  
C,CS,W,WC

## MEETING FORMAT LEGEND

B	Beginners	BL	Bi-Lingual
BT	Basic Text	C	Closed
CH	Closed Holidays	CS	Children under Supervision
ES	Espanol	HY	Hybrid Meeting
JT	Just for Today	LD	Literature Discussion
O	Open	RF	Rotating Format
St	Step	TC	Temporarily Closed Facility
To	Topic/Discussion	Tr	Tradition
VM	Virtual Meeting	W	Women
WC	Wheelchair		

## HELPLINES

Area 1	Number 1
Area 2	Number 2

## PHONE NUMBERS

## 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.**

Basic Text, page 65



**AREA OF HOPE  
MEETING LIST  
DECEMBER 2023**

**24 HOUR HELPLINE  
(877) 767-7676**

<https://naminnesota.org/area-of-hope>

**SUGGESTIONS FOR EVERYONE**

**DON'T USE no matter what**

**Ask your Higher Power to keep you clean**

**Come early and stay late**

**Get a home group**

**Go to 90 meetings in 90 days**

**Read NA literature daily**

**Get and use a sponsor**

**Use the PHONE**

**KEEP COMING BACK. IT WORKS**