

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.

RAYMOND

Mon 7:00PM One of Us, Clyde Bailey Drop In Center, 1311 Roosevelt Trail, Raymond, ME, 04071 (Lit,O,WC)

ROCKLAND

Mon 6:30PM Coastal Recovery Group, Community Center, Suite 103 & 104, 24 Lincoln St, Rockland, ME, 04841 (D,O)

Tue 6:30PM New Attitudes, St Peter's Episcopal Church, 11 White Street, Rockland, ME, 04841 (O,BT,CL,WC)

Wed 6:30PM Just For Today, St Peter's Episcopal Church, 11 White Street, Rockland, ME, 04841 (Lit,D,O,WC)

Fri 6:30PM New Attitudes, St Peter's Episcopal Church, 11 White Street, Rockland, ME, 04841 (D,O,CL,WC)

SANFORD

Mon 7:30PM Key Tags Not Toe Tags, St George's Church, Across from Cumberland Farms In the nursery, 3 Emerson Street, Sanford, ME, 04073 (So,O,WC)

Mon 7:30PM Key Tags Not Toe Tags, St George's Church, 3 Emerson Street, Sanford, ME, 04073 (S,O,WC)

Wed 7:30PM Live Clean Or Die, Unitarian Universalist Church, Behind Salvation Army, 5 Lebanon Street, Sanford, ME, 04073 (RF,WC,O,CW)

SKOWHEGAN

Wed 6:45PM Keys to Freedom, Redington-Fairview General Hospital, 46 Fairview Ave, Skowhegan, ME, 04976 (O,BT,WC)

SOUTH THOMASTON

Sat 6:30PM The Keag is Up, People's United Methodist Church, 13 Chapel Street, South Thomaston, ME, 04858 (D,O,CL)

SOUTHWEST HARBOR

Mon 7:00PM Safe Harbor, Harbor House Community Center, 329 Main St, Southwest Harbor, ME, 04679 (D,O,WC)

TOPSHAM

Wed 7:00PM Clean Slate Group, ABC Baptist Church, 1 Elm Street, Topsham, ME, 04086 (SG,O)

WATERVILLE

Sun 7:00PM We Do Recover, Pleasant Street United Methodist Church, 61 Pleasant St, Waterville, ME, 04901 (O,BT)

Thu 6:00PM Without Parallel, Pleasant Street United Methodist Church, side entrance, upstairs in small chapel, 61 Pleasant Street, Waterville, ME, 04901 (D,O,CL)

Fri 6:00PM Waterville Five & Dime, Pleasant St United Methodist Church, 61 Pleasant Street, Waterville, ME, 04901 (Lit,D,C)

WINDHAM

Wed 7:00PM Keepers of Change, Union Church, 723 Roosevelt Trail, Windham, ME, 04062 (O)

Meeting Format Legend

B	Beginners	BT	Basic Text
C	Closed	CL	Candlelight
CW	Children Welcome	CW	Children Welcome
D	Discussion	JT	Just for Today
Lit	Literature Study	M	Men
O	Open	O	Open
RF	Rotating Format	S	Speaker
SG	Step Working Guide	So	Speaker Only
St	Step	To	Topic
W	Women	WC	Wheelchair
WC	Wheelchair		

ALFRED

Tue 7:00PM How Ya Doing?, Notre Dame Spiritual Center, 147 Shaker Hill Road, Alfred, ME, 04002 (D,O,WC)

Thu 7:00PM How Ya Doing?, Notre Dame Spiritual Center, 147 Shaker Hill Road, Alfred, ME, 04002 (D,O,WC)

AUGUSTA

Mon 7:00PM Warm and Slightly Fuzzy, Grace United Methodist Church, 13 Green Street, Augusta, ME, 04330 (Lit,D,O,WC)

Wed 5:30PM We Do Recover, LINC Wellness and Recovery Center, 38 Memorial Circle, Augusta, ME, 04330 (D,O)

Fri 6:30PM Clean and Serene, Penney Memorial Church, 393 Water St, Augusta, ME, 04330 (CW,Lit,D,O)

BANGOR

Sun 7:00PM Grateful We're Not Dead, Together Place, 2 2nd St, Bangor, ME, 04401 (Lit,D,O,WC)

Mon NOON The Promise Is Freedom, St. John's Episcopal Church, 234 French Street, Bangor, ME, 04401 (D,O)

Tue 7:00PM Grateful We're Not Dead, Together Place, 2 2nd St, Bangor, ME, 04401 (Lit,D,O,WC)

Wed NOON The Promise is Freedom, St. John's Episcopal Church, 234 French Street, Bangor, ME, 04401 (D,O)

Wed 7:00PM Man Up, St. John's Episcopal Church, In church office, across from church, 234 French Street, Bangor, ME, 04401 (St,C,M)

Thu 7:00PM Grateful We're Not Dead, Together Place, 2 2nd St, Bangor, ME, 04401 (Lit,D,O,WC)

Fri NOON The Promise is Freedom, St. John's Episcopal Church, 234 French Street, Bangor, ME, 04401 (D,O)

Fri 7:30PM Ultimate Weapon, The Union St Brick Church, 126 Union St, Bangor, ME, 04401 (S,O,WC)

Sat 10:00AM Step It Up, St. John's Episcopal Church, 234 French St, Bangor, ME, 04401 (St,Lit,O)

Sat 7:00PM New Freedom, Eastern Maine Medical Center, 489 State St, Bangor, ME, 04401 (D,O,WC)

BATH

Mon 7:00PM Better Off Read, Bath United Methodist Church, 340 Oak Grove Avenue, Bath, ME, 04530 (Lit,D,O)

BELFAST

Mon 6:30PM Second Chances, United Methodist Church, 23 Mill Lane, Belfast, ME, 04915 (St,O,WC)

Wed 6:00PM Second Chances, United Methodist Church, 23 Mill Lane, Belfast, ME, 04915 (D,O,WC)

Thu 6:30PM Second Chances, United Methodist Church, 23 Mill Lane, Belfast, ME, 04915 (D,O)

BIDDEFORD

Tue 7:00PM Stairway To Freedom, Second Congregational Church, 19 Crescent Street, Biddeford, ME, 04005 (D,O,WC)

Fri 7:00PM Stairway to Freedom, Second Congregational Church, 19 Crescent Street, Biddeford, ME, 04005 (St,D,O,WC)

Sat 7:00PM Stairway to Freedom, Second Congregational Church, 19 Crescent Street, Biddeford, ME, 04005 (D,O,WC)

BLUE HILL

Tue 7:00PM Clean By The Bay, Blue Hill Memorial Hospital, 57 Water Street, Blue Hill, ME, 04614 (St,D,O)

BREWER

Sun 2:00PM Bangor Area Newcomers, Bangor Area Recovery Network, 142 Center St, Brewer, ME, 04412 (O)

Sun 3:30PM Grace and Dignity Women's Meeting, Vacationland Inn, Meets downstairs, 453 Wilson Street, Brewer, ME, 04412 (C,W)

Sun 4:00PM Man Up Men, Bangor Area Recovery Network, 142 Center St, Brewer, ME, 04412 (O,M,CL)

Mon 7:30PM New Beginnings, Bangor Area Recovery Network, 142 Center St, Brewer, ME, 04412 (D,O,WC)

Wed 7:30PM New Beginnings, Bangor Area Recovery Network, 142 Center St, Brewer, ME, 04412 (D,O,WC)

Fri 7:30PM New Beginning, Bangor Area Recovery Network, 142 Center St, Brewer, ME, 04412 (D,O,WC)

BRIDGTON

Mon 7:00PM How It Works, Bridgton Community Center, 15 Depot Street, Bridgton, ME, 04009 (Lit,D,O,WC)

Wed 7:00PM Recovery is Possible, Lakes Region Recovery Center, At the back of the Hospital Campus. Make a right at ambulance garage In Suite E, 25 Hospital Drive, Bridgton, ME, 04009 (O)

Sat 7:00PM You Are Not Alone, Lakes Region Recovery Center, 25 Hospital Dr, Bridgton, ME, 04009 (O)

BRUNSWICK

Thu 7:00PM Just For Today, St. Paul's Episcopal Church, 27 Pleasant St, Brunswick, ME, 04011 (O,JT)

CARIBOU

Wed 7:00PM Most Powerful Vehicle, RRCC, 1 Water St, Caribou, ME, 04736 (Lit,O,To)

CARIBOU (CONT)

Thu 9:00AM Most Powerful Vehicle, RRCC, 1 Water St, Caribou, ME, 04736 (D,O,BT)

Sat 7:00PM Most Powerful Vehicle, RRCC, 1 Water St, Caribou, ME, 04736 (Lit,O)

CHERRYFIELD

Sun 7:00PM You Know Serenity, Cherryfield Congregational Church, 10 River Rd, Cherryfield, ME, 04622 (Lit,O)

ELLSWORTH

Sun 7:00PM Alive & Kicking, Your Place Inc., 8 Old Mill Road, Ellsworth, ME, 04605 (D,O,WC)

Tue 7:00PM Alive & Kicking, Your Place Inc., 8 Old Mill Road, Ellsworth, ME, 04605 (D,O,WC)

Tue 7:00PM Love & Tolerance, St. Dunstons Episcopal Church, 134 State St, Ellsworth, ME, 04605 (So,D,O)

Thu 7:00PM Hugs Not Drugs, Northern Light Maine Coast Hospital, 50 Union Street, Ellsworth, ME, 04605 (D,O,WC)

Fri 7:00PM Alive & Kicking, Your Place Inc., 8 Old Mill Road, Ellsworth, ME, 04605 (D,O,WC)

Sat 7:00PM Love & Tolerance, St. Dunstons Episcopal Church, 134 State St, Ellsworth, ME, 04605 (So,D,O)

FARMINGTON

Tue 6:30PM Dragon Slayers, Henderson Mem. Baptist Church, 110 Academy Street, Farmington, ME, 04938 (St,O)

Thu 7:00PM Step Awareness, Franklin County Memorial Hospital, 111 Franklin Health commons, Farmington, ME, 04938 (St,Lit,C,WC)

Sat 9:00AM Nine-ish, Franklin County Memorial Hospital, 111 Franklin Health commons, Farmington, ME, 04938 (D,O,WC)

GREENVILLE JUNCTION

Sat 7:00PM We Can Do It Group, C.A. Dean Hospital, 364 Pritham Ave, Greenville Junction, ME, 04442 (O,JT)

KENNEBUNK

Sun 6:30PM Free at Last, Christ Church, 6 Dane St, Kennebunk, ME, 04043 (D,O,WC)

LEWISTON

Tue 8:15PM Time is Money, Calvary Methodist Church, 59 Sabattus St, Lewiston, ME, 04240 (St,O)

Thu 8:00PM Free and Clean, Calvary Methodist Church, 59 Sabattus Street, Lewiston, ME, 04240 (Lit,O)

MEXICO

Fri 7:00PM Harvest Meeting, First Baptist Church, 20 Roxbury Road, Mexico, ME, 04257 (WC,St,So,O,CW,D,BT)

NORWAY

Tue 7:00PM Oxford Hills Group, Common Ground Counselling, 235 Main Street, Norway, ME, 04268 (St,D,O)

OLD ORCHARD BEACH

Wed 7:30PM Catch The Wave, United Methodist Church, 6 Fountain Avenue, Old Orchard Beach, ME, 04064 (Lit,O,WC)

OLD TOWN

Wed 7:00PM Fear to Faith, St. Ann's Catholic Church, 6 Down Street, Old Town, ME, 04468 (D,O,WC)

PORTLAND

Sun 7:00PM So Fresh And So Clean, Amisted Peer Recovery Center, 66 State Street, Portland, ME, 04101 (Lit,D,O,WC)

Mon NOON New Beginnings, Portland Recovery Community Center, 468 Forest Avenue, Portland, ME, 04101 (D,O,BT,B)

Mon 7:00PM Unity, 1st Unitarian Universalist Church, 425 Congress Street, Portland, ME, 04101 (D,O,CL,To)

Tue NOON New Beginnings, Portland Recovery Community Center, 468 Forest Avenue, Portland, ME, 04101 (D,O,BT,B)

Tue 5:30PM NA Women's Meeting, St. Paul's Church Parish Hall, 279 Congress Street, Portland, ME, 04101 (Lit,O,W)

Tue 7:00PM Share & Live, State Street Church (UU), 159 State Street, Portland, ME, 04101 (So,O)

Wed 7:00PM No More Tears, State Street Church (UCC), 159 State St, Portland, ME, 04101 (Lit,O,To)

Thu NOON New Beginnings, Portland Recovery Community Center, 468 Forest Avenue, Portland, ME, 04101 (D,O,BT,B)

Thu 7:00PM No Name Group, Sacred Heart Church, 80 Sherman St, Portland, ME, 04101 (D,O)

Fri NOON New Beginnings, Portland Recovery Community Center, 468 Forest Avenue, Portland, ME, 04101 (WC,O,D,BT,B)

Fri 7:00PM Original Recipe Basic Text, Mercy Hospital, 144 State St, Portland, ME, 04101 (D,O,BT,WC)

Sat 7:00PM Principles Before Personalities, Immanuel Baptist Church, 156 High St, Portland, ME, 04101 (D,O,CL)

PRESQUE ISLE

Tue 7:00PM Courage to Change, St John's Church, 52 2nd Street, Presque Isle, ME, 04769 (St,D,O)

Fri 7:00PM Courage to Change, St John's Church, 52 2nd Street, Presque Isle, ME, 04769 (D,O,WC)