

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.

Meeting Format Legend			
B	Beginners	BK	Book Study
BT	Basic Text	BT	Basic Text
C	Closed	CL	Candlelight
CW	Children Welcome	D	Discussion
D	Discussion	IP	Informational Pamphlet
IW	It Works -How and Why	JT	Just for Today
JT	Just for Today	LC	Living Clean
M	Men	M	Men
ME	Meditation	O	Open
O	Open	RF	Rotating Format
RF	Rotating Format	SD	Speaker/Discussion
SG	Step Working Guide	St	Step
St	Step	To	Topic
Tr	Tradition	Tr	Tradition
W	Women	W	Women
WC	Wheelchair	WC	Wheelchair
YP	Young People		

ATKINSON

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

BEDFORD

Wed 7:30PM Stairway To Life, Bedford Presbyterian Church, Side Entrance, Level 1, 4 Church Road, Bedford, NH, 03110 (O,St)

BENNINGTON

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

BERLIN

Wed 6:00PM North Country NA 12 Step Group, Berlin Hope Center, 823 Main Street, Berlin, NH, 03570 (WC,O,St,D)

CLAREMONT

Mon 7:00PM Monday Night NA, Trinity Episcopal Church, 120 Broad St, Claremont, NH, 03743 (RF,O,WC)

CONCORD

Sun 7:00PM Freedom Thru Unity, Concord Hospital, 3rd Floor Conference Room C, 250 Pleasant Street, Concord, NH, 03301 (SD,WC,O,Tr)

Thu 5:30PM Learning to Live, First Congregational Church, 177 N Main Street, Concord, NH, 03301 (RF,WC,O)

CONWAY

Sun 5:30PM One Promise, St. Margaret's Anglican Church, In Back, 85 Pleasant Street, Conway, NH, 03818 (O,St)

Wed 6:30PM One Promise, St. Margaret's Anglican Church, In Back, 85 Pleasant Street, Conway, NH, 03818 (BT,O)

DERRY

Fri 7:30PM Regardless of Age, Marion Garrish Community Center, 39 West Broadway, Derry, NH, 03038 (YP,O,RF)

Sat 11:00AM On Center, Episcopal Church of the Transfiguration, 1 Hood Road, Derry, NH, 03038-2046 (SD,O)

DOVER

Sun 7:45PM Keep It Real, Wentworth-Douglass Hospital, Auditorium C, 789 Central Avenue, Dover, NH, 03820-2526 (RF,WC,O,D)

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

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

ENFIELD

Fri 7:30PM Out of the Fog, United Methodist Church, 314 U.S. 4, Enfield, NH (D,O,WC)

EXETER

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

GROVETON

Mon 6:00PM We Do Recover, Groveton High School, 65 State Street, Groveton, NH, 03582 (SD,O,WC)

HUDSON

Wed 7:30PM Fifth Tradition Group, Hudson Community Church, 19 Central Street, Hudson, NH, 03051 (RF,O)

KEENE

Sun 9:00AM The Breakfast Club, 34 Mechanic St., Keene, NH, 03431 (BT,St,O,Tr)

Mon 5:45PM Monday Night Mechanics, Serenity Center, 34 Mechanic St, Keene, NH, 03431 (O,D,JT)

Tue 7:30PM In From The Storm Group, Church Of Christ, 12 Arch Street, Keene, NH (RF,O,WC)

Thu 7:00PM We Can Group, Keene Unitarian Universalist Church, 69 Washington St, Keene, NH, 03431 (O,JT)

LACONIA

Sun 5:00PM Faith in Recovery Group, The Dry Dock, 71 B Beacon Street, Laconia, NH, 03246 (SD,O)

Mon 7:00PM Speaking Green & Gold, United Methodist Church, 35 Tower Street, Laconia, NH, 03249 (SD,WC,O)

Wed 7:00PM Turning Point, Congregational Church Parish House, 18 Veterans Square, Laconia, NH, 03246 (O,JT,D)

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.

LACONIA (CONT)

Thu NOON Living in the Solution Group, Navigating Recovery, Use Handicap Ramp at Back Door, 102 Court Street, Laconia, NH, 03246 (RF,WC,O)

Fri 7:00PM 603 Clean & Serene, Navigating Recovery, Use Handicap Ramp at Back Door, 102 Court Street, Laconia, NH, 03246 (RF,O)

Sat 10:00AM Stay 'N' Grow Group, Navigating Recovery, Use Handicap Ramp at Back Door, 102 Court Street, Laconia, NH, 03246 (ME,WC,O,JT)

Sat 6:00PM We All Belong, Unitarian Universalist Church, 172 Pleasant Street, Laconia, NH, 03246-3030 (WC,O,Tr,St)

LANCASTER

Tue 7:00PM White Mountain NA of Lancaster, All Saints Church, 163 Main Street, Lancaster, NH, 03584 (O,D)

LEBANON

Sun 7:00PM More Will Be Revealed, 23 Green St, Lebanon, NH (St,O,M)

Sun 7:00PM Step It Up, 14 Church Street, Lebanon, NH (RF,O,D,W)

Tue 7:00PM The Gift Called Life Group, 18 School Street, Lebanon, NH (BK,O,WC)

Wed 7:30PM All Will Be Well Group, Masonic Lodge, 23 Green Street, Lebanon, NH (O,CL)

Thu 7:00PM Together We Can Group, Headrest, 14 Church Street, Lebanon, NH (BK,O,WC)

LINCOLN

Tue NOON New Beginnings, Depot Outlets Building, Enter through Archway, behind bldg to left, follow Bridge Project signs, 264 Main Street, Lincoln, NH, 03251 (RF,O)

LITTLETON

Mon NOON Above the Notch, Serenity Center, 45 Union Street, Littleton, NH, 03561 (RF,O)

Mon 7:00PM Steps to Freedom, Serenity Center, 45 Union Street, Littleton, NH, 03561 (O,St)

Wed NOON Above the Notch, Serenity Center, 45 Union Street, Littleton, NH, 03561 (RF,O)

Thu 6:00PM More Will Be Revealed, Serenity Center, 45 Union Street, Littleton, NH, 03561 (O,D)

Fri NOON Above the Notch, Serenity Center, 45 Union Street, Littleton, NH, 03561 (RF,O)

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

MANCHESTER

Sun 10:00AM Awareness, Veterans Hospital, West Wing Primary Care Lobby, 718 Smyth Road, Manchester, NH, 03108-0000 (RF,WC,O)

Sun 6:00PM Vision of Hope, Grace Episcopal Church, 106 Lowell Street, Manchester, NH, 03101 (RF,WC,O)

Mon NOON Serenity For Lunch, Hope For NH Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (RF,WC,O)

Mon 6:00PM Sisters With Hope, Hope for NH Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (CW,WC,W,Tr,St,O)

Mon 7:00PM Monday Night Group, Unitarian Universalist Church, 669 Union Street, Manchester, NH, 03104 (SD,WC,O)

Tue NOON Serenity For Lunch, Hope For Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (RF,O,WC)

Tue 7:00PM Granite State Brotherhood Meeting, Hope For NH Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (WC,SD,O,M)

Tue 7:30PM Roomful of Miracles, Salvation Army, 121 Cedar Street, Manchester, NH, 03101 (RF,O)

Wed NOON Serenity For Lunch, Hope For NH Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (WC,RF,O)

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

Thu NOON Serenity For Lunch, Hope For NH Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (RF,O,WC)

Thu 7:00PM Straight Ahead, Easter Seals, 555 Auburn Street, Manchester, NH, 03103 (SD,WC,O)

Thu 7:15PM Sick and Getting Better, First United Methodist Church, Parking across street. handicap park @ church, 961 Valley Street, Manchester, NH, 03103 (O,IP,D)

Fri NOON Serenity For Lunch, Hope For NH Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (RF,WC,O)

Fri 7:00PM Friday Freedom Group, St. Augustine Church, Rear Entry, 189 Spruce Street, Manchester, NH, 03103 (RF,O)

MANCHESTER (CONT)

Sat 8:00AM Saturday Sanity, YMCA, Downstairs, 30 Mechanic Street, Manchester, NH, 03101-1972 (RF,WC,O)

Sat 6:00PM EMANON, Hope For NH Recovery Building, Use Front Entrance, 293 Wilson Street, Manchester, NH, 03103 (WC,SD,O)

MARLBOROUGH

Sat 7:00PM You Are Here Group, Federated Church, behind library, 16 Pleasant Street, Marlborough, NH (WC,RF,O)

MILFORD

Mon 7:00PM We Need Help, Unitarian Universalist Church, Side door, upstairs, 20 Elm Street, Milford, NH, 03055 (BT,O,IW)

NASHUA

Sun 7:00PM Trusting The Process, St. Joseph's Hospital, Basement; Carl Amelio Room, 172 Kinsley Street, Nashua, NH, 03060 (BT,WC,O,St)

Mon 7:00PM Lost Dreams Awaken, Unitarian Universalist Church, 2nd Floor Auditorium, 58 Lowell Street, Nashua, NH, 03064 (SD,O,To)

Tue 6:30PM Power Within, Revive Recovery Center, 263 Main Street, Nashua, NH, 03060 (ME,O,M,SG)

Tue 7:00PM All or Nothing Women's Group, Unitarian Church, Corner of Lowell & Canal Streets; First Floor, 58 Lowell Street, Nashua, NH, 03064 (C,RF,W)

Tue 7:30PM Man Up Group, Unitarian Church, Corner of Lowell & Canal Streets, 1st Floor Dining Room, 58 Lowell Street, Nashua, NH, 03064 (O,M,LC)

Thu 7:30PM Step Sisters Group, Revive Recovery Center, 263 Main Street, Nashua, NH, 03060 (D,C,W,SG)

Thu 7:45PM Life's Gifts, Crossway Christian Church, Auditorium, 33 Pine Street, Nashua, NH, 03060 (IP,WC,O)

Fri 8:00PM Live Clean or Die Group, Unitarian Universalist Church, At the coner of Lowell & Canal Streets, Upstairs, 58 Lowell Street, Nashua, NH, 03064 (SD,O)

Sat 7:00PM A New Way of Life, The United Methodist Church, Rear Entrance off of Temple Street, meets in Basement or on 1st Floor, 154 Main Street, Nashua, NH, 03060-2731 (SD,O)

PENACOOK

Mon 7:00PM Leap of Faith, United Church of Penacook, 21 Merrimack Street, Penacook, NH, 03303 (WC,O,LC)

PETERBOROUGH

Sun 5:45PM The Bridge, Monadnock Community Hospital, Conference Room 1, 452 Old Street Road, Peterborough, NH, 03458 (RF,O)

PLAISTOW

Sat 6:30PM Recovery Road, First Baptist Church, 122 Main Street, Plaistow, NH (WC,O,JT,D)

PLYMOUTH

Sun 4:00PM Yes, A New Freedom, Congregational Church, Basement, 4 Post Office Square, Plymouth, NH, 03264 (RF,O)

Tue 8:00PM Presidential Range Group, Plymouth Congregational Church, 4 Post Office Square, Plymouth, NH, 03264 (RF,O,WC)

PORTSMOUTH

Tue 7:30PM Dare to Dream Group, United Methodist Church, 129 Miller Avenue, Portsmouth, NH, 03801 (WC,O,St,D)

Wed 7:00PM One is Too Many, Crossroad House, 600 Lafayette Road, Portsmouth, NH, 03801 (O,JT,B)

Thu 7:30PM Enough is Enough Group, Saint John's Episcopal Church, Front Entrance, 101 Chapel Street, Portsmouth, NH, 03801 (WC,RF,O,IP,D)

Sat 11:00AM Portsmouth No Name Group, Safe Harbor Building, 865 Islington Street, Portsmouth, NH, 03801 (WC,O,D)

RAYMOND

Fri 7:00PM Hope Ahead Group, Raymond Baptist Church, 145 NH-27, Raymond, NH, 03077 (SD,WC,O)

ROCHESTER

Mon NOON Coming to Believe, 1st Church Congregational, 63 South Main Street, Rochester, NH, 03867 (RF,O,WC)

Tue 7:00PM Promise of Freedom, Tri-City Co-op, Use Front Entrance, 55 Summer Street, Rochester, NH, 03839 (BT,WC,O,D)

Wed NOON Coming to Believe, 1st Church Congregational, 63 South Main Street, Rochester, NH, 03867 (RF,O,WC)

Thu 7:45PM A New Way of Life, Tri-City Co-op, Use Front Entrance, 55 Summer Street, Rochester, NH, 03839 (B,WC,SD,RF,O)

Sat 7:30PM Clean to Grow, 1st Church Congregational, 63 South Main Street, Rochester, NH, 03867-2707 (WC,St,O,IW,D)

SEABROOK

Wed 6:30PM Keeping it in the Day, Seacoast Youth Services Building, 867 Lafayette Road, Seabrook, NH, 03874 (JT,O,D)

TILTON

Thu 7:00PM Basic Text Group, Family Resource Center, 5 Prospect Street, Tilton, NH, 03276 (SD,BT,O,WC)