

## Just For Today

Tell yourself:

JUST FOR TODAY, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY, I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY, I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

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### Meeting Codes:

O	Open (open to the public and addicts)
C	Closed (for addicts or those who think they may have a drug problem)
D	Discussion
W	Wheelchair Accessible
T	Topic Discussion
12&12	Steps & Traditions
BT	Basic Text
SS	Step Study
LC	Living Clean Study
S	Speaker
SI	Special Interest
Y	Youth

Name	Phone Number

### Central Nova Area Service Committee Meetings

**Committees meet** on the last Saturday/Sunday of every month, except July & Dec.

**Activities:** Saturday at 10:00 am  
Zoom: 849 0150 9248. PW: cnana

**Literature:** Sunday at 9:30 am  
Zoom: 830 5446 3712. PW: cnana  
*Sales: email literaturechaircnana@gmail.com*

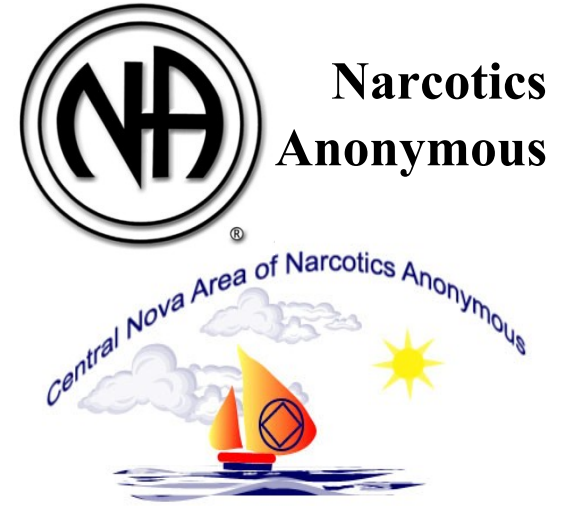
**Public Relations:** Sunday at 10:30 am  
at 322 Herring Cove Rd., Halifax

**Area Service:** Sunday at 1:30 – 4:30 pm  
**at 322 Herring Cove Rd., Halifax**

For updates call our phone line or see our website: [www.centralnovaarea.ca](http://www.centralnovaarea.ca)

***Many of us have said...***  
*Take my will & my life,  
Guide me in my recovery,  
Show me how to live.*

*All meetings listed inside  
this pamphlet are 1 hour  
unless otherwise indicated*



### Meeting List

Automated Meeting Information  
Toll Free: 1-800-205-8402

To talk to a member / Information  
902-789-8323

Meetings and locations are subject to change

Central Nova Area  
PO Box 65 Halifax Central Post Office  
Halifax, NS B3J 2L4

Central Nova Area:  
[www.centralnovaarea.ca](http://www.centralnovaarea.ca)

Canada Atlantic Region: [www.carna.ca](http://www.carna.ca)  
Narcotics Anonymous World Service:  
[www.naws.org](http://www.naws.org)

***Effective Date: 25 June 2023***

If this list is more than 3 months old,  
please check our online meeting list at  
**[www.centralnovaarea.ca](http://www.centralnovaarea.ca)**.

Groups: Send meeting update info to  
**[meetinglistcnana@gmail.com](mailto:meetinglistcnana@gmail.com)**

**Sunday (9)**

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Nothing to Fear  
All Nations Church  
2535 Robie St., Halifax  
1:00pm – O/T  
*(entrance at rear of church)*

Survivors  
Knox United Church  
567 Sackville Dr., Sackville  
7:00pm – O/T  
*(park at back: enter at back)*

Taking Care of Business  
St Andrew's Church  
37 Mountain Rd.,  
New Glasgow  
7:00pm – O/BT

Phoenix (CB)  
Heritage Church  
500 Charlotte St., Sydney  
*(entrance at back of church)*  
7:00pm – C/D/W

90 in 90  
Zoom: 664 566 277  
PW: 909090  
7:30pm – O/T

Strength in Numbers  
St. James Church basement  
181 Portland St., Dartmouth  
*(entrance at left front of church)*  
7:30pm – O/T/W

Foundation  
Miner's Hall  
85 Main St., Springhill  
7:30pm – O/D  
*(use side entrance)*

Freedom  
St James Church  
289 Granville St.  
Bridgetown

7:30pm – O/D  
New Vision  
St. Andrews Church  
55 King St., Truro  
8:00pm – O/D/W

**Monday (6)**

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We Do Recover  
St Georges Round Church Hall  
5429 Cornwallis St., Halifax  
12:00 noon – O/T  
*(park at back: enter from Cornwallis St)*

A New Beginning  
First Presbyterian Church  
242 Foord St., Stellarton  
7:00pm – C/D/BT  
*(entrance at left front of church)*

Cape Breton IP group  
Zoom: 871 2037 2573  
PW: 123  
7:00pm – D/L

Liberation  
St. Catherine's Church  
6476 Bayers Rd., Halifax  
7:30pm – O/T/BT

Shelter from the Storm  
St Georges Round Church Hall  
5429 Cornwallis St., Halifax  
7:30pm – O/T  
*(park at back: enter from Cornwallis St)*

Sharing the Message  
Baptist Church, 6 Regal Rd.  
Dartmouth  
7:30pm – O/D/W

**Tuesday (5)**

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Pride in Our Recovery  
Zoom: 870 6977 1464  
PW: Pride  
7:00pm – O/T/SI-LGBT+

Survivors  
*(Same as Sunday 7:00 pm)*

CB Spin-the-Wheel group  
Zoom: 871 2037 2573  
PW: 123  
7:00pm – D

Nature of Recovery  
Emmanuel Church Hall  
322 Herring Cove Rd. Hfx  
7:30pm – O/BT

Progress not Perfection  
Old School Comm Hall  
7962 Highway 7  
Musquodoboit Harbour  
7:30pm – O/D

**Wednesday (4)**

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We Do Recover  
*(Same as Monday 12:00 noon)*

Serenity Seekers  
Sonlife Church  
152 Windmill Rd., Dartmouth  
6:30pm – O/D/W  
*(first Wed of month splits in two)*

Breaking Free  
Emmanuel Church Hall  
322 Herring Cove Rd. Hfx  
7:30pm – O/D

Love Life  
Northside Learning Centre  
55 King St., Sydney Mines  
8:00pm – O/D/W

**Thursday (5)**

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I Can't We Can  
All Nations Church  
2535 Robie St., Halifax  
7:00pm – C/D  
*(entrance at rear of church)*

Taking Care of Business  
*(Same as Sunday 7:00 pm)*

Cape Breton IP group  
Zoom: 871 2037 2573  
PW: 123  
7:00pm – D/L

Phoenix (Valley)  
2080 Bishop Mountain Rd.  
Multi-Addiction Center  
Kingston  
7:00pm – O/D

Living Clean  
Holy Trinity Church Hall  
78 Alexandra Ave.  
Bridgewater  
7:30pm – C/W

**Friday (5)**

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We Do Recover  
*(Same as Monday 12:00 noon)*

Phoenix (CB)  
*(Same as Sunday 7:00 pm)*

You Have a Choice Today  
St. James Church basement  
181 Portland St., Dartmouth  
*(entrance at left front of church)*  
7:30pm – O/SS

Starting Point  
Fairview United Church  
3524 Dutch Village Rd  
8:00pm – O/T

Boomerang  
Zoom: 782 035 0550  
PW: 247247  
8:00–9:15pm – O/LC

**Saturday (4)**

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Just for Today  
Lutheran Church  
2096 Windsor St., Halifax  
*(entrance on Allan St.)*  
11:30am – C/T/W

Taking Care of Business  
*(Same as Sunday 7:00 pm)*

You're Not Alone  
Alano Club  
Rear 10 McKeen St.  
Glace Bay  
7:00pm – C/W

Last Chance  
Calvin Presbyterian Church  
3311 Ashburn Ave., Halifax  
8:00pm – O/T/W

**Note**

The use of the Zoom platform does not constitute an endorsement by Central Nova Area or its subcommittees, CARNA, or NA.