

SUNDAY

12:00 PM "New Horizons Group" (O, H*) New Way Club, 2605 Main St., CHATTANOOGA, TN 37404

3:00 PM "Serenity Group" (O, H*),
104 1/2 Washington Ave., ATHENS, TN 37303

7:00 PM "Step Together Group" (O, H)
Bradley Memorial/Skyridge Hospital, 2305 Chambliss Ave.,
CLEVELAND, TN 37311 (in Ocoee Room)

7:00 PM "Never Alone Group" (O, 1, Steps 1-3, S-1/mo) CADAS,
307 Spears Ave., CHATTANOOGA, TN 37405

MONDAY

12:00 PM "New Horizons Group" (O, H*) New Way Club, 2605 Main St., CHATTANOOGA, TN 37404

7:30 PM "No Matter What" (O, H*) Trinity Presbyterian Church,
104 Mc Brien Rd, CHATTANOOGA, TN 37411

8:00 PM "Serenity Group" (O, H*, L)
104 1/2 Washington Ave., ATHENS, TN 37303

8:00 PM "Solutions Group" (O, H*) Light House Church 1201 Lafayette Rd. FORT OGLETHORPE, GA 30742

8:00 PM "Turning Point Group" (O, S-1/mo., H*) St Luke's Episcopal Church 320 Broad St NW, CLEVELAND, TN 37311

8:05 PM "8:05 Group" (O, H*, A-1/mo) First Christian Church,
650 McCallie Ave., CHATTANOOGA, TN 37403

TUESDAY

12:00 PM "New Horizons Group" (O, L, H*) New Way Club,
2605 Main St., CHATTANOOGA, TN 37404

6:30 PM Central Time "So Now What?" (O, H*) Dunlap United Methodist Church, 1958 Main St., DUNLAP, TN 37327

7:00 PM "Survivors Group" (C, L, SR, H*) St. Marks United Methodist 701 Mississippi Ave. CHATTANOOGA TN 37404
(No Children Allowed)

7:30PM "Hope Not Dope Group" (O, H*) Focus Healthcare 7429 Shallowford Rd., CHATTANOOGA TN 37421

8:00 PM "Turning Point Group" (C, H*)
Serenity Place, 140 Edwards, CLEVELAND, TN 37311

WEDNESDAY

12:00 PM "New Horizons Group" (O, H*) New Way Club, 2605 Main St., CHATTANOOGA, TN 37404

7:00 PM "Survivors Group" (C, L, H*) St. Andrews Center
1918 Union Ave. CHATTANOOGA TN37404
(No Children Allowed)

7:00 PM "More Will be Revealed Group" (O, H) Community Holiness Church 634 Back Valley Rd. DAYTON TN, 37321
(Meeting in rear building)

8:00 PM "Hope Not Dope Group" (O, H, L) Valley Hospital Valley Room, 2200 Morris Hill Rd., CHATTANOOGA TN 37421

8:00 PM "Serenity Group" (O, H*),
104 1/2 Washington Ave., ATHENS, TN 37303

THURSDAY

12:00 PM "New Horizons Group" (O, L*) New Way Club, 2605 Main St., CHATTANOOGA, TN 37404

7:30 PM "The Last House on the Block Group" (O, H) Wesleyan Church 29 Gordon Lake Rd., LAFAYETTE GA, 30728 (Turn at Walmart (136 West) Then go 0.8 miles on left)

8:00 PM "Turning Point Group" (O, H*) Skyridge Hospital, W in cafeteria, 2800 Westside Drive NW, CLEVELAND, TN 37311

8:00 PM "Today There Is Hope!" (O, L, H*) Grace Episcopal Church, 20 Belvoir Ave., CHATTANOOGA, TN 37411

8:05 PM "8:05 Group" (C, L, H*) St. Peter's Episcopal Church,
848 Ashland Terrace, CHATTANOOGA, TN 37415

FRIDAY

12:00 PM "New Horizons Group" (O, H*) New Way Club,
2605 Main St., CHATTANOOGA, TN 37404

7:30 PM "No Matter What Group" (O, H*) Hixson United Methodist Church, 5301 Old Hixson Pike HIXSON TN 37343
Meeting in Friendship Room bldg next to Church

8:00PM "Serenity Group" (O, H*)
104 ½ Washington Ave., ATHENS TN 37303

8:05 PM "8:05 Group." (O, S-1st Fri., H*, 90 Min.) First Christian Church, 650 McCallie Ave. CHATTANOOGA, TN 37403

9:00 PM "Turning Point Group" (O, CC, H*)
Serenity Place, 140 Edwards, CLEVELAND, TN 37311

SATURDAY

12:00 PM "New Horizons Group" (O, H*) New Way Club, 2605 Main St., CHATTANOOGA, TN 37404

12:00 PM "Solutions Group" (O, H*) Light House Church 1201 Lafayette Rd. FORT OGLETHORPE, GA 30742

2:00 PM "More Will be Revealed Group" (O, H) Community Holiness Church 634 Back Valley Rd. DAYTON TN, 37321
(Meeting in rear building)

8:05 PM "8:05 Group" (O, H*) Parkridge Hospital, 2333 McCallie Ave., (in Fowler Classroom A) CHATTANOOGA, TN 37404

9:00 PM "Turning Point Group" (O, H*, Candlelight)
Serenity Place, 140 Edwards, CLEVELAND, TN 37311

Revised September 8th 2010. Meeting schedule is subject to change. Call info line on cover to confirm or check web site for most current info.

Narcotics Anonymous can help!

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There are no dues or fees. The only requirement for membership is the desire to stop using. You don't have to be clean when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or a jail sentence to get help from NA, nor is addiction a hopeless condition from which there is no recovery. It is possible to overcome the desire to use with the help of the Twelve Step program of Narcotics Anonymous and the fellowship of recovering addicts.

Addiction is a disease that can happen to anyone. Some of us used drugs because we enjoyed them, while others used drugs to suppress the feelings we already had. Still others suffered from physical or mental ailments and became addicted to the medication prescribed during our illness. Some of us joined the crowd using drugs a few times just to be cool and later found that we could not stop.

Many of us tried to overcome addiction and sometimes temporary relief was possible, but it was usually followed by an even deeper involvement than before.

Whatever the circumstances, it really doesn't matter. Addiction is a progressive disease such as diabetes. We are allergic to drugs. Our ends are always the same: jails, institutions or death. If life has become unmanageable and you want to live without it being necessary to use drugs, we have found a way.

From NA IP No. 16, "For the Newcomer".

- O = Open Meeting, open to public
- C= Closed Meetings are for addicts only,
- Or for those who think they might have a drug problem
- H = Handicapped access, H* = Limited Handicapped Access, L = Literature Study,
- S = Speaker Meeting, A = Ask It Basket
- CC = Chairperson's choice of format
- T=Tradition study, 90 min. – 90 minute meeting
- SR=Step writing meeting, D= Discussion
- 75 = 75 Minute Meeting

Volunteer Region Phone Numbers

Greater Smoky Mountain Area	866-617-1710
Upper Cumberland Area	866-454-3784
Central Tennessee Area	866-897-2862
Mountain Area	866-360-4929
Southern Middle Tenn. Area	866-360-5973
Greater Nashville Area/	
Middle Tennessee Area	888-476-2482
Midwest Tenn. Area	886-790-9010
Western Tenn. Area	901-276-5483
Twin Lakes Area	866-360-5970

PHONE NUMBERS

WANT TO STAY CLEAN ??

- Go to meetings
- Get phone numbers (Use them)
- Get a sponsor.....
- Read the literature.....
- Work the steps !!!!!!!!!!!!!!!

THIRD STEP PRAYER

Take my will and my life; Guide me in my recovery,
Show me how to live.

SERENITY PRAYER

God, grant me the serenity to accept the things I Can not change, and the courage to change the things I can and the wisdom to know the difference.

Narcotics Anonymous Chattanooga Area



®

MEETING SCHEDULE

October & November 2010

**Chattanooga Area Of
Narcotics Anonymous
PO Box 23222
Chattanooga TN 37422**

1- 888-463-2117
(24 Hour Helpline)

www.nachattanooga.com
www.na.org
www.natennessee.org

The Chattanooga Area includes:

Cleveland, Dayton, Benton, Dunlap, Jasper, and Whitwell TN and Ft Oglethorpe, and Lafayette GA

For North Georgia Area meetings:

706-279-9974 or 888-479-9696 Dalton,
Chatsworth,Elijah and Calhoun

Chattanooga Area Service Committees

H&I, PI and Area meet every 3rd Sunday at
Collegedale Municipal Center 4910 Swinyar Drive
Collegedale, TN 37315
H&I Meeting 10:00 Am, PI Meeting 12:15 PM
Area Meeting 2:30 PM
Activities & Outreach meet every 2nd Sunday at
Parkridge Hospital, 2333 McCallie Ave.,
(in Fowler Classroom A) CHATTANOOGA, TN 37404
Surrender 2nd Saturday @ 1:00