

SUNDAY

- 12:00 – 1:00pm **Just For Today** O/D
Snowden Mental Health(enter left side – Room 119)
1200 Sam Perry Blvd, Fredericksburg, VA
- 7:00 – 8:30pm**Set It Off** C/BS
Thurman-Brisben Center
471 Central Rd, Fredericksburg, VA

MONDAY

- 12:00 – 1:00pm**Who Wants to Live** O/D
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:30pm **In It To Win It** SP
United Methodist Church
308 Hanover St, Fredericksburg, VA
(enter on Princess Anne, door near dumpster)

TUESDAY

- 12:00 – 1:00pm**Who Wants to Live** O/D
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:00pm **Hope Fiends** O/AF
Presbyterian Church
810 Princess Anne St, Fredericksburg, VA
(enter rear of building on right that faces George St)
- 7:30 – 8:30pm **Standing By Recovery** O/D
Garrison Woods Center
207 Garrison Woods Dr, Stafford, VA

WEDNESDAY

- 12:00 – 1:00pm**Who Wants to Live** O/D
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:00pm **Clean Works** O/BS
St. George's Episcopal Church
905 Princess Anne St, Fredericksburg, VA
(enter George St)
- 7:00 – 8:15pm **The Lie Is Dead** O/AF
New Hope Seventh Day Adventist Church
(rear entrance)
23592 Tidewater Trail, Tappahannock, VA 22560

THURSDAY

- 12:00 – 1:00pm**Who Wants to Live** O/D
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:00pm **Start Living Group** O/D
Wright's Chapel United Methodist Church
8063 Ladysmith Rd, Ladysmith, VA
- 8:30 – 9:30pm **Freedom From Bondage** O/BS
Snowden Mental Health
(enter left side – Room 119)
1200 Sam Perry Blvd, Fredericksburg, VA
- 9:30 – 10:30pm **Man Up To Recovery** C/M/D
Presbyterian Church
810 Princess Anne St, Fredericksburg, VA
(enter rear of building on right that faces George St)

FRIDAY

- 12:00 – 1:00pm**Who Wants to Live** O/D
Fredericksburg Baptist Church
1019 Princess Anne St (enter on Amelia St)
Fredericksburg, VA
- 7:00 – 8:00pm **A New Beginning** O/D
United Methodist Church
308 Hanover St, Fredericksburg, VA
(enter on Princess Anne, door near dumpster)
- 10:00 – 11:00pm **Clean and Serene** O/D
Presbyterian Church
810 Princess Anne St, Fredericksburg, VA
(enter rear of building on right that faces George St)

SATURDAY

- 12:00 – 1:30pm **Primary Purpose** C/BS
Snowden Mental Health
(enter left side – Room 119)
1200 Sam Perry Blvd, Fredericksburg, VA
- 7:00 – 8:00pm ..**Experience, Strength & Hope** O/D
Bragg Hill Family Life Center
400 Bragg Hill Dr, Fredericksburg, VA

LEGEND

O = Open meeting	C= Closed meeting
W = Women Only	M = Men Only
D = Discussion	BS = Book Study
AF = Alternating Format	SP = Speaker

Who is an addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or a woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

What is the Narcotics Anonymous program?

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. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone can join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings stay clean.