

**SUNDAY:**

10:30 AM **A NEW VISION**  
O,NS YMCA-340 MONTGOMERY STREET  
SS/TS ROOM 200—SECOND FLOOR  
60 MINS SYRACUSE, NY

5:00 PM **A DAY AT A TIME**  
O, NS SALVATION ARMY  
WC 749 WARREN STREET (USE MAIN DOOR)  
90 MINS SYRACUSE, NY

5:00 PM **SIGUEN VINIENDO**  
O, WC SPANISH/BILINGUAL MEETING  
90 MINS 418 FABIVS STREET SYRACUSE, NY

6:00 PM **STEPPIN' UP (WOMEN'S MEETING)**  
O, NS 1074 WEST GENESEE STREET  
W,WC SYRACUSE, NY  
90 MINS FACILITY RESTRICTION—WOMEN ONLY

7:00 PM **CAME TO BELIEVE**  
O,NS 1ST ENGLISH LUTHERAN CHURCH  
90 MINS 501 JAMES STREET SYRACUSE, NY

7:00 PM **THE FOUNDATIONS GROUP**  
NS,WC UNITED CHURCH OF CHRIST  
RF 215 BLACKBERRY ROAD  
60 MINS LIVERPOOL, NY

9:00 PM **TOGETHER WE CAN**  
O,NS SERENITY HALL  
WC RT. # 48 / NOBLES PLAZA  
60 MINS BALDWINSVILLE, NY

**MONDAY:**

NOON **SERENITY AT NOON**  
O,NS ST. LUCY'S CHURCH BASEMENT  
WC 400 BLOCK OF GIFFORD ST. (Behind  
60 MINS SYRACUSE, NY Rectory)

5:45 PM **A NEW WAY OF LIFE**  
O,NS YMCA-340 MONTGOMERY STREET  
75 MINS ROOM 200 – 2ND FLOOR  
SYRACUSE, NY

7:00 PM **CARRY THE MESSAGE**  
C,NS 1ST ENGLISH LUTHERAN CHURCH  
90 MINS 501 JAMES STREET SYRACUSE, NY

7:00 PM **THE MEETING**  
O,NS,WC ROUTE 11 (NEXT TO SMOKE SHOP)  
60 MINS NEDROW, NY

7:00 PM **REMEMBER THE PAIN**  
O,NS ST. PAUL'S LEISURE TIME CENTER  
RF,WC 1115 WEST STREET  
90 MINS UTICA, NY

**MONDAY: (CONTINUED)**

7:00 PM **A CHANCE TO CHANGE**  
O, NS 610 WILLIS AVENUE  
90 MINS SYRACUSE, NY

7:30 PM **ANOTHER DAY CLEAN**  
O, NS SALINA CIVIC CENTER  
WC 2826 LEMOYNE AVE (MALLOY & RT.11)  
60 MINS MATTYDALE, NY

7:30 PM **ROME SERENITY GROUP**  
O, NS ROME MEMORIAL HOSPITAL (BOARD ROOM)  
90 MINS 1500 NORTH JAMES ST. ROME, NY

7:30 PM **LAKE EFFECT GROUP**  
O, NS WORKMAN'S COMP. BUILDING  
WC SECOND STREET  
75 MINS OSWEGO, NY

8:00 PM **GOOD MEDICINE**  
O,NS GRACE EPISCOPAL CHURCH  
WC 819 MADISON STREET (UNIVERSITY & MADISON)  
60 MINS SYRACUSE, NY (GAY OUTREACH)

**TUESDAY:**

7:30 AM **RECOVERY BEGINS WITH SURRENDER**  
O, NS ST. PAUL'S CATHEDRAL  
60 MINS 310 MONTGOMERY STREET  
SYRACUSE, NY (RING BELL-CODE 01 FOR ENTRY)

NOON **SERENITY AT NOON**  
O,NS ST. LUCY'S CHURCH BASEMENT  
WC 400 BLOCK OF GIFFORD ST. (Behind  
60 MINS SYRACUSE, NY Rectory)

6:00 PM **HIGHER POWERED**  
O, NS NORTH SYRACUSE CHRISTIAN CHURCH  
RF 911 CHURCH STREET (NEXT TO DMV)  
60 MINS NORTH SYRACUSE, NY

7:00 PM **A PLACE TO START**  
O, NS PLYMOUTH CONGREGATIONAL CHURCH  
90 MINS 232 EAST ONONDAGA STREET  
SYRACUSE, NY (Madison Street Entrance)

7:00 PM **INNER FAITH**  
O,RF,NS,WC 121 GREEN STREET  
90 MINS SYRACUSE, NY

7:30 PM **ROME SERENITY GROUP**  
O,D,NS FIRST PRESBYTERIAN CHURCH  
90 MINS 108 WEST COURT ST. ROME, NY

7:30 PM **TOGETHER WE CAN**  
O,WC,NS SERENITY HALL  
60 MINS RT. # 48 / NOBLES PLAZA  
BALDWINSVILLE, NY

**TUESDAY: (CONTINUED)**

7:30 PM **ANOTHER DAY ANOTHER WAY**  
 O,NS,WC ST. PAUL'S LUTHERAN CHURCH  
 60 MINS 210 HAZEL ST. LIVERPOOL, NY

8:00 PM **WHO'S AN ADDICT**  
 O,NS,SP,WC 418 FABIUS STREET  
 60 MINS SYRACUSE, NY

**WEDNESDAY:**

NOON **SERENITY AT NOON**  
 O, NS ST. LUCY'S CHURCH BASEMENT  
 WC 400 BLOCK OF GIFFORD ST. (Behind  
 60 MINS SYRACUSE, NY Rectory)

6:30 PM **MUSTARD SEED GROUP**  
 O, NS IST ENGLISH LUTHERAN CHURCH  
 90 MINS 501 JAMES ST. SYRACUSE, NY

7:00 PM **SPIRIT FROM THE HEART**  
 O,NS MARY NELSON YOUTH CENTER  
 WC,RF 2849 SOUTH SALINA STREET  
 90 MINS SYRACUSE, NY

7:00 PM **KEEP IT SIMPLE**  
 O,NS ST. PAUL'S LEISURE TIME CENTER  
 RF,WC 1115 WEST STREET  
 90 MINS UTICA, NY

7:30 PM **ROME SERENITY GROUP**  
 C,NS 213 EAST DOMINICK STREET  
 RF,WC RESCUE MISSION (WELCOME HALL)  
 90 MINS ROME, NY

7:30 PM **BETTER LATE THAN NEVER**  
 O,D TRINITY LUTHERAN CHURCH  
 NS CORNER OF WEST GERMAN & HENRY ST  
 60 MINS HERKIMER, NY

8:00 PM **HAPPY, JOYOUS AND FREE**  
 O,NS,SS UNITED METHODIST CHURCH  
 TS,SP 3027 JAMES STREET  
 60 MINS SYRACUSE, NY

**THURSDAY:**

NOON **SERENITY AT NOON**  
 O, NS ST. LUCY'S CHURCH BASEMENT  
 WC 400 BLOCK OF GIFFORD ST. (Behind  
 60 MINS SYRACUSE, NY Rectory)

6:00 PM **WE DO RECOVER**  
 O,NS YMCA-340 MONTGOMERY STREET  
 75 MINS ROOM 200 - 2ND FLOOR  
SYRACUSE, NY

**THURSDAY: (CONTINUED)**

6:30 PM **WOMEN KEEP IT REAL** (WOMEN'S MEETING)  
 O,NS,WC,W 418 FABIUS STREET  
 90 MINS SYRACUSE, NY

6:30 PM **HAPPY TOGETHER**  
 O,NS,WC ST. PAUL'S LEISURE TIME CENTER  
 90 MINS 1115 WEST STREET UTICA, NY

7:30 PM **THIRD TRADITION**  
 O,NS ST. MARK'S CHURCH  
 WC 1612 WEST GENESEE STREET  
 60 MINS SYRACUSE, NY

7:30 PM **LAKE EFFECT GROUP**  
 O, NS WORKMAN'S COMP BUILDING  
 WC SECOND STREET  
 60 MINS OSWEGO, NY

7:30 PM **ROME SERENITY GROUP (CRC)**  
 WC,D 213 EAST DOMINICK ST.(WELCOME HALL)  
 90 MINS RESCUE MISSION ROME, NY

7:30 PM **WHEN AT THE END OF THE ROAD**  
 O,NS MARY NELSON YOUTH CENTER  
 WC 2849 SOUTH SALINA STREET  
 90MINS SYRACUSE, NY

**FRIDAY:**

7:30AM **RECOVERY BEGINS WITH SURRENDER**  
 O, NS ST. PAUL'S CATHERDRAL  
 60 MINS 310 MONTGOMERY STREET  
SYRACUSE, NY(RING BELL-CODE 01 FOR ENTRY)

NOON **SERENITY AT NOON**  
 O, NS ST. LUCY'S CHURCH BASEMENT  
 WC 400 BLOCK OF GIFFORD ST. (Behind  
 60 MINS SYRACUSE, NY Rectory)

7:00 PM **ROME SERENITY GROUP**  
 O,NS ZION EPISCOPAL CHURCH  
 90 MINS 140 WEST LIBERTY STREET  
ROME, NY

7:00 PM **FRIDAY NIGHTERS**  
 O,NS SALVATION ARMY (Use Glass Doors)  
 WC 749 SOUTH WARREN ST.  
 90 MINS SYRACUSE, NY

7:00 PM **SPIRITUAL WARRIORS**  
 O,NS YMCA-340 MONTGOMERY STREET  
 90 MINS ROOM 200 - 2ND FL SYRACUSE, NY

7:00 PM **PAID THE PRICE**  
 O,NS ST. PAUL'S LEISURE TIME CENTER  
 WC,RF 1115 WEST STREET  
 90 MINS UTICA, NY

**FRIDAY: (CONTINUED)**

7:30 PM **NEW ATTITUDES** (MEN'S MEETING)  
 C,NS 1ST ENGLISH LUTHERAN CHURCH  
 M 501 JAMES STREET  
 90 MINS SYRACUSE, NY

7:30 PM **FRESH START GROUP**  
 O,NS 1ST PRESBYTERIAN CHURCH  
 CL 304 BROAD ST. (BROAD & STONE)  
 90 MINS ONEIDA, NY

7:30 PM **ANOTHER DAY CLEAN**  
 O, NS SALINA CIVIC CENTER  
 WC 2826 LEMOYNE AVE. (MALLOY & RT.11)  
 60 MINS MATTYDALE, NY

10:00 PM **TOGETHER WE CAN**  
 O, S SERENITY HALL  
 WC RT. # 48, NOBLES PLAZA  
 60 MINS BALDWINVILLE, NY

**SATURDAY:**

9:30 AM **MEN KEEP IT REAL** (MEN'S MEETING)  
 WC,NS,M 418 FABIUS STREET  
 60 MINS SYRACUSE, NY

10:00 AM **THE BREAKFAST CLUB**  
 O, NS 1ST ENGLISH LUTHERAN CHURCH  
 90 MINS 501 JAMES ST. SYRACUSE, NY

10:30 AM **KEYS TO RECOVERY**  
 O, NS WESTMINISTER CHURCH  
 RF 714 WASHINGTON STREET  
 90 MINS UTICA, NY

10:30 AM **TRADITIONALLY STEPPIN'**  
 O,NS WEST GENESEE UNITED METHODIST CHURCH  
 SS,TS 1700 W.GENESEE ST.(W.GENESEE&MILTON)  
 90 MINS SYRACUSE, NY

NOON **PROMISE OF FREEDOM**  
 O,NS PLYMOUTH CONGREGATIONAL CHURCH  
 90 MINS 232 EAST ONONDAGA ST.(MADISON ST. ENTRANCE)  
SYRACUSE, NY

6:30 PM **SURRENDER TO WIN**  
 O, NS JOHNSON PARK CENTER  
 WC, RF 26 JOHNSON PARK  
 90 MINS UTICA, NY

7:00 PM **NEVER ALONE**  
 O, NS 1ST ENGLISH LUTHERAN CHURCH  
 90 MINS 501 JAMES STREET SYRACUSE, NY

**SATURDAY: (CONTINUED)**

7:30 PM **TIME TO FLY**  
 O, NS ST. MARK'S CHURCH (St. Marks Side Entrance 2nd FL)  
 WC 1612 WEST GENESEE STREET  
 60 MINS SYRACUSE, NY

7:30 PM **BETTER LATE THAN NEVER**  
 O, NS TRINITY LUTHERAN CHURCH  
 D CORNER OF WEST GERMAN & HENRY ST  
 60 MINS HERKIMER, NY

7:30 PM **LAKE EFFECT GROUP**  
 O, NS WORKMAN'S COMP BUILDING  
 WC SECOND STREET  
 75 MINS OSWEGO, NY

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**AREA SERVICE COMMITTEE** : 2ND SUNDAY Every Month @ 1:15 PM  
 ST. LUCY'S CHURCH BASEMENT-BEHIND RECTORY  
 400 BLOCK GIFFORD STREET SYRACUSE, NY  
 LITERATURE ORDERS TAKEN FROM NOON - 1 PM  
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**MONTHLY SUBCOMMITTEE MEETINGS:**

**ACTIVITIES & EVENTS: to be announced**

**CONVENTION:** 1st & 3rd SUNDAYS @ 4PM  
418 FABIUS STREET SYRACUSE, NY

**HOSPITALS & INSTITUTIONS:** LAST TUESDAY @ 6PM  
418 FABIUS STREET SYRACUSE, NY

**LITERATURE:** 2nd SUNDAY AFTER ASC MEETING—APPROX.3:30PM

**POLICY :** 2nd SUNDAY BEFORE ASC MEETING @ NOON

**PUBLIC INFORMATION:** LAST SATURDAY @ 6 PM  
@ ST. MARK'S CHURCH 1612 W. GENESEE STREET SYRACUSE, NY

**RETREAT:** LAST SATURDAY @ 9:30 AM  
FIRST ENGLISH LUTHERAN CHURCH 501 JAMES ST SYRACUSE, NY

**SUGGESTIONS:**

**DON'T USE . GO TO MEETINGS**

**GO TO MEETINGS EARLY & STAY LATE**

**ASK FOR & USE PHONE NUMBERS**

**AVOID PEOPLE/PLACES/THINGS YOU USED WITH AND/OR AT.**

**90 MEETINGS IN 90 DAYS**

**GET AND USE A SPONSOR.**

**JOIN A HOMEGROUP.**

**KEEP COMING BACK—IT WORKS !**



**NARCOTICS ANONYMOUS**  
**24 HOUR PHONE INFO-LINE:**

**Heart of New York Area Meetings in**  
**Baldwinsville/Herkimer/Liverpool**  
**Mattydale/Nedrow/North Syracuse**  
**Oneida/Oswego/Utica/Rome**  
**Syracuse.....(315) 472 - 5555**

**HONYANA Website: [www.honyana.org](http://www.honyana.org)**

**Heart of New York Area of Narcotics Anonymous**  
**Area Service Committee**  
**P.O. Box 772, Syracuse, NY 13201**

**NA World Website: [www.na.org](http://www.na.org)**

Other Area Phone Numbers:  
Binghamton: (607)774-4907 Buffalo: (716)878-2316  
Finger Lakes: (800)350-9132 Rochester: (585)235-7889

WHAT IS THE N.A. PROGRAM ? N.A. is a non-profit fellowship or society of men & 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. ( BASIC TEXT pg 9 )



**MEETING FORMAT KEY:** O = OPEN MEETING – WELCOME TO ALL WHO WISH TO EXPERIENCE OUR FELLOWSHIP.  
C = CLOSED MEETING – ADDICTS ONLY.  
NS = NON-SMOKING S = SMOKING  
WC = WHEELCHAIR ACCESSIBLE.

**FACILITY RESTRICTION**—WHERE NOTED ( Updated 1-10-11 )



**“An addict, any addict, can stop using drugs,  
lose the desire to use and find a new way to live.”**