

### Sub-Committee Meetings

#### Public Relations

Includes meeting list, phone line, newsletter, and website.

2nd and 4th Saturday each month  
11:00 am—12:30 pm  
2009 Dewey Ave.

#### H & I

3rd Saturday of each month 1:00 pm—3:00 pm  
2009 Dewey Ave.

#### Steering

2nd & 4th Saturday of each month  
2:30 pm—2:00 pm  
2009 Dewey Ave.

#### Activities

1st & 3rd Tuesday of each month  
10:00 am—11:30 am  
2009 Dewey Ave.

#### RACNA 26

1st and 3rd Monday of the month  
6:30 pm—8:30 pm  
2009 Dewey Ave.

#### Literature

2nd Sunday of each month  
11:30 am—12:30 pm  
2009 Dewey Ave.

#### Rochester Area Service Committee

P.O. Box 31845, Rochester, NY 14604

#### Officer Meeting

2nd Sunday of each month: 12:30 pm-2 pm  
2009 Dewey Ave.

#### Area Meeting

2nd Sunday of each month: 2 pm - 5 pm  
2009 Dewey Ave.

Buffalo.....716-878-2316

Finger Lakes.....877-266-3660

Syracuse.....315-472-5555

Triple Cities.....607-774-4907

Greater NYC

Service Office.....212-929-NANA

#### PHONE NUMBERS


#### Tradition Number 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."*

**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 with my recovery.

**Just For Today**, I will have a program and 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.

#### PHONE NUMBERS


#### What is our message?

The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.

Our message is hope and the promise of freedom.

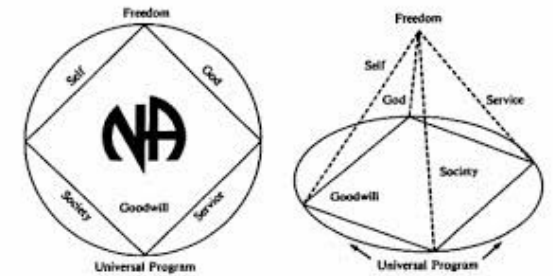
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### Narcotics Anonymous

#### Meeting Directory Rochester, New York

**24 HOUR HELPLINE (585) 235-7889**  
NNY Region Hotline (315) 847-3842:  
[Get Text Download of Meetings]

#### September 2020



#### Website

<https://rochesterny-na.org>  
Or  
<https://recoveryispossible.us>




#### Contact:

publicrelations@rochesterny-na.org  
Or  
publicrelations@recoveryispossible.us





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 give yourself a break. Our program is a set of principles written to simply that we can follow them in our daily lives. The most important thing about them is they work.

**KEEP COMING BACK. IT WORKS**

**Sunday**

- 11:00 AM 12:30 PM;**  
D **Feelings Group of NA**  
285 Clarissa St., Rochester
- 12:00 PM 1:30 PM;**  
D **The Message of Hope**  
 1425 Portland Ave, Rochester
- 5:30 PM 6:30 PM;**  
O, D, S, WC **Couch Potatoes in Recovery**  
 Community Center 1190 South Winton Rd, Room 26, Rochester
- 6:00 AM 7:30 PM**  
**Basically Speaking**  
350 Chili Ave, Rochester
- 7:30 PM 9:00 PM;**  
O, IP, S, St **Recovery and Relapse**  
 48 Cameron St., Rochester  
Entry at rear of building
- 7:30 PM 8:30 PM;**  
C **Step in the Right Direction**  
1275 Spencerport Rd, Rochester




**Monday**

- 12:00 AM 1:30 AM;**  
BT, D **The Courage to Change**  
 285 Clarissa St., Rochester
- 12:00 AM 2:00 PM**  
**The Not Yet Group**  
13 Vienna Street, Rochester
- 6:00 PM 7:30 PM**  
**Page 18**  
70 Liberty Pole Way, Rochester
- 6:30 PM 8:00 PM**  
**Spiritual Change**  
441 Parsells Ave., Rochester (corner of Greeley)
- 6:45 PM 8:00 PM**  
 **Gates to Recovery**  
4195 Lyell Rd, Rochester  
Meeting outdoors, bring your own beverage and chair
- 7:00 PM 8:30 PM**  
 **Talking Heads**  
350 Chili Ave, Rochester
- 7:00 PM 8:30 PM**  
**All in the Family**  
17 S. Fitzhugh St., Rochester
- 7:00 PM 8:30 PM;**  
D  **Eye of the Hurricane**  
1008 Main St., East Rochester




**Tuesday**

- 10:30 AM 12:00 PM;**  
O **Unity is our Strength**  
431 West Main Street, Rochester

**Tuesday (CONT)**

- 12:00 PM 1:30 PM**  
**The Not Yet Group**  
13 Vienna Street, Rochester
- 12:00 PM 1:30 PM**  
**The Courage to Change**  
285 Clarissa St., Rochester
- 6:00 PM 7:30 PM**  
 **AIDS and Recovery**  
 1124 Culver Rd., Rochester
- 6:45 PM 8:15 PM;**  
BT, So **Speakers & Stories**  
 4195 Lyell Rd, Rochester  
Meeting outdoors, bring your own beverage and chair
- 7:00 PM 8:30 PM;**  
D **Honest Open-Minded and Willing**  
70 Liberty Pole Way, Rochester
- 7:00 PM 8:30 PM**  
**Experience Strength and Hope**  
149 Brooks Ave, Rochester  
Back Entrance



**Wednesday**

- 10:30 AM 12:00 PM;**  
O **Unity is our Strength**  
431 West Main Street, Rochester
- 12:00 PM 1:00 PM**  
**Downtown Recovery**  
321 State Street, Rochester  
MCC Campus 4th Floor Room 408
- 12:00 PM 1:30 PM**  
**The Not Yet Group**  
13 Vienna Street, Rochester
- 12:00 PM 1:30 PM;**  
BT, D  **The Courage to Change**  
285 Clarissa St., Rochester
- 6:00 PM 7:30 PM**  
**Principles Before Personalities**  
79 North Clinton Ave., Rochester
- 6:30 PM 8:00 PM**  
**Just Say No**  
350 Chili Ave, Rochester
- 7:00 PM 8:30 PM;**  
D, IP, JT, SD, St, Tr, WC  **B There or B Square**  
111 N. Chestnut St., Rochester
- 7:30 PM 9:00 PM;**  
OD, WC  **Meeting From Another Planet**  
220 South Winton Rd., Rochester


**Thursday**

- 10:30 AM 12:00 PM;**  
O **Unity is our Strength**  
431 West Main Street, Rochester



**Thursday (CONT)**

- 12:00 PM 1:30 PM**  
**The Not Yet Group**  
13 Vienna Street, Rochester
- 12:00 PM 1:30 PM;**  
BT, D **The Courage to Change**  
285 Clarissa St., Rochester
- 7:00 PM 8:30 PM;**  
D, IP, WC **Unity Through Traditions & Steps**  
431 W. Main St., Rochester
- 7:00 PM 8:30 PM;**  
SD  **NA Speaker Meeting**  
1410 Clifford Ave., Rochester
- 7:30 PM 8:30 PM;**  
BT  **Back to Brockport**  
14 State St., Brockport  
Outside meeting; bring your own chair and coffee

**Friday**

- 9:00 AM 10:30 AM;**  
SD **We Do Recover**  
33 Chestnut St., Rochester
- 12:00 PM 2:00 PM**  
**The Not Yet Group**  
13 Vienna Street, Rochester
- 12:00 PM 1:30 PM**  
BT, D  **The Courage to Change**  
285 Clarissa St., Rochester
- 2:00 PM 3:30 PM;**  
O **The Heartbeat of Recovery**  
803 West Ave. Suite 196, Rochester
- 7:00 PM 8:30 PM;**  
D, To, TC **Freedom Friday**  
29 E. State Street, Albion
- 7:00 PM 8:30 PM;**  
O, BT, D, IP, WC **I Just Don't Know**  
30 Amity St., Spencerport
- 7:00 PM 8:30 PM**  
 **Friday Nights Lights**  
306 East Main Street, Batavia
- 7:00 PM 8:30 PM;**  
O, BT, D, Rr, S **Tired of Running**  
70 Liberty Pole Way, Rochester
- 8:00 PM 9:30 PM**  
**The Missing Piece**  
1035 Dewey Ave., Rochester

**Saturday**

- 10:00 AM 11:30 AM;**  
O, D, SD, St, Tr **Phenomenal Women**  
442 West Main St., Rochester
- 11:00 AM 12:30 PM**  
**The Breakfast Club**  
243 Rosedale St., Rochester
- 11:00 AM 12:30 PM**  
**A Step Forward**  
2 Riverside St., Rochester
- 1:00 PM 2:30 PM;**  
BT, St **No Matter What**  
70 Liberty Pole Way, Rochester
- 3:00 PM 4:30 PM;**  
O, IP, Rr, So **I Can't, We Can**  
287 Flower City Park, Rochester
- 4:00 PM 5:30 PM;**  
D, SD, To **Dawn of a New Reality**  
350 Chili Ave, Rochester
- 5:00 PM 6:30 PM;**  
O **New Beginnings**  
1 Seneca Parkway, Rochester
- 6:00 PM 7:30 PM;**  
BT, SD, St, T **Ultimate Weapon**  
70 Liberty Pole Way, Rochester
- 6:00 PM 7:30 PM;**  
O, BT, SD, St, WC  **Who's An Addict**  
48 Cameron St., Rochester
- 7:00 PM 8:30 PM;**  
TC  **Saturday Night Live**  
212 Webster Ave, Rochester

**NOTE: Due to COVID-19 pandemic, all meetings are temporarily closed except those flagged as Virtual or Opened. (See website for details)**

**Meeting Format Legend**

AB—Ask-It-Basket	BT— Basic Text
D—Discussion	IP—Informational Pamphlet
JT—Just For Today	O—Open
Rr—Round Robin	SD—Speaker/Discussion
So—Speaker Only	St—Step
To—Topic	Tr—Tradition
WC—Wheelchair	