

MONDAY

State College (8 pm): Free At Last

[Open # D J ♿]

Centre Region Senior Center
131 S. Fraser Street, Room A

Lewistown (8 pm): Drug Freedom Group

[Open # B ♿]

Lewistown Presbyterian Church
17 E. 3rd Street (corner of 3rd and Brown)

TUESDAY

Lewistown (12 pm): Drug Freedom Group

[# V]

ComPASS Building
31 S. Dorcas Street

Lewistown (8 pm): Drug Freedom Group

[Closed # I S V]

Lewistown Presbyterian Church
17 E. 3rd Street (corner of 3rd and Brown)

WEDNESDAY

Mt. Union (7:00 pm): Fresh Air Group

[Open # D ♿]

Singers Gap United Methodist Church
5 miles south of Mt. Union on Rt 747
on Hill Valley Road

State College (8 pm): It Works If You Let It

[Open # O]

Glennland Building
137 Pugh St., Suite 2 (enter by Red Cross)

Clearfield (8 pm): Clean & Serene

[# V]

St. John's Lutheran Church
217 E. Pine Street (corner of 3rd St & N.
Healey Ave.)

THURSDAY

Lewistown (12 pm): Drug Freedom Group

[# V]

ComPASS Building
31 S. Dorcas Street

THURSDAY (cont.)

Huntingdon (7:30 pm): Clean & Serene

St. John's Episcopal Church
212 Penn Street (across from courthouse)

State College (8 pm): Living The Program

[Open # D J O C]

University Baptist & Brethren Church
411 South Burrowes St. (Basement - alley
doors on SE side)

FRIDAY

State College (7 pm): Friday Night Live

[Open # U ♿]

Grace Lutheran Church
Corner of Garner & Beaver

Lewistown (8 pm): Drug Freedom Group

[Open # B ♿]

Lewistown Presbyterian Church
17 E. 3rd Street (corner of 3rd and Brown)

SATURDAY

Lewistown (8 pm): Drug Freedom Group

[Open # D O ♿]

Lewistown Presbyterian Church
17 E. 3rd Street (corner of 3rd and Brown)

Boalsburg (8:15 pm): Serenity Check

[Open # B O S ♿]

St. John's U.C.C. Church,
Corner of Church & Pine Streets

SUNDAY

State College (7 pm): We Do Recover

[# Z Q ♿]

Centre Region Senior Center
131 S. Fraser Street Room A

Lewistown (8 pm): Drug Freedom Group

[Open # D O ♿]

Clear Concepts Counseling
24 N. Main St. (trailer behind building)

KEY TO MEETING FORMAT CODES

Open = meeting is open to the public

Closed = for addicts / those who may have a drug problem

♿=Handicap Accessible

B = Basic Text

C= Candlelight

D= Discussion

I= It Works How & Why

J= Just For Today

K= Speaker

L= Literature

O= Topic

Q= Questions & Answers

S= Step

T= Tradition

U= Step Working Guide

V= Format Varies

Z= Meditation

= Non-Smoking

Suggestions for Staying Clean:

Avoid people, places, and things

Go to 90 meetings in 90 days

Get and use a sponsor

Read the NA literature

Call another recovering addict

Join a home group

Work the steps

Develop a relationship with a Higher Power

Stay clean just for today

Don't pick up, no matter what

Keep coming back!

Serenity Prayer

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

Just for Today

***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.***