

SUNDAY / DOMINGO		
4:00PM	Elmira	Back to Basics , St. Joseph's Hospital (Old Chapel Room), 555 St. Joseph's Blvd, Elmira, NY (To, WC)
5:00PM	Ithaca	Back to Life , Cornerstone Outpatient, 334 W. State St., Ithaca, NY (D, WC)
6:00PM	Bath	Bath Unity Group , St. Thomas Church, 122 Liberty Street, Bath, NY (O, BT, D, IW, SD, LC)
6:00PM	Elmira	Guiding Principles Group , Ray of Hope Church, 380 W. First Street, Elmira, NY (TW)
6:00PM	Auburn	We Together Hand in Hand , Redeemer Lutheran Church, 10 Prospect St., Auburn, NY
6:30PM	Geneva	Unity and Beyond , Zion Lutheran Church, 18 Snell Road, Geneva, NY (O, BT, IW, SD, Tr, WC, AB)
7:00PM	Dansville	Lost Dreams Awaken , Noyes Memorial Hospital, 44 Red Jacket street, Dansville, NY (O)

MONDAY / LUNES		
6:00PM	Corning	Keeping the Miracle Alive , Grace United Methodist Church, 191 Bridge Street, Corning, NY (O, RF, WC)
6:00PM	Millerton	We Choose to Survive , 5174 Main St., Millerton, PA (D, RF, WC)
6:30PM	Clyde	A New Way of Life , Christ Community Church, 27 West Genesee Street, Clyde, NY
6:30PM	Auburn	Ties That Bind Us Together , United Methodist Church, 99 South St, Auburn, NY (O, BT, IW, RF, SD)
7:00PM	Bath	Bath Unity Group , St Thomas Church, 122 Liberty Street, Bath, NY (O, BT, D, IW, SD, LC)
7:00PM	Elmira	It Works , Frederick Douglas Memorial AME Zion Church (Madison Ave. & 2nd St.), 402 Madison Avenue, Elmira, NY (BT, IP, IW, WC)
7:00PM	Ithaca	Spiritual Foundation , Ithaca Community Recovery Building (Basement), 518 W. Seneca St., Ithaca, NY (SG, WC)
7:00PM	Clifton Springs	Step up and Be Free , Clifton Springs United Methodist Church, 1 E Main Street, Clifton Springs, NY (O, RF, To)

TUESDAY / MARTES		
10:15AM	Auburn	Courage to Change , Rick's Ride, 12 South Ave, Auburn, NY
11:00AM	Elmira	Principles Before Personalities , Five Star Bank Building, Trinity 2nd Floor, 150 Lake Street, Elmira, NY
NOON	Clifton Springs	New Hope , St. Johns Episcopal Church, 32 East Main St., Clifton Springs, NY (O, B, BT, D, St, WC)
6:00PM	Hornell	Road To Recovery , Free Methodist Church, 60 Washington Street, Hornell, NY
6:30PM	Auburn	Keeping It Simple , Lakes Church, 138 E. Genesee Street, Auburn, NY (O, RF, SD)
7:00PM	Bath	Bath Unity Group , St. Thomas Episcopal Church, 122 Liberty St, Bath, NY (O, BT, D, IW, SD, LC)

TUESDAY / MARTES (CONT)		
7:00PM	Dansville	Recovery Starts Here , Free Methodist Church, 25 Franklin St., Dansville, NY (BT)
7:00PM	Elmira	We Surrender Group , Transformation Center (Use Door off 1st St.), 314 W. Church St., Elmira, NY (JT, To, WC)
7:30PM	Canandaigua	Basic Text Study Group , United Presbyterian Baptist Church, 11 E Gibson Street, Canandaigua, NY (O, BT, IW, St, Tr, WC, LC)
7:30PM	Ithaca	Let the Miracle Happen , Ithaca Community Recovery Building (Basement), 518 W. Seneca St., Ithaca, NY (D, WC)

WEDNESDAY / MIÉRCOLES		
6:30PM	Newark	Never Look Back , Emmanuel United Methodist Church, 301 East Miller Street, Newark, NY (O, RF, WC, NS)
6:30PM	Auburn	We Together Hand in Hand , Redeemer Lutheran Church, 10 Prospect St., Auburn, NY (RF)
7:00PM	Bath	Bath Unity Group , St. Thomas Church, 122 Liberty Street, Bath, NY (O, BT, D, IW, SD, LC)
7:00PM	Ithaca	Spiritual Foundation , Ithaca Community Recovery Building (Basement), 518 W. Seneca St., Ithaca, NY
7:00PM	Elmira	Starting Over Group , St. Joseph's Hospital (Old Chapel Room), 555 St. Joseph's Blvd, Elmira, NY

THURSDAY / JUEVES		
6:30PM	Newark	Steps To Life , St Marks Church, 400 S. Main Street, Newark, NY
6:30PM	Auburn	Ties That Bind Us Together , United Methodist Church, 99 South St, Auburn, NY
7:00PM	Bath	Golden Links , Ira Davenport Hospital, Basement Conf. Room, 7571 New York 54, Bath, NY (St)
7:00PM	Canandaigua	Living Clean Group , United Presbyterian Baptist Church, 11 E Gibson Street, Canandaigua, NY (O, BT, St, Tr, WC, LC)
7:00PM	Elmira	Who's An addict , Frederick Douglas Memorial AME Zion Church (Madison Ave. & 2nd St.), 402 Madison Avenue, Elmira, NY (BT, IP, IW, WC)
7:30PM	Montour Falls	Risin' in the Falls , Bethel Fellowship Church, Downstiers, 2035 State Route 14, Montour Falls, NY
7:30PM	Hornell	Road To Recovery , Free Methodist Church, 60 Washington Street, Hornell, NY

FRIDAY / VIERNES		
10:00AM	Elmira	Recovery is a Reality Group , Ernie Davis Family Center, 1st Floor GED Room, 650 Baldwin St, Elmira, NY
NOON	Geneva	Nooner , Faith Community Church, 90 Lewis St., Geneva, NY
6:30PM	Auburn	U R Not Alone , Unitarian Universalist Church, 607 N. Seward Ave, Auburn, NY (O, BT, IP, IW, RF, SG)

FRIDAY / VIERNES (CONT)		
7:00PM	Bath	Bath Unity Group , St. Thomas Church, 122 Liberty Street, Bath, NY (O, BT, D, IW, SD, LC)
7:00PM	Utica	Grateful Living , Mohawk Valley Alamo Club, 12 Cottage Place, Utica, NY
7:00PM	Elmira	Keep it Simple , Frederick Douglas Memorial AME Zion Church (Madison Ave. & 2nd St.), 402 Madison Avenue, Elmira, NY (BT, IP, IW, WC)
7:00PM	Dansville	Stairway to Serenity , Free Methodist Church, 25 Franklin Street, Dansville, NY
8:00PM	Ithaca	Recovery in the Sky Group , Thompkins Co. Mental Center, 201 E. Green St., Ithaca, NY
8:00PM	Waterloo	Self Discovery , Taylor Brown Hospital, 369 East Main St., Waterloo, NY (St, Tr, ME)

SATURDAY / SÁBADO		
10:00AM	Ithaca	Principle Make It Possible , Calvary Baptist Church, Across from GIAC. 3rd Sat is Upstairs, 510 North Albany Street, Ithaca, NY
10:00AM	Elmira	Women in Recovery , St. Joseph's Hospital (Old Chapel Room), 555 St Joseph's Blvd, Elmira, NY (To)
NOON	Clifton Springs	New Hope , Maxwell Hall, 32 East Main St., Clifton Springs, NY (O, B, D, SD, WC)
4:00PM	Elmira	Back to Basics , St. Joseph's Hospital (Old Chapel Room), 555 St. Joseph's Blvd, Elmira, NY (To)
6:00PM	Hornell	Road To Recovery , Free Methodist Church, 60 Washington Street, Hornell, NY
6:30PM	Waterloo	Riverside Recovery , Saint Paul's Episcopal, 101 East Williams St, Waterloo, NY
6:30PM	Auburn	U R Not Alone , Unitarian Universalist Church, 607 N. Seward Ave, Auburn, NY (O, BT, IP, IW, SD, SG)
7:00PM	Bath	Bath Unity Group , St. Thomas Church, 122 Liberty Street, Bath, NY (O, BT, D, IW, SD, LC)

MEETING FORMAT LEGEND			
AB	Ask-It-Basket	B	Beginners
BT	Basic Text	D	Discussion
IP	Informational Pamphlet	IW	It Works -How and Why
JT	Just for Today	LC	Living Clean
ME	Meditation	NS	No Smoking
O	Open	RF	Rotating Format
SD	Speaker/Discussion	SG	Step Working Guide
St	Step	TW	Traditions Workshop
To	Topic	Tr	Tradition
WC	Wheelchair		

WEBSITES AND HELPLINES

Finger Lakes Area	www.flana.net	(877) 266-3660
Western Finger Lakes Area	www.wflana.com	(800) 441-8617
Route 13 Area	www.route13na.org	
Recovery is Possible Area	www.rochesterny-na.org	(585) 235-7889
Heart of New York Area	www.honyana.org	(315) 472-5555
Triple Cities Area	www.tcana.net	(607) 762-9116
Northern New York Region	www.nny-na.org	(315) 847-3842
Northeast Zonal Forum	www.nezf.org	
NA World Services	www.na.org	(818) 773-9999

SERVICE MEETINGS

Finger Lakes Area

PO Box 921
Geneva, NY 14456

All FLASCNA service committees meet at :
Border City Hose Company
3000 Fallbrook Rd
Geneva, NY 14456

Spirit of Love Committee	1st Sunday @ 9AM
Group Support Forum	2nd Sunday @ 8AM
Activities Committee	2nd Sunday @ 8AM
Literature Committee	2nd Sunday @ 9AM
Area Service Committee	2nd Sunday @ 10AM
Hospitals and Institutions	2nd Sunday @ 1PM
Public Relations	2nd Sunday @ 2PM
Guidelines	2nd Sunday @ 2PM
Outreach	2nd Sunday @ 2:30PM

Western Finger Lakes Area

Area Service Committee 3rd Tuesday @ 6PM
United Presbyterian Church
11 E. Gibson St
Canandaigua, NY

Route 13 Area

Area Service Committee 2nd Sunday @ 11AM
Odd months
Even months
Alternating Locations
National Soaring Museum
51 Soaring Hill Dr.
Elmira, NY
Tompkins County Mental Health
201 E. Green St.
Ithaca, NY

PHONE NUMBERS



Greater Finger Lakes MEETING LIST

JANUARY 2019

**Finger Lakes Area
Western Finger Lakes Area
Route 13 Area**

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.***

Freedom from active addiction

Meetings Weekly: 54

SUGGESTIONS

**Go to 90 NA meetings in 90 days
Get a NA home group
Get a NA sponsor
Get NA literature
Get involved in NA Service**

NO MATTER WHAT

**Don't use
Keep coming back**

