

SUNDAY

NOON Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(O,To)**

1:00PM Spirit of the Bayou Group, Lyon's Club, 411 Poole St., Sulphur, LA, 70663 **(C)**

6:00PM Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(O,To)**

7:00PM Hope Group of NA, New Beginnings Treatment Center, 144 Victoria Drive, Lake Charles, LA, 70615 **(O)**

MONDAY

6:00PM Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(O,To)**

7:00PM Spirit of the Bayou Group, Lyon's Club, 411 Poole St., Sulphur, LA, 70663 **(O,D)**

TUESDAY

6:00PM Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(C,IW,To)**

7:00PM HOWL Group, Deridder Housing Authority, 600 Warren St., Deridder, LA, 70634 **(O)**

7:00PM Inspiring Recovery, 215 S. Thompson, Iowa, LA, 70647 **(O)**

7:00PM Spirit of the Bayou Group, Lyon's Club, 411 Poole St., Sulphur, LA, 70663 **(O,D)**

WEDNESDAY

6:00PM Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(O,To)**

7:00PM Spirit of the Bayou Group, Lyon's Club, 411 Poole St., Sulphur, LA, 70663 **(O,D)**

THURSDAY

6:00PM Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(C,To)**

7:00PM HOWL Group, Deridder Housing Authority, 600 Warren St., Deridder, LA, 70634 **(O)**

7:00PM Inspiring Recovery, 215 S. Thompson, Iowa, LA, 70647 **(O)**

7:00PM Spirit of the Bayou Group, Lyon's Club, 411 Poole St., Sulphur, LA, 70663 **(O,D)**

FRIDAY

6:00PM Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(O,To)**

7:00PM Spirit of the Bayou Group, Lyon's Club, 411 Poole St., Sulphur, LA, 70663 **(O,D)**

SATURDAY

6:00PM Lake City Freedom Group, 3032 Common Street, Lake Charles, LA, 70605 **(O,CL)**

6:00PM Spirit of the Bayou Group, Lyon's Club, 411 Poole St., Sulphur, LA, 70663 **(O,D)**

7:00PM Deal with It Group, Lake Arthur AFG, 402 First St., Lake Arthur, LA, 70549 **(O)**

7:00PM Inspiring Recovery, 215 S. Thompson, Iowa, LA, 70647 **(O)**

MEETING FORMAT LEGEND

C	Closed	CL	Candlelight
D	Discussion	IW	It Works -How and Why
O	Open	To	Topic

HELPLINES

Acadiana Area (337) 406-1300
(Lafayette, Abbeville, Crowley, St. Martinville)

Bayou Recovery Area (225) 381-9609
(Baton Rouge)

Central Louisiana (318) 542-7557
(Alexandria)

Lake Area (337) 439-5753
(Lake Charles, Nederland, Port Arthur, Sulphur)

North Louisiana Area (800) 624-9776
(Shreveport, Bossier City, Farmerville, Ruston, Springhill, LA)

New Orleans Area (504) 899-6262
(New Orleans)

Northshore Area (877) 554-8308
(Hammond, Covington, Slidell)

Unity Area
(Metairie)

(504) 889-8840

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 NA. 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 may 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 regularly stay clean.

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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.**

Basic Text, page 65



LAKE AREA of NA

MEETING LIST

APRIL 2020

**LAKE AREA 24 HOUR HELPLINE
(337) 439-5753
LOUISIANA REGION 24 HOUR
HELPLINE
(585) DONT-USE**

<https://lakena.org>

**SUGGESTIONS FOR EVERYONE
DON'T USE no matter what
Ask your Higher Power to keep you clean
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the PHONE
KEEP COMING BACK. IT WORKS**

Meetings Weekly: 22