#### **SUNDAY**

11:00AM South Lake Charles Serenity Group, 5720 Perry Ln., Lake Charles, LA, 70605 (D)

**NOON Lake City Freedom**, 3032 Common St, Lake Charles, LA, 70601 **(O,D)** 

1:00PM Spirit of the Bayou Group, Lyon's Club, 3310 Maplewood Dr., Sulphur, LA, 70663 (C,D,To)

**4:00PM The Recovery Group**, 500 North 6th St., Leesville, LA, 71446 **(O,D,NS)** 

**8:00PM Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

#### **MONDAY**

11:00AM South Lake Charles Serenity Group, 5720 Perry Ln., Lake Charles, LA, 70605 (D)

**NOON Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

**6:00PM Lake City Freedom**, 3032 Common St., Lake Charles, LA, 70601 **(O,D,To)** 

**6:30PM South Lake Charles Serenity Group**, 5720 Perry Ln., Lake Charles, LA, 70605 **(D)** 

**6:30PM The Recovery Group**, 500 North 6th St., Leesville, LA, 71446 (BK,NS)

**7:00PM Spirit of the Bayou**, Lyon's Club, 3310 Maplewood Dr., Sulphur, LA, 70663 **(O,D,To)** 

**8:00PM Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

### **TUESDAY**

**NOON Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,BK)** 

**6:00PM Lake City Freedom**, 3032 Common St., Lake Charles, LA, 70601 **(O,D,LT)** 

**6:30PM The Recovery Group**, 500 North 6th St., Leesville, LA, 71446 (**D,To,NS**)

**7:00PM Spirit of the Bayou**, Lyon's Club, 3310 Maplewood Dr., Sulphur, LA, 70663 **(O,D)** 

**8:00PM Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

#### WEDNESDAY

11:00AM South Lake Charles Serenity Group, 5720 Perry Ln., Lake Charles, LA, 70605 (D)

**NOON Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,JT)** 

**6:00PM Lake City Freedom**, 3032 Common St., Lake Charles, LA, 70601 **(O,D)** 

**6:30PM South Lake Charles Serenity Group**, 5720 Perry Ln., Lake Charles, LA, 70605 **(D)** 

**6:30PM The Recovery Group**, 500 North 6th St., Leesville, LA, 71446 (BK,NS)

7:00PM Spirit of the Bayou, Lyon's Club, 3310 Maplewood Dr., Sulphur, LA, 70663 (O,B)

**8:00PM Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

## **THURSDAY**

**NOON Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,BT)** 

**6:00PM Lake City Freedom**, 3032 Common St., Lake Charles, LA, 70601 **(O,D,JT)** 

**6:30PM The Recovery Group**, 500 North 6th St., Leesville, LA, 71446 (**D,To,NS**)

**7:00PM Dequincy NA**, 201 S. Pine St., Dequincy, LA, 70633 **(O,D)** 

**7:00PM Spirit of the Bayou**, Lyon's Club, 3310 Maplewood Dr., Sulphur, LA, 70663 **(O,BT)** 

**8:00PM Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

#### **FRIDAY**

11:00AM South Lake Charles Serenity Group, 5720 Perry Ln., Lake Charles, LA, 70605 (D)

**NOON Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

**6:00PM Lake City Freedom Group**, 3032 Common St., Lake Charles, LA, 70601 **(O,CL,D)** 

**6:30PM South Lake Charles Serenity Group**, 5720 Perry Ln., Lake Charles, LA, 70605 **(D)** 

**6:30PM The Recovery Group**, 500 North 6th St., Leesville, LA, 71446

7:00PM Spirit of the Bayou, Lyon's Club, 3310 Maplewood Dr., Sulphur, LA, 70663 (O,D,To)

**8:00PM Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,D,JT)** 

## **SATURDAY**

11:00AM South Lake Charles Serenity Group, 5720 Perry Ln., Lake Charles, LA, 70605 (D)

**NOON Agape**, Agape, 1217 Broad St., Lake Charles, LA, 70601 **(To)** 

1:00PM Spirit of the Bayou, 3310 Maplewood Dr., Sulphur, LA, 70663 (SG)

**6:00PM Lake City Freedom**, 3032 Common St., Lake Charles, LA, 70601 **(O,D,To)** 

**6:00PM Spirit of the Bayou**, Lyon's Club, 3310 Maplewood Dr., Sulphur, LA, 70663 **(0,D,To)** 

**6:30PM The Recovery Group**, 500 North 6th st., Leesville, LA, 71446

**8:00PM Agape**, 1217 Broad St., Lake Charles, LA, 70601 **(O,CL)** 

MEETING FORMAT LEGEND			
В	Beginners	BK	Book Study
BT	Basic Text	С	Closed
CL	Candlelight	D	Discussion
JT	Just for Today	LT	Literature Study
NS	No Smoking	0	Open
SG	Step Working Guide	То	Topic

# 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



MEETING LIST
DECEMBER 2025

LOUISIANA REGION 24 HOUR HELPLINE (585) DONT-USE ((585) 366-8873)

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: 44