SUNDAY

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

NOON Lake City Freedom, 830 Hodges St., Lake Charles, LA, 70601 **(O,D)**

2:00PM Spirit of the Bayou Group, 3101 Ruth St., Sulphur, LA, 70665 **(O,D,To)**

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

8:00PM Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

MONDAY

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

NOON Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

6:00PM Lake City Freedom, 830 Hodges 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, 3101 Ruth St., Sulphur, LA, 70665 **(O,CL,D)**

8:00PM Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

TUESDAY

NOON Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,BK)**

6:00PM Lake City Freedom, 830 Hodges 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, 3101 Ruth St., Sulphur, LA, 70665 **(O,D)**

8:00PM Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

WEDNESDAY

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

NOON Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,JT)**

6:00PM Lake City Freedom, 830 Hodges 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, 3101 Ruth St., Sulphur, LA, 70665 **(O,B)**

8:00PM Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

THURSDAY

NOON Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,BT)**

6:00PM Lake City Freedom, 830 Hodges 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, 3101 Ruth St., Sulphur, LA, 70665 **(O,BT)**

8:00PM Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

FRIDAY

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

NOON Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

6:00PM Lake City Freedom Group, 830 Hodges 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, 3101 Ruth St., Sulphur, LA, 70665 **(O,D,To)**

8:00PM Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,D,JT)**

SATURDAY

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

NOON Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(To)**

6:00PM Lake City Freedom, 830 Hodges St., Lake Charles, LA, 70601 **(O,D,To)**

6:00PM Spirit of the Bayou, 3101 Ruth St., Sulphur, LA, 70665 **(O,D,To)**

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

8:00PM Agape, Suite D, IBEW Local 861, 3000 US-90, Lake Charles, LA, 70615 **(O,CL)**

MEETING FORMAT LEGEND

B	Beginners	BK	Book Study
BT	Basic Text	CL	Candlelight
D	Discussion	JT	Just for Today
LT	Literature Study	NS	No Smoking
O	Open	To	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.

Reprinted from the White Booklet, Narcotics Anonymous. © 1986 by Narcotics Anonymous World Services, Inc., PO Box 9999, Van Nuys, CA 91409 ISBN 0-912075-65-1 6/04

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

NOVEMBER 2026

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: 43