<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUNDAY</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 10:00AM-11:15AM | North Conway, NH  
VA Medical Center, 718 Smyth Road  
(Currently Online Only) Zoom ID 891-8600-2564  
Passcode 031604 |                                                                         |
| 5:00PM-6:30PM | Manchester, NH  
Peppercorn Christian Fellowship Church, 17 Main Street  
(OT, BT, VM, WC) |                                                                         |
| 5:00PM-6:00PM | Faith in Recovery Group  
O, WC, SV, TC |                                                                         |
| Laconia, NH | One Promise  
5:30PM-6:30PM | St. Margaret's Anglican Church, 85 Pleasant St.  
(Currently Online Only) Zoom ID 781-048-6355  
Passcode 03860 |
| Bennington, NH | The Bridge  
5:45PM-7:00PM | Congregational Church of Bennington, NH,  
Intersection of Rte 31 & 47  
(Currently Online Only) Zoom ID 847 0583 8820  
Passcode 401369 |
| 6:00PM-7:15PM | Manchester, NH  
The Journey Continues  
6:30PM-7:45PM | The Union Congregational Church, 350 Main Street  
(Currently Online Only) Zoom ID 894-2020-6385 |
| 7:00PM-8:15PM | Plymouth, NH  
Serenity For Lunch  
12:00PM-1:00PM | Hope For Recovery Building, 293 Wilson Street  
(Currently Online Only) Zoom ID 846 5070 6048  
Passcode 067366 |
| **MONDAY** |                                   |                                                                         |
| 12:00PM-1:00PM | Above the Notch  
(O, RF, VM, TC) | Faith Bible Church, 355 Union Street |
| 12:00PM-1:00PM | Serenity For Lunch  
(O, RF, WC, VM, TC) | Hope For NH Recovery Building, 293 Wilson Street  
(Currently Online Only) Zoom ID 846 5070 6048  
Passcode 067366 |
| 12:00PM-1:00PM | Manchester, NH  
Sisters With Hope  
6:00PM-7:15PM | Hope for NH Recovery Center, 4 Broadway  
(Currently Online Only) Zoom ID 844-8183-8213 |
| 7:00PM-8:15PM | Manchester, NH  
Man Up Group  
7:15PM-8:30PM | (O, M, LC, 19) |
| 7:15PM-8:30PM | Nashua, NH  
Above the Notch  
12:00PM-1:00PM | Faith Bible Church, 355 Union Street |
| **TUESDAY** |                                   |                                                                         |
| 12:00PM-1:00PM | Manchester, NH  
Sisters in the Solution  
6:00PM-7:30PM | City Blessing Church, 159 Rochester Hill Road  
(Online and face to face) Zoom ID 446 568 9331 |
| 12:00PM-1:00PM | Manchester, NH  
All or Nothing Women’s Group  
7:00PM-8:15PM | Unitarian Church, 58 Lowell Street  
(Currently Online Only) Zoom ID 863 0222 7174 |
| 7:00PM-8:15PM | Nashua, NH  
Promise of Freedom  
7:00PM-8:30PM | Tri-City Co-op, 55 Summer Street  
(Online and face to face) Zoom ID 446 568 9331 |
| 7:00PM-8:30PM | Exeter, NH  
The Gift of Today  
7:00PM-8:00PM | Congregational Church, 21 Front Street  
(Currently Online Only) Zoom ID 490 903 094 |
| 7:00PM-8:30PM | Nashua, NH  
Man Up Group  
7:15PM-8:30PM | Revive Recovery Center, 263 Main Street |
| **WEDNESDAY** |                                   |                                                                         |
| 12:00PM-1:00PM | Above the Notch  
(O, RF, VM, TC) | Faith Bible Church, 355 Union Street |
| 12:00PM-1:00PM | Serenity For Lunch  
(O, RF, WC, VM, TC) | Hope For NH Recovery Building, 293 Wilson Street  
(Currently Online Only) Zoom ID 846 5070 6048  
Passcode 067366 |
| 12:00PM-1:00PM | Manchester, NH  
Sisters For Lunch  
12:00PM-1:00PM | Hope for NH Recovery Building, 293 Wilson Street  
(Currently Online Only) Zoom ID 846 5070 6048  
Passcode 067366 |
| 12:00PM-1:00PM | Manchester, NH  
Keeping in the Day  
6:30PM-7:30PM | Seacoast Youth Services Building, 867 Lafayette Road  
(Online and face to face) Zoom ID 446 568 9331 |
| **FRIDAY** |                                   |                                                                         |
| 12:00PM-1:00PM | Above the Notch  
(O, RF, VM, TC) | Faith Bible Church, 355 Union Street |
| **WEDNESDAY (CONT)** |                                   |                                                                         |
| 12:00PM-1:00PM | One Promise  
6:30PM-7:30PM | St. Margaret’s Anglican Church, 85 Pleasant Street  
(Currently Online Only) Zoom ID 781 048 6355  
passcode 03860 |
| 12:00PM-1:00PM | Manchester, NH  
What Can We Do  
7:00PM-8:15PM | First United Methodist Church, 961 Valley Street  
(Currently Online Only) Zoom ID 918 2518 3100 |
| 12:00PM-1:00PM | Manchester, NH  
White Mountains NA  
7:00PM-8:15PM | (VM, TC, SD) |
| 12:00PM-1:00PM | Manchester, NH  
Closures Than You Think  
7:30PM-8:30PM | Congregational Church of Bennington, NH, Intersection of Rte. 31 & 47  
(Currently Online Only) Zoom ID 818 6577 8955  
passcode 794575 |
| 12:00PM-1:00PM | Lincoln, NH  
Berlin Beginners  
8:30PM-9:30PM | Harvest Christian Fellowship Church, 219 Willow St. |
| **THURSDAY** |                                   |                                                                         |
| 12:00PM-1:00PM | Manchester, NH  
Serenity For Lunch  
12:00PM-1:00PM | Hope For Recovery Building, 293 Wilson Street  
(Currently Online Only) Zoom ID 846 5070 6048  
passcode 067366 |
| 6:00PM-7:30PM | Concord, NH  
43 Degrees North  
6:00PM-7:30PM | (O, VM, SD) |
| 6:00PM-7:30PM | Concord, NH  
Learning to Live  
6:00PM-7:30PM | First Congregational Church, 177 N Main Street  
(Currently Online Only) Zoom ID 535 137 231 |
| 7:00PM-8:15PM | Concord, NH  
Basic Text Group  
7:00PM-8:15PM | (O, BT, WC, 19, SD) |
| 7:00PM-8:15PM | Tilton, NH  
One Addict Helping  
7:00PM-8:15PM | Family Resource Center, 5 Prospect Street  
Masks & use of sanitizer required |
| 7:00PM-8:15PM | Atkinson, NH  
Another  
7:00PM-8:15PM | The Union Congregational Church, 216 Main Street  
(Currently Online Only) Zoom ID 520 060 399  
passcode 235005 |
| 7:00PM-8:15PM | Atkinson, NH  
Step into the Solution  
7:00PM-8:15PM | Atkinson Congregational Church, 101 Main Street  
(O, D, St, VM, TC) |
| 7:00PM-8:15PM | Littleton, NH  
Above the Notch  
12:00PM-1:00PM | Faith Bible Church, 355 Union Street |
FRIDAY (CONT)

Serenity For Lunch
12:00PM-1:00PM
Manchester, NH
Hope For NH Recovery Building, 293 Wilson Street
(Currently Online Only) Zoom ID 846 5070 6048
passcode 067366

Hope Ahead Group
7:00PM-8:30PM
Raymond, NH
(O, WC, VM, TC)
Raymond Baptist Church, 145 NH-27
(Currently Online Only) Zoom ID 457 112 422

White Mountains NA
7:00PM-8:15PM
Lincoln, NH
(VM, TC)
Marion Garish Community Center, 39 West Broadway

Regardless of Age
7:30PM-9:00PM
Derry, NH
(O, RF, VM, HY, 19)
Marion Garish Community Center, 39 West Broadway
(Currently Online Only) Zoom ID 979 634 556

Friday Unity
8:00PM-9:00PM
Nashua, NH
(O, BT, WC, 19)
St Patrick’s Church, 29 Spring Street
Outside in the parking lot

Live Clean or Die Group
8:00PM-9:30PM
Nashua, NH
(O, VM, TC, SD)
Unitarian Universalist Church, 58 Lowell Street
At the corner of Lowell & Canal Streets, Upstairs

The Candlelight Meeting
8:00PM-9:30PM
Amesbury, MA
(O, VM, SD)
Main Street Congregational Church, 145 Main Street

SATURDAY

Saturday Sanity
8:00AM-9:00AM
Manchester, NH
(O, RF, VM, TC)
YMCA, 30 Mechanic Street

On Center
11:00AM-12:15PM
Derry, NH
(O, VM, HY, 19, SD)
Episcopal Church of the Transfiguration (Masks & Social Distancing Required), 1 Hood Road
Password: 353568

Portsmouth No Name Group
11:00AM-12:00PM
Portsmouth, NH
(O, D, WC, 19)
Safe Harbor Building, 865 Islington Street

K_FD
5:00PM-6:30PM
Rochester, NH
(O, BT, D, St, Tr, WC, 19)
Rochester Park and Ride, Fillmore Blvd
Route 16, Off Exit 13

EMANON
6:00PM-7:15PM
Manchester, NH
(O, WC, 19, SD)
Hope For NH Recovery Building, 293 Wilson Street
Use Front Entrance

Owls of NA
9:00PM-10:30PM
Portsmouth, NH
(O, VM, SD)

MEETING FORMAT LEGEND

19 Restrictions due to Covid-19
B Beginners
BT Basic Text
C Closed
CW Children Welcome
D Discussion
HY Hybrid Meeting
FT Just for Today
LC Living Clean
M Men
O Open
RF Rotating Format
SD Speaker/Discussion
St Step
TC Temporarily Closed
Top Topic
Tr Tradition
VM Virtual Meeting
W Women
WC Wheelchair
YP Young People

NEIGHBORING AREA HELPLINES

Seacoast Area in NH
888-624-3578
Champlain Valley in VT
802-862-4516
Green Mountain Area in VT
802-773-5575
Maine Area & Eastern Maine Area
800-974-0062
New England Region
866-624-3578
NA World Services
818-773-9999

PHONE NUMBERS

24 HOUR HELPLINE
1-888-NA-HELP-U
(1-888-624-3578)

www.gsana.org

OCTOBER 2020
Granite State Area of Narcotics Anonymous
P.O. Box 5171, Manchester, NH 03108
Granite State Area Service Meeting 2nd Sunday of every month,
9:30am, Elliot Hospital, Ground Floor Conference Room CDEF,
One Elliot Way, Manchester, NH

Seacoast Area of Narcotics Anonymous
PO Box 512, Greenland, NH 03840
Seacoast Area Service Meeting 2nd Sunday of every month,
6:00pm, SOS Recovery Center, 4 Broadway,
Dover, NH

Meetings Weekly: 53

Unless otherwise noted, all meetings are open to non-addicts and are non-smoking meetings.
Information is subject to change. Call the helpline or visit the website for the latest updates. Area events & activities are also posted there.