### Sunday

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Meeting Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00PM-7:00PM</td>
<td>Manchester, NH</td>
<td>Keep It Real</td>
</tr>
<tr>
<td>6:30PM-7:45PM</td>
<td>Nashua, NH</td>
<td>The Journey Continues</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Laconia, NH</td>
<td>White Mountain NA of</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Exeter, NH</td>
<td>Manchester</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>Living in the Solution Group</td>
</tr>
<tr>
<td>7:30PM-8:30PM</td>
<td>Seabrook, NH</td>
<td>North Country NA 12 Step Group</td>
</tr>
</tbody>
</table>

### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Meeting Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00PM-7:00PM</td>
<td>Manchester, NH</td>
<td>Sisters With Hope</td>
</tr>
<tr>
<td>6:00PM-7:00PM</td>
<td>Groveton, NH</td>
<td>Me Do Recover</td>
</tr>
<tr>
<td>6:30PM-7:45PM</td>
<td>Nashua, NH</td>
<td>Power Within</td>
</tr>
<tr>
<td>6:30PM-7:45PM</td>
<td>Dover, NH</td>
<td>All or Nothing Women's Group</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>Granite State</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>Wave of Hope</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Laconia, NH</td>
<td>Promise of Freedom</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Manchester, NH</td>
<td>Just For Today</td>
</tr>
<tr>
<td>7:30PM-9:00PM</td>
<td>Manchester, NH</td>
<td>What Can We Do</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Meeting Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00PM-7:00PM</td>
<td>Manchester, NH</td>
<td>Man Up Mount Group</td>
</tr>
<tr>
<td>6:30PM-7:45PM</td>
<td>Nashua, NH</td>
<td>Power Within</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Dover, NH</td>
<td>All or Nothing Women's Group</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Nashua, NH</td>
<td>Granite State</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Manchester, NH</td>
<td>Wave of Hope</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Laconia, NH</td>
<td>Promise of Freedom</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Manchester, NH</td>
<td>Just For Today</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Manchester, NH</td>
<td>What Can We Do</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Meeting Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30PM-7:00PM</td>
<td>Dover, NH</td>
<td>One Promise</td>
</tr>
<tr>
<td>6:30PM-7:00PM</td>
<td>Dover, NH</td>
<td>Fifth Tradition Group</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>One is Too Many</td>
</tr>
<tr>
<td>7:00PM-8:00PM</td>
<td>Nashua, NH</td>
<td>Turning Point</td>
</tr>
<tr>
<td>7:00PM-8:30PM</td>
<td>Manchester, NH</td>
<td>Laconia, NH</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>White Records NA (VM, TC, SD)</td>
</tr>
</tbody>
</table>

### Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Meeting Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00AM-12:00PM</td>
<td>Dover, NH</td>
<td>Just For Today</td>
</tr>
<tr>
<td>12:00PM-1:00PM</td>
<td>Manchester, NH</td>
<td>Dover, NH</td>
</tr>
<tr>
<td>6:00PM-7:00PM</td>
<td>Dover, NH</td>
<td>More Will Be Revealed</td>
</tr>
<tr>
<td>6:00PM-7:00PM</td>
<td>Dover, NH</td>
<td>Basic Text Group</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>Hope in Recovery Steps</td>
</tr>
<tr>
<td>7:00PM-8:30PM</td>
<td>Manchester, NH</td>
<td>The Journey Continues</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>A New Beginning</td>
</tr>
<tr>
<td>7:00PM-8:15PM</td>
<td>Manchester, NH</td>
<td>The South Shore</td>
</tr>
</tbody>
</table>

### Note
- ** password 235005
FRIDAY

Just for Today

(0, D, TC)

11:00AM-12:00PM

Dover, NH

Above the Hatch

(0, RF, TC)

12:00PM - 1:00PM

Littleton, NH

Serenity Center, 45 Union Street

603 Clean & Serene

(0, RF, TC)

7:00PM - 8:00PM

Nashua, NH

Navigating Recovery, 102 Court Street

Lacson, NH

(0, RC, TC)

7:00PM - 8:30PM

Portsmouth, NH

Hope For NH Recovery Building, 293 Wilson Street

Friday Freedom Group

(0, RF, TC)

7:00PM - 8:15PM

Manchester, NH

St. Augustine Church, 189 Spruce Street

Hope Ahead Group

(0, D, LC, TC)

7:00PM - 8:30PM

Raymond, NH

Living Clean in the Mountains

(0, VM, TC, SD)

7:00PM - 8:15PM

Littleton, NH

White Mountains NA

(0, VM, TC, SD)

7:00PM - 8:15PM

Nashua, NH

Regardless of Age

(0, RF, VP, W, YW, 19)

7:00PM - 8:00PM

Marion Garrish Community Center - Masks requires in building, 39 West Broadway

Ancestry Weekly

(0, RT, VC, TC)

7:00PM - 8:00PM

Manchester, NH

H.E.A.R.T.S. Building, 5 Pine St. Ext.

Nashua, New Hampshire

(0, VM, TC, SD)

7:00PM - 8:00PM

Live Clean or Die Group

At the coner of Lowell & Canal Streets, Upstairs

FRIDAY (CONT)

NA Friday Unity

(0, VM, SD)

8:00PM - 9:00PM

The Candlelight Meeting

(0, 19, SD)

8:00PM - 9:30PM

Ancestry, MA

Saturday Sanity

(0, RF, VC, VM, TC)

8:00AM - 9:00AM

Manchester, NH

YMCAs, 30 Mechanics Street

Stay ’N’ Grow Group

(0, JTC, ME, TC)

10:00AM - 11:00AM

Lacson, NH

Navigating Recovery, 102 Court Street

On Center

(0, VM, HR, YW, 19)

11:00AM - 12:15PM

Manchester, NH

Ecclesiastical Church of the Transfiguration (Masks & Social Distancing Required), 1 Hood Road Password: 353568

Portsmouth No Name Group

(0, VM, VC, 19)

11:00AM - 12:00PM

Nashua, NH

Safe Harbor Building, 865 Islington Street

Clean to Grow

(0, RT, ST, VC, 19)

5:00PM - 6:30PM

Manchester, NH

Route 16, Off Exit 13

Emancipation

(0, VM, SD)

6:00PM - 7:15PM

Nashua, NH

Hope For NH Recovery Building, 293 Wilson Street

Me All Belong

(0, ST, TR, TC)

5:00PM - 7:00PM

Manchester, NH

United Universalist Church, 172 Pleasant Street

Recovery Road

(0, D, JT, VC)

6:00PM - 8:00PM

Rochester, NH

First Baptist Church, 122 Main Street

A New Way of Life

(0, TC, SD)

7:00PM - 8:00PM

Nashua, NH

The United Methodist Church, 154 Main Street

Clean Choice

(0, VM, TC, SD)

7:00PM - 8:30PM

Manchester, NH

The Elms, 51-53 Friend Street

Owls of NA

(0, VM, SD)

9:00PM - 10:00PM

www.gsana.org

MEETING FORMAT LEGEND

19 Restrictions due to Covid-19

B Beginners

CT Basic Test

C Closed

D Children Welcome

Discussion

EM English speaking

Hy Hybird Meeting

IP Informational Pamphlet

IB Works.How and Why

JT just for Today

LC Living Clean

M Men

ME Meditation

O Open

RF Rotating Format

SD Speaker/Discourse

SG Step Working Guide

T1 Step 1 30 Minutes to 2 hours

Te Topic

T Tr Tradition

VM Virtual Meeting

W Women

WC Wheelchair

YP Young People

NEIGHBORING AREA HELPLINES

South County in RI

802-624-3578

Champlain Valley in VT

802-462-4516

Green Mountain Area in VT

802-773-5275

Plaistow Area & Eastern Maine Area

928-744-0821

New England Region

988-624-3578

NA World Services

818-773-9999

If you want to use our the Postal

PHONE NUMBERS

24 HOUR HELPLINE

1-888-NA-HELP-U

(1-888-624-3578)

www.gsana.org

SEPTEMBER 2020

Granite State Area of Narcotics Anonymous

PO Box 5111, Manchester, NH 03108

Seacoast Area of Narcotics Anonymous

PO Box 312; Greenland, NH 03840

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 Service Meeting 2nd Sunday of every month, 6:00pm, SOS Recovery Center, 4 Broadway, Dover, NH

Meetings Weekly: 93

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.