

## **SUNDAY**

### **BANGOR**

7-8:00 PM  
O L D H

### **BREWER**

2-3PM  
O

### **BREWER**

4-5:00 PM  
C CL M H

### **CHERRYFIELD**

7:00-8:00 PM  
O L H

### **ELLSWORTH**

7-8:15 PM  
O D H

### **KENNEBUNK**

6:30-7:30 PM  
O D H

### **PORTLAND**

8:30-9:30 AM  
O SP

### **PORTLAND**

7-8:15PM  
O D L H

### **Waterville**

7-8:00 PM  
BT

## **MONDAY**

### **AUGUSTA**

7:30-9 PM  
O BT H

### **BANGOR**

12:00–1:00 PM  
O D

### **BELFAST**

6:30-7:30 PM  
O 12 H

### **BREWER**

7:30 pm-8:30 PM  
O D H

### **BRIDGTON**

7-8:00 PM  
O D L H

### **Grateful We're Not Dead**

Together Place  
2 Second St. 04401

### **Bangor Area Newcomers**

Bangor Area Recovery Network  
142 Center St 04412

### **Man Up**

Bangor Area Recovery Network  
142 Center St 04412

### **You Know Serenity**

Cherryfield Congregational Church  
10 River Rd 04622

### **Alive & Kicking**

Your Place Inc.–8 Old Mill Rd 04605  
Rte 1A & 179, behind Sunrise Glass

### **Free At Last**

Christ's Church - Rear Door  
6 Dane Street/Rt. 1 & 35 04043

### **Lost In Meditation**

11th Step Meditation Meeting  
PRCC 468 Forest Ave. 04101

### **So Fresh And So Clean**

Amistad Peer Recovery Center  
66 State St. 04101

### **We Do Recover**

Pleasant St United Methodist Church  
61 Pleasant Street 04901

### **Warm and Slightly Fuzzy**

Green Street United Methodist Church  
13 Green St 04330

### **The Promise is Freedom**

St. John's Episcopal Church  
234 French St. 04401  
In church office, across from Church

### **Second Chances**

55 Spring Street 04915  
First Church of Belfast 'Annex'  
Beside Crosby School

### **New Beginnings**

Bangor Area Recovery Network  
142 Center St. 04412

### **How It Works (Room 2)**

Bridgton Community Center  
15 Depot St. 04009

### **KENNEBUNK**

7-8:00 PM  
O D H  
St David's Episcopal Church  
138 York Street 04043

### **PORTLAND**

12:00-1:00 PM  
O D B BT  
Portland Recovery Community Center  
468 Forest Avenue 04101

### **PORTLAND**

7:00-8:15 PM  
O D CL Topic  
Unity (use side entrance)  
1st Unitarian Universalist Church  
425 Congress St. at Temple 04101

### **RAYMOND**

7-8:00 PM  
O L H  
One of Us  
Clyde Bailey Drop In Center  
1311 Roosevelt Trail 04071

### **ROCKLAND**

6:30-7:30 PM  
O D  
Coastal Recovery Group  
Community Center, Ste 103&104  
24 Lincoln Street 04841

### **SACO**

7-8:15 PM  
O  
No Name Group  
Oasis Club  
63 School Street 04072

### **SOUTHWEST**

**HARBOR**  
7:00-8:00 PM  
O D H  
Safe Harbor  
Harbor House Community Center  
329 Main St 04901

### **WATERVILLE**

7:00-8:00 PM  
O  
11<sup>th</sup> Step Meditation Meeting  
First Congregational Church  
7 Eustis Parkway 04679

## **TUESDAY**

### **ALFRED**

7-8:00 PM  
O D H  
How Ya Doing?  
Notre Dame Spiritual Center  
147 Shaker Hill Rd. 04002  
(off Route 202) Denis Hall

### **BANGOR**

12:00–1:00 PM  
O D  
The Promise is Freedom  
St. John's Episcopal Church  
234 French St. 04401  
In church office, across from Church

### **BANGOR**

7-8:00 PM  
O L D H  
Grateful We're Not Dead  
Together Place  
2 Second St. 04401

### **BIDDEFORD**

7:00-8:15 PM  
O D H  
Stairway to Freedom  
Second Congregational Church  
19 Crescent St. 04005

### **BLUE HILL**

7:00-8:00 PM  
O 12 D  
Clean By The Bay  
Blue Hill Memorial Hospital 04614  
57 Water St. – Rotating Format

### **ELLSWORTH**

7:00-8:15 PM  
O D H  
Alive & Kicking  
Your Place, Inc –8 Old Mill Rd 04605  
1A&179, behind Sunrise Glass

### **ELLSWORTH**

7:00-8:00 PM  
O D SP  
Love & Tolerance  
St. Dunstan's Episcopal Church  
134 State Street 04605

### **FARMINGTON**

6:30-7:30 PM  
O 12  
Dragon Slayers  
Henderson Mem. Baptist Church  
110 Academy (at Main St.) 04938

### **LEWISTON**

8:00-9:00 PM  
O 12  
Time is Money  
Calvary Methodist Church  
59 Sabattus St 04240

### **NORWAY**

7:00–8:00 PM  
O D L  
Oxford Hills Group  
Common Ground Counseling  
235 Main St. 04268  
Side door to bottom floor

### **PORTLAND**

12:00-1:00 PM  
O D B BT  
New Beginnings  
Portland Recovery Community Center  
468 Forest Avenue 04101

### **PORTLAND**

7-8:15 PM  
O S-123  
Share & Live  
State Street Church, UCC  
159 State Street 04101

### **PRESQUE ISLE**

7:00-8:00PM  
O 12 H  
Courage to Change  
St. John's Church  
52 Second Street. 04769

### **ROCKLAND**

6:30-7:30 PM  
O BT CL H  
New Attitudes  
St. Peters Episcopal Church  
11 White St (corner of White &  
Limerock) 04841

## **WEDNESDAY**

### **AUGUSTA**

530–6:30PM  
O D  
We Do Recover  
LINC Wellness and Recovery Center  
38 Memorial Drive 04330  
2<sup>nd</sup> Floor Education Room

### **BANGOR**

12:00–1:00 PM  
O D  
The Promise is Freedom  
St. John's Episcopal Church  
234 French St. 04401  
In church office, across from Church

### **BELFAST**

6:00 pm-7:00 PM  
O D H  
Second Chances  
United Methodist Church  
23 Mill Lane 04915

### **BREWER**

7:30 pm-8:30 PM  
O D H  
New Beginning  
Bangor Area Recovery Network  
142 Center St. 04412

### **BRIDGETON**

7:00-8:00 PM  
O  
Recovery Is Possible  
Lakes Region Recovery Center  
25 Hospital Drive 04009  
At back of hospital campus

### **CARIBOU**

7:00-8:00 PM  
O L TOPIC  
Most Powerful Vehicle  
RRCC  
1 Water St. 04736

### **OLD ORCHARD**

7:30-8:45 PM  
O L H  
Catch the Wave  
United Methodist Church, 04064  
Corner of Washington & 6 Fountain Ave  
On beach in July, at end of Ocean Ave

### **PORTLAND**

7-8:15 PM  
O L Topic  
No More Tears  
State Street Church, UCC  
159 State Street 04101

### **ROCKLAND**

6:30-7:30 PM  
O D L H  
Just For Today  
St. Peter's Church, 11 White St 04841  
Literature study Living Clean or JFT

### **SANFORD**

7:30-9:00 PM  
O H  
Live Clean or Die  
Sanford UU Church  
5 Lebanon St. 04073  
Great Children's Room  
Prkng/Entrance behind Salvation Army

### **SKOWHEGAN**

6:45-7:45 PM  
O BT H  
Keys to Freedom  
Redington-Fairview General Hospital  
46 Fairview St, 04976  
Conf. room 2 (thru main entrance)

### **TOPSHAM**

7:00-8:00 PM  
O 12  
Clean Slate Group  
ABC Baptist Church  
1 Elm St, 04086

## **THURSDAY**

### **ALFRED**

7-8 PM  
O D H  
How Ya Doin'??  
Notre Dame Spiritual Center  
147 Shaker Hill Rd. 04002  
(off Route 202) Denis Hall

### **BANGOR**

12:00–1:00 PM  
O D  
The Promise is Freedom  
St. John's Episcopal Church  
234 French St. 04401  
In church office, across from Church

### **BANGOR**

7-8:00 PM  
O L D H  
Grateful We're Not Dead  
Together Place  
150 Union St. 04401

### **BELFAST**

6:30-7:30 PM  
O D H  
Second Chances  
United Methodist Church  
23 Mill Lane 04915

### **BRUNSWICK**

7-8:15 PM  
O JFT H  
Just For Today  
St. Paul's Episcopal Church.  
27 Pleasant St. 04011

### **CARIBOU**

9:00-10:00 AM  
O BT D  
Most Powerful Vehicle  
RRCC  
1 Water St. 04736

### **FARMINGTON**

7-8:00 PM  
C 12 L H  
Step Awareness  
Franklin County  
Memorial Hospital  
111 Franklin Health, Rt. 2/4 04938

**LEWISTON**  
8:00–9:00 PM  
O L

**Free and Clean**  
Calvary Methodist Church  
59 Sabattus Street 04240

**PORTLAND**  
12:00-1:00 PM  
O D B BT

**New Beginnings**  
Portland Recovery Community Center  
468 Forest Avenue 04101

**PORTLAND**  
7 -8:15 PM  
O D

**No Name Group**  
Sacred Heart Church,  
80 Sherman St 04101  
Corner of Sherman/Mellen

**SANFORD**  
7 -8:00 PM  
L D

**Key Tags Not Toe Tags**  
Saint George's Church  
3 Emerson St 04073  
Across from Cumberland Farms

**STEEP FALLS**  
7 -8:00 PM  
O

**Keepers Of Change**  
Steep Falls Country Church  
35 Main St 04085

For New Hampshire Meeting Information  
888-624-3578  
www.gsana.org

**FRIDAY**

**AUGUSTA**  
6:30-8:00 PM  
O L D

**Clean and Serene**  
Penney Memorial Church  
393 Water St 04330

**BANGOR**  
12:00–1:00 PM  
O D

**The Promise is Freedom**  
St. John's Episcopal Church  
234 French St. 04401  
In church office, across from Church

**BIDDEFORD**  
7:00-8:15 PM  
O D 12 H

**Stairway to Freedom**  
Second Congregational Church  
19 Crescent St. 04005

**BREWER**  
7:30 pm-8:30 PM  
O D H

**New Beginning**  
Bangor Area Recovery Network  
142 Center St. 04412

**ELLSWORTH**  
7-8:15 PM  
O D H

**Alive & Kicking**  
Your Place Inc – 8 Old Mill Rd 04605  
1A&179, behind Sunrise Glass

**MEXICO**  
7:00-8:00 PM  
O D B SP 12 H

**Harvest Meeting**  
First Baptist Church  
20 Roxbury Rd 04257  
Child care provided

**PORTLAND**  
12:00-1:00 PM  
O D B BT H

**New Beginnings**  
Portland Recovery Community Center  
468 Forest Avenue 04101

**PORTLAND**

**Original Recipe Basic Text**

7-8:15PM  
O D BT H

Mercy Hospital, lower auditorium B2  
144 State St.

**PRESQUE ISLE**  
7:00–8:00 PM  
O D H

**Courage to Change**  
St. John's Church  
52 Second Street 04769

**ROCKLAND**  
6:30-7:30 PM  
O D CL H

**New Attitudes**  
St. Peters Church  
11 White St 04841  
Corner White & Limerock St

**SOUTH PARIS**  
7:00-8:00 PM  
O L D

**Serenity Sojourn**  
First Universalist Church  
36 Pine St, 04281

**WATERVILLE**  
6-7:30 PM  
C D L

**Waterville Five & Dime**  
First Congregational Church  
7 Eustis Parkway at Main St. 04901  
Open Mtg. last Fri. of Month

**SATURDAY**

**BANGOR**  
7:00-8:00 PM  
O D H

**New Freedom**  
E Maine Medical Center  
489 State St 04401  
Brandon Conference Room 2<sup>nd</sup> floor

**BANGOR**  
10:00-11:15 AM  
O 12 L

**Step It Up**  
St John's Episcopal Church  
234 French St 04401  
In church office, across from church

**BELFAST**  
10-11:00 AM  
O D H

**Second Chances**  
United Methodist Church  
23 Mill Lane 04915

**BIDDEFORD**  
7:00-8:15 PM  
O D H

**Stairway to Freedom**  
Second Congregational Church  
19 Crescent St. 04005

**BRIDGETON**  
7:00-8:00 PM  
O

**You Are Not Alone**  
Lakes Region Recovery Center  
25 Hospital Drive 04009  
At back of hospital campus

**CARIBOU**  
7:00-8:00 PM  
O D L

**Most Powerful Vehicle**  
RRCC  
1 Water St. 04736

**ELLSWORTH**  
7:00-8:00 PM  
O D SP

**Love & Tolerance**  
St. Dunstan's Episcopal Church  
134 State Street 04605

**FARMINGTON**  
9-10:00 AM  
O D H

**Nine-ish (Crosby Room)**  
Franklin County Mem. Hosp.  
111 Franklin Health, Rt. 2/4 04938

**GREENVILLE JCT**  
7:00-8:00 PM  
O JFT

**We Can Do It**  
C.A. Dean Hospital.  
364 Pritham Ave, 04442

**PORTLAND**

**Living Clean**

3:15-4:15 PM  
LIT H

Portland Recovery Community Center  
468 Forest Avenue 04101

**PORTLAND**  
7-8:15 PM  
O D CL

**Principles Before Personalities**  
Immanuel Baptist Church  
156 High St. 04101  
Use Deering St. Rear Entrance

**S THOMASTON**  
6:30-7:30 PM  
O D CL

**The Keag is Up**  
People's United Methodist Church  
13 Chapel St. 04858

**IF YOU WANT TO USE ... USE THE PHONE!**

Empty box for phone numbers.

**MEETING CODES**

- O..... Open Meeting, all welcome
- C..... Closed Meeting for addicts and those who think they might have a problem
- D..... Discussion
- B..... Beginners
- SP..... Speaker Meeting
- BT..... Basic Text
- JFT..... Just For Today
- 12..... Step/Tradition Meeting
- L..... Literature
- H..... Handicapped Accessible
- I..... Institution
- W..... Women's Meeting
- M..... Men's Meeting
- CL..... Candlelight



**NARCOTICS ANONYMOUS**  
**Maine Meeting List**  
**FEB 2019-MAR 2019**

(01-19-2019)

For the most current meeting list visit:

[www.namaine.org](http://www.namaine.org)

or call the Helpline

**For additional meeting lists, either download them from the website or copy this meeting list.**

"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends – jails, institutions or death – or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous."

**HELPLINE**

**1-800-974-0062**



Maine Area Service Committee  
PO Box 5309  
Portland, ME 04101

NA World Services  
PO Box 9999  
Van Nuys, CA 91409-9099