<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Meeting Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUNDAY</strong></td>
<td>6:30-7:30 PM</td>
<td>Bangor, Hammond St Congregational Church</td>
<td>Zoom ID: 720-730-1505, pw: Free22</td>
</tr>
<tr>
<td></td>
<td>7:45-8:00 PM</td>
<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 703-065-5462, pwd: Free22</td>
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<tr>
<td></td>
<td>8:00-8:30 PM</td>
<td>Portland, C St Lit WC HY 111 Franklin Health Commons</td>
<td>Zoom ID: 889-6662-3118</td>
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<tr>
<td><strong>MONDAY</strong></td>
<td>12:00-1:00 PM</td>
<td>Bangor, Hammond St Congregational Church</td>
<td>Zoom ID: 987-736-5879</td>
</tr>
<tr>
<td></td>
<td>6:00-7:00 PM</td>
<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 899-736-5879</td>
</tr>
<tr>
<td></td>
<td>5:00-5:30 PM</td>
<td>Bangor, 29 High St. 04014</td>
<td>Zoom ID: 987-736-5879</td>
</tr>
<tr>
<td></td>
<td>8:30-9:00 PM</td>
<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 899-736-5879</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>8:00-9:00 PM</td>
<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 899-736-5879</td>
</tr>
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<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 899-736-5879</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>6:00-7:00 PM</td>
<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 899-736-5879</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td>6:00-7:00 PM</td>
<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 899-736-5879</td>
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<td>Portland, 29 High St. 04014</td>
<td>Zoom ID: 899-736-5879</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td>6:00-7:00 PM</td>
<td>Portland, 29 High St. 04014</td>
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</tr>
</tbody>
</table>
### Maine Meeting List

**April & May 2023**

(04-27-2023)

For the most current meeting list & events visit: [https://namaine.org](https://namaine.org) or call the Helpline.

For additional meeting lists, get them at the Area Service Committee, download them from the website, or photocopy 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 there might be another way. The 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."

### Contact List

**For the most current meeting list & events**

Visit: [https://namaine.org](https://namaine.org) or call the helpline.

### MEETING CODES

- **O**: Open Meeting, all welcome
- **L**: Limited, specific group
- **D**: Closed Meeting, specific group
- **S**: Speaker Only
- **R**: Restricted due to Covid 19
- **B**: Basic Talk
- **W**: Women’s Meeting
- **M**: Men’s Meeting
- **N**: Nsaid
- **I**: Inperson
- **F**: Friday Night Special
- **E**: Eastern Maine Area Service Committee
- **C**: Children under supervision
- **L**: Literature
- **C**: Closed Meeting for addicts and those who think they might have a problem with drugs
- **D**: Discussion
- **S**: Speaker Meeting
- **H**: Handicapped Accessible
- **D**: Doctor Discussion
- **R**: Restrictions due to Covid 19
- **J**: Just For Today
- **P**: Speaker/Discussion
- **M**: More Will Be Revealed Speaker Jam
- **E**: Eastern Maine Area Service Committee
- **W**: Virtual
- **C**: Children under supervision
- **L**: Limited
- **E**: Eastern Maine Area Service Committee
- **H**: Halfway House
- **D**: Closed Meeting for addicts and those who think they might have a problem with drugs
- **N**: No password
- **B**: Basic Talk
- **E**: Eastern Maine Area Service Committee
- **W**: Women’s Meeting
- **M**: Men’s Meeting
- **N**: Nsaid
- **I**: Inperson
- **F**: Friday Night Special
- **P**: Speaker/Discussion
- **H**: Handicapped Accessible
- **D**: Doctor Discussion
- **R**: Restrictions due to Covid 19
- **J**: Just For Today
- **P**: Speaker/Discussion
- **M**: More Will Be Revealed Speaker Jam