

## SUNDAY

**5:00 PM** Fountain First, Green hills Fountain community center, 17913 park place, Fountain, FL, 32438 (O,WC)

**6:00 PM** High on Life, Panama City Beach, FL (O,VM) , <https://us02web.zoom.us/j/5078951081?pwd=UDBVTC94YU9sMzlnOFdQUG1XRlILUT09, Password Highonlife>

**7:00 PM** Beach NA Group, YANA Club, 8715 Laird St., Panama City Beach, FL, 32408 (O,WC,NS)

## MONDAY

**6:00 PM** High On Life, 2420 East Baldwin Road, Panama City, FL, 32405 (O,WC,NS,BK)

**6:00 PM** High on Life, Panama City Beach, FL (O,VM) , <https://us02web.zoom.us/j/5078951081?pwd=UDBVTC94YU9sMzlnOFdQUG1XRlILUT09, Password Highonlife>

**7:00 PM** 2nd Chance, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O)

**7:30 PM** Bridge to freedom, St. Andrews Episcopal church, 1608 Baker Ct., Panama city fl, FL, 32401 (CAN,O,CL)

## TUESDAY

**6:00 PM** High On Life, Hiland Park United Methodist Church, 2420 East Baldwin Road, Panama City, FL, 32405 (O,WC,NS,CL)

**6:00 PM** High on Life, Panama City Beach, FL (O,VM) , <https://us02web.zoom.us/j/5078951081?pwd=UDBVTC94YU9sMzlnOFdQUG1XRlILUT09, Password Highonlife>

**7:00 PM** 2nd Chance, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O)

**7:00 PM** Last chance, 1063 Circle dr., Defuniak springs, FL, 32435 (O)

**7:30 PM** Bridge to freedom, St. Andrews Episcopal church, 1608 Baker Ct., Panama city fl, FL, 32401 (CAN,O,CL)

## WEDNESDAY

**6:00 PM** High on Life, Panama City Beach, FL (O,VM) , <https://us02web.zoom.us/j/5078951081?pwd=UDBVTC94YU9sMzlnOFdQUG1XRlILUT09, Password Highonlife>

**7:00 PM** Beach NA Group, YANA CLUB, 8715 Laird St., Panama City Beach, FL, 32408 (C,NS,BK)

## WEDNESDAY (CONT)

**7:00 PM** One Way Left, 1641 Brickyard Road, Chipley, FL, 32428 (O)

**8:00 PM** Bridge to freedom, St. Andrews Episcopal church, 1608 Baker Ct., Panama city fl, FL, 32401 (CAN,O,CL)

## THURSDAY

**6:00 PM** High On Life, 2420 East Baldwin Road, Panama City, FL, 32405 (O,WC,NS,BK)

**6:00 PM** High on Life, Panama City Beach, FL (O,VM) , <https://us02web.zoom.us/j/5078951081?pwd=UDBVTC94YU9sMzlnOFdQUG1XRlILUT09, Password Highonlife>

**7:00 PM** 2nd Chance, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O)

## FRIDAY

**6:00 PM** High on Life, Panama City Beach, FL (O,VM) , <https://us02web.zoom.us/j/5078951081?pwd=UDBVTC94YU9sMzlnOFdQUG1XRlILUT09, Password Highonlife>

**6:00 PM** White Flag Recovery, 289 Madison St., Freeport, FL, 32439 (O)

**7:00 PM** Beach NA Group, YANA CLUB, 8715 Laird St., Panama City Beach, FL, 32408 (O,WC,CL)

**7:30 PM** Backwoods Recovery, Glad Tidings Assembly of God, 138 East Orange Ave., Wewahitchka, FL, 32465 (O,WC,NS,St,Tr)

## SATURDAY

**6:00 PM** High on Life, Panama City Beach, FL (O,VM) , <https://us02web.zoom.us/j/5078951081?pwd=UDBVTC94YU9sMzlnOFdQUG1XRlILUT09, Password Highonlife>

**7:00 PM** 3rd Saturday of the month 2nd Chance Speaker Meeting, 3rd Saturday Of the month, 249 E. Hewitt Rd, Santa Rosa Beach, FL, 32459 (O,SPK)

**7:30 PM** Bridge to freedom, St Andrews Episcopal Church, 1608 Baker Ct., Panama city fl, FL, 32401 (O)

**10:00 PM** Night Owls of NA (NONA), YANA club, 8715 Laird st, Panama City Beach, FL, 32408 (O)

## MEETING FORMAT LEGEND

|     |              |    |                       |
|-----|--------------|----|-----------------------|
| BK  | Book Study   | C  | Closed to Non-Addicts |
| CAN | Candlelight  | CL | Candlelight           |
| NS  | No Smoking   | O  | Open                  |
| SPK | Speaker Only | St | Step                  |
| Tr  | Tradition    | VM | Virtual Meeting       |
| WC  | Wheelchair   |    |                       |

**Open meetings** welcome anyone wishing to experience our fellowship. Some groups have open meetings once a month to allow non-addict friends and relatives of NA members to celebrate recovery anniversaries with them.

**Closed meetings** are for addicts only or those who think they might have a drug problem. Closed meetings provide an atmosphere in which addicts can feel more certain that those attending will be able to identify with them.

## NARCOTICS ANONYMOUS

.....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.



## EMERALD COAST AREA

### MEETING LIST

**APRIL 2024**

**Updated April 29, 2024**

### 24 HOUR HELPLINE

**850-990-4673**

**[www.emeraldcoastareana.org](http://www.emeraldcoastareana.org)**

**[www.alnwfl.org](http://www.alnwfl.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**

### 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