

SUNDAY

11:00AM 1HR Staying Clean, Living Clean Group, Ooqnakane Friendship Centre, 146 Ellis Street, Penticton, BC, V2A 5E3 **(O,WC,LC)**

12:30PM 1HR Rock Creek, Lower parking lot, 100 Rock Creek Cut Off Road, Rock Creek, BC, V0H 1Y0 **(O,To)**

6:30PM 1HR Princeton Meeting, 157 Tapton Ave, Princeton, BC,

7:30PM 1HR Let's get Lit(erature), Vineyard Church, Use back door, 1825 Main St, Penticton, BC, V2A 5E3 **(O,To)**

MONDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,D,To)**

7:30PM 1HR Three Winds Group, Royal Canadian Legion, 510 Veterans Ave, Keremeos, BC, V0X 1N3 **(O,WC)**

TUESDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,JT,WC)**

7:30PM 1HR Just For Today Group, Vineyard Church, 102 1825 Main Street, Penticton, BC, V2A 5C8 **(O,D,To)**

WEDNESDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,WC,QA)**

7:30PM 1.5HR Keep It Simple Group, Oliver Community Center, 6359 Park Drive - meeting room #2, Oliver, BC, V0H 1T0 **(O,D)**

THURSDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,JT,WC)**

7:30PM 1HR Ready for Recovery, 9719 Brown Street, Summerland, BC, **(O,To)**

FRIDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,To,WC)**

7:30PM 1HR Straight Clean And Simple Group, Parish Hall, 150 Orchard Avenue, Penticton, BC, V2A 1X8 **(O,St,Tr,WC)**

SATURDAY

NOON 1HR Steps to Freedom, Penticton United Church, 696 Main St (Chapel Door), Penticton, BC, V2A 5E3 **(O,To,WC)**

7:30PM 1.5HR Everything Happens For A Reason Group, United Church, 7814 Spartan Drive, Osoyoos, BC, V0H 1V2 **(O,D,WC)**

MEETING FORMAT LEGEND

D	Discussion	JT	Just for Today
LC	Living Clean	O	Open
QA	Question and Answer	St	Step
To	Topic	Tr	Tradition
WC	Wheelchair		



**SOUTH OKANAGAN AREA
MEETING LIST
DECEMBER 2023**

**24 HOUR HELPLINE
1-855-852-5687**

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

<https://nanooner.ca>

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

Meetings Weekly: 16