

JUST FOR TODAY

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program, I will try to follow it to the best of my ability.

JUST FOR TODAY through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associates, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

WE DO RECOVER

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, and 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**.

ZOOM INSTRUCTIONS Type **zoom.us** in browser; click **download**, click **join a meeting**, enter **ID#**, enter **access#**. Phone only, dial **Tel**, enter **ID#**, enter **Access#**. For Zoom issues/questions, Call Helpline @ 315-847-3842, follow prompts to speak to a recovering addict.

24/7 Marathon, Zoom Meeting

ID #558544927, Access #247247, Tel 646-558-8656

REPORT ALL NEW MEETINGS, MEETING CHANGES OR MEETING CANCELLATIONS BY EMAIL TO

MEETINGLISTMIDHUDSON@GMAIL.COM

MY NEW ASSOCIATIONS!

Scan QR code below to link to MHA-NA.org



*Mail correspondence to:
P.O. Box 1092, Kingston, NY 12402*

**MID-HUDSON AREA
(MHANA)**



**May - June
2024
Meeting List**

**MID-HUDSON AREA HELPLINE:
1(315)-847-3842**

**MID-HUDSON AREA WEBSITE:
www.mha-na.org**

**MID-HUDSON AREA FACEBOOK:
www.facebook.com/midhudsonareana**

SUBCOMMITTEES & AREA SERVICE
meet @ St. James Methodist Church
Corner of Fair & Pearl Streets, Kingston
EACH MONTH @ 7PM:
PR SUBCOMMITTEE 2nd Thursday ON HOLD
H&I SUBCOMMITTEE 3rd Thursday
MID-HUDSON AREA SERVICE 4th Thursday

MONDAY

10AM Unity in the Community, Poughkeepsie (Dutchess)
17 Rose St.-Community Room 2nd Floor - Just for Today

6:30PM Journey to Recovery, Poughkeepsie (Dutchess)
St. Paul's Episcopal Church, 161 Mansion St. - Speaker / Open Discussion

7PM Alive and Free, New Paltz (Ulster)
Family of New Paltz (*rear, handicap accessible*), 51 N. Chestnut (Rt. 32) - 1st Open Discussion, 2nd Topic, 3rd Book Study, 4th JFT, 5th IP

7PM A New Way, Hudson (Columbia)
On call meeting: call Sean D. 518 929 9460 or Tim V. 518 653 7660

7PM Monday Night Miracles, Woodstock (Ulster)
St. Gregory's Church, 2578 Rt. 212 - 1st Experience, Strength & Hope w/ speaker, 2nd Just for Today w/ speaker, 3rd Step from The Basic Text w/ speaker, 4th Celebration or Spiritual Principal w/ speaker, 5th Celebration or Tradition

7PM Pay It Forward, Zoom Meeting
ID #645160958, Access #625244/Tel 646-558-8656

7:30PM Keep Hope Alive, Wappingers Falls (Dutchess)
Zion Episcopal Church (*wheelchair accessible*), 12 Satterlee Place - Rotating Format

TUESDAY

6:30PM Cancer in Recovery, Zoom Meeting
ID# 82633324017, Access Code FAITH

6:30PM Come as You Are, Poughkeepsie (Dutchess)
St. Paul's Episcopal Church, 161 Mansion Street - Open Discussion

7PM Clean & Serene, New Paltz (Ulster)
United Methodist Church, 1 Grove St. -Open Discussion.

7PM Peak of Serenity, Kingston (Ulster)
St John's Episcopal Church, 207 Albany Ave. – 1st Just for Today, 2nd Open Discussion, 3rd Ask-it-Basket, 4th Steps from It Works, How & Why, 5th Traditions from It Works, How & Why

7:30PM We Do Recover, Pleasant Valley (Dutchess)
First Presbyterian Church, 1576 Main St. (Rt. 44) - Rotating format

WEDNESDAY

6PM Lifeline, Kingston (Ulster)
St. James Church, 35 Pearl St. - Living Clean Book

6:30PM Based on the Evidence II, Poughkeepsie (Dutchess)
St. Paul's Episcopal Church, 161 Mansion St. (*wheelchair accessible*) - NA approved literature meeting. Bring your NA literature! Open meeting

7PM Mid-Week Miracles, Ellenville (Ulster)
221 Canal Street, Family of Ellenville

7PM Principles B4 Personalities, Hyde Park (Dutchess)
Regina Coeli Catholic Church, 2 Harvey Street (*Park at Hyde Park Elementary at fence on right. Entrance to meeting at middle of south side of building*) Basic Text discussion

7PM Recovery in Progress Red Hook (Dutchess)
Bard College, 77 Campus Rd., Olin LC, Room 188
Literature study

THURSDAY

6:30PM Clean & Free, Poughkeepsie (Dutchess)
St. Paul's Episcopal Church, 161 Mansion St. - Rotating format

7:30PM Just for Tonight, Zoom Meeting
ID #87691937204, Access #755883

FRIDAY

10AM Unity in the Community, Poughkeepsie (Dutchess)
17 Rose St.-Community Room 2nd Floor - Steps/Traditions

6:30PM Living Proof, Poughkeepsie (Dutchess)
St. Paul's Episcopal Church, 161 Mansion St. - Rotating format, *Men's Meeting*

7PM Hope of Courage, Ellenville, (Ulster)
St. Paul's Episcopal Church, 40 Market Street
1st Basic Text, 2nd Speaker, 3rd Topic, 4th Celebration

7PM Hope in Hudson, Hudson (Columbia)
First Reformed Church, 52 Green St. - Rotating format

7PM Pay it Forward, Coxsackie (Greene)
United Methodist Church, 70 Mansion Street – Step Meeting

7PM On a Woman's Journey, Kingston (Ulster)
St. James Church, 35 Pearl St., *Women's Meeting*

8PM Recovery on the Mountain, Ellenville, (Ulster)
227 Otens Rd (*rain location St. Paul's Episcopal Church, 40 Market St.*) - 1st Basic Text, 2nd Experience, Strength and Hope, 3rd 2-Speaker panel topic, 4th Just for Today or celebration, 5th Just for Today

SATURDAY

10AM God Shaped Hole, Kingston (Ulster)
Reformed Church, The Comforter, 26 Wynkoop Place - 1st JFT, 2nd IP, 3rd Step, 4th Open Discussion

10AM New Beginnings, Poughkeepsie (Dutchess)
161 Mansion St. (*until further notice*) - Just for Today

2PM Men Do Recover, Zoom Meeting
ID #9160353166, Access #000000, Tel 929-205-6099

7PM Pay It Forward, Zoom Meeting
ID #851630521, Access #983923, Tel 646-558-8656

7:30PM The Message is HOPE, Saugerties (Ulster)
The RYAN House, 19 Barclay St. - 1st Step from Basic Text, 2nd Living Clean, 3rd Story from Basic Text, 4th Spiritual Principles

7:30PM Vision of Hope, LaGrangeville (Dutchess)
Full Gospel Center 1138 Rt. 55 - Just for Today weekly, last Saturday Speaker Meeting

SUNDAY

1:00 PM A Set of Principles, Poughkeepsie (Dutchess)
The Delafield Community Center, 109 Delafield St. - Literature meeting

4:30PM Last Chance, Poughkeepsie (Dutchess)
Single Purpose, 291 Mill St. - Just for Today, Living Clean, Steps 1-3

5:00PM King's Men Do Recover, Kingston (Ulster)
Fair Street Reformed Church, 209 Fair Street - Open Discussion & JFT

6PM Back to Life, Ellenville (Ulster)
Family of Ellenville, 221 Canal St. - Living Clean

6:30PM Miracle on Main Street, Saugerties (Ulster)
Reformed Church, John & Main Streets - 1st Step, 2nd Traditions, 3rd Just for Today, 4th Topic or Celebration, 5th Basic Text

7PM Principles B4 Personalities, Hyde Park (Dutchess)
Regina Coeli Catholic Church, 2 Harvey Street (*Park at Hyde Park Elementary at fence on right. Entrance to meeting at middle of south side of building*) Living Clean discussion

7PM Mission to Recover, Kingston (Ulster)
Fair Street Reformed Church, 209 Fair St. (*wheelchair accessible*)– Format under development