

## MONDAY

**What a Way to Start Your Day, Poughkeepsie 10AM**  
Arlington Reformed Church, Corner of Raymond/Haight Ave.

**Journey to Recovery, Poughkeepsie (Dutchess) 6:30 PM**  
Hillcrest House, 28 Snow Terrace – *Steps*

**A New Way, Hudson (Columbia) 7:00 PM**  
Christ Episcopal Church, 431 Union Street - *1st Topic Discussion, 2nd Speaker, 3rd Pass the Basket, 4th Living Clean, 5th Open*

**Alive and Free, New Paltz (Ulster) 7:00 PM**  
Family of New Paltz (rear), 51 N. Chestnut (Rt. 32) – *1st Mon Open Disc, 2nd Ask it Basket, 3rd Book Study, 4th JFT; Handicap Accessible*

**Monday Night Miracles, Woodstock (Ulster) 7:00 PM**  
St. Gregory's Church, 2578 Rt. 212 (¼ mi E of Rt. 375) – *1st Mon. Open Discussion, all others Step*

**Never Alone, Ellenville (Ulster) 7:00 PM**  
Ellenville Hospital, Route 209, near ShopRite Plaza - *Closed Mtg, 1st Mon. Topic, Remaining Mon. Open Discussion*

**Recovery Zone, Kingston (Ulster) 7:00PM**  
Methodist Church, 122 Clinton Avenue – *Just for Today, Open Discussion*

## TUESDAY

**What a Way to Start Your Day, Poughkeepsie 10AM**  
Arlington Reformed Church, Corner of Raymond/Haight Ave.

**Come as You Are, Poughkeepsie (Dutchess) 6:30 PM**  
Eastman Towers(Community Room), 22 Montgomery St. *Open Mtg., Discussion*

**2nd Chance, Hudson (Columbia) 6:30 PM**  
360 Warren Street - Open, Basic Text Study

**Peak of Serenity, Kingston (Ulster) 7:00 PM**  
207 Albany Ave– *1st Open Discussion, 2nd step 1, 3rd step 2, 4th step 3*

**Clean & Serene, New Paltz (Ulster) 7:00 PM**  
United Methodist Church, Corner of Grove and Main St. (Route 299) – *Beginners Meeting 1st Tues. Steps 1,2, 3; 2nd Basic Text Chapter; 3rd Spkr; 4th IP*

**Star Tuesday, Ellenville (Ulster) 7:00 PM**  
St. John's Episcopal Church, Market Street – *Step*

**We Do Recover, Pleasant Valley (Dutchess) 7:30 PM**  
First Presbyterian Church, Route 44 & West Street – *Beginner; 1st Tues Topic, 2nd Speaker, 3rd Topic, 4th Speaker, 5th JFT.*

## WEDNESDAY

**What a Way to Start Your Day, Poughkeepsie 10AM**  
Arlington Reformed Church, Corner of Raymond/Haight Ave.

**Crossroads to Recovery, Kingston (Ulster) 1:00 PM**  
Holy Cross Church, Pine Grove Ave.. @ Broadway -*Open, 1 Hr*

**Based on the Evidence, Poughkeepsie (Dutchess) 5:00PM**  
Reformed Church, Raymond & Haight (44/55) – *1st Wed. IP, 2nd JFT, 3rd Steps 1-3, 4th Topic, 5th Story from Basic Text*

**Lifeline, Kingston (Ulster) 7:00 PM**  
St. James Methodist Church, Pearl & Fair Streets – *1st JFT, 2nd Living Clean, 3rd Speaker, 4th "Ask It Basket", 5th Living Clean*

**Principles Before Personalities, Hyde Park(Dutchess) 7:00 PM**  
Regina Coeli Catholic Church, 2 Harvey Street (house 100 yds behind church)– *Book Study last Wednesday of the month JFT meditation*

**No Matter What, Catskill (Greene) 7:00 PM**  
United Methodist Church, 40 Woodland Ave. – *Candlelight Meeting - 1st Speaker Exchange, 2nd Basic Text, 3rd JFT, 4th Step*

**Midweek Miracles, Ellenville (Ulster) 7:00 PM**  
Family of Ellenville, 221 Towpath Street – *Step, Tradition, Open Discussion*

**Miracles Happen, Wappingers Falls (Dutchess) 7:30 PM**  
Mt. Alvernia Retreat Center (gym), Delavergne Avenue – *Candlelight, Closed Mtg., Step*

## THURSDAY

**What a Way to Start Your Day, Poughkeepsie 10AM**  
Arlington Reformed Church, Corner of Raymond/Haight Ave.

**Clean & Free, Poughkeepsie (Dutchess) 7:00PM**  
Family Partnership Center, 29 N. Hamilton St. @ Route 44/55 (basement cafeteria) –*Open Mtg., Open Discussion / Speaker*

**Freedom from Insanity, Kingston (Ulster) 7:00PM**  
Methodist Church, 122 Clinton Ave, *Open mtg., Open Discussion, Step*

**Keep it Real, Wassaic (Dutchess) 7:00PM**  
229 South Amenia Road

**Share and Care, Ellenville (Ulster) 7:00 PM**  
Ellenville Hospital, Route 209 (near ShopRite Plaza) – *Just for Today, No Children*

**A New Way, Hudson (Columbia) 7:00PM**  
Christ Episcopal Church, 431 Union Street - *1st SStep Meeting, 2nd IP Reading, 3rd Speaker, 4th Basic Text, 5th Chair's Choice*

**Recovery in Red Hook, Red Hook(Dutchess) 6:30PM**  
59 Fisk St., Red Hook – *1st Ask it Basket, 2nd Spkr, 3rd Basic Text, 4th J.F.T., 5th IP*

**Just for Tonight, Woodstock (Ulster) 7:30 PM**  
Overlook Methodist Church, Route 212 (2 miles west of 375 @ Manor Drive) – *JFT Meditation*

**Searching for Serenity, Hopewell Jct. (Dutchess) 7:30PM** Saint Denis Church, 602 Beekman Road – *Open Discussion, 3rd Thurs. IP*

## FRIDAY

**What a Way to Start Your Day, Poughkeepsie 10AM**  
Arlington Reformed Church, Corner of Raymond and Haight Ave.

**People on a Mission, Poughkeepsie (Dutchess) 6:30 PM**  
22 Montgomery St (Eastman Towers) 1st Floor – *Step 1-12*

**Do the Right Thing, Ellenville (Ulster) 7:00 PM**  
Family of Ellenville, 221 Towpath Street – *IP, No Children*

**Friday Night Sunshine, Kingston (Ulster) 7:00 PM**  
Methodist Church, 122 Clinton Ave., *1st and 3rd How & Why Book study, 2nd open discussion, 4th topic*

**Hope in Hudson, Hudson (Columbia) 7:00 PM**  
First Reformed Church, 52 Green St. – *1st Fri Step, 2nd Speaker, 3rd Basket Pitch, 4th JFT*

**Real Deal Group, Poughkeepsie (Dutchess) 7:30 PM**  
United Community Methodist Church, 2381 New Hackensack Road (Rt. 376) –*Beginner/Newcomer, Candlelight, Step*

**T.G.I.F., Port Ewen (Ulster) 7:30 PM**  
Port Ewen Methodist Church, 151 W. Main Street @ Green St. – *1st Fri. Step, 2nd Tradition, 3rd Living Clean 4th JFT, Wheelchair accessible*

## SATURDAY

**God Shaped Hole, Kingston (Ulster) 10:00 AM**  
St. James Church, Pearl & Fair Streets – *1st Sat. Just for Today, 2nd IP, 3rd Step, 4th Open Discussion*

**New Beginnings, Poughkeepsie (Dutchess) 10:00 AM**  
Salvation Army, 570 Main Street – *IP, Just for Today*

**Women with Wisdom, Poughkeepsie (Dutchess) 12:00PM**  
22 Raymond Ave., Arlington Reformed Church.

**Men Do Recover, Poughkeepsie (Dutchess) 3:00 PM**  
11 Boulevard Knowles, *Men's Open Discussion*

**Keeping it Green, Kerhonkson (Ulster) 6:00 PM**  
Federated Church, 35 42nd Street @ Frances Lane (between Route 209 & Wood Street) – *How & Why Book*

**Step One, Poughkeepsie (Dutchess) 6:30PM**  
Arlington Reformed Church, Raymond & Haight - *Open Discussion*

**Saturday Night Alternatives, Kingston 7:00 PM**  
Methodist Church, 122 Clinton Ave.–*1st Sat. Step, Just for Today, Open Discussion*

**Vision of Hope, LaGrangeville (Dutchess) 7:30 PM**  
Full Gospel Center, 1138 Route 55 (1 mile West of Taconic Pkwy) – *Closed Mtg., 1st JFT, 2nd Topic, 3rd IP, 4th Step*

## SUNDAY

**Not High at the Falls, High Falls (Ulster) 4:30 PM**  
High Falls Community Church, Corner of Mohonk Road& Firehouse Rd, High Falls – *1st Sun Step, 2nd Trad, 3rd Basic Text, 4th Living Clean, 5th JFT*

**Back to Life, Ellenville (Ulster) 6:00 PM**  
Family of Ellenville, 221 Towpath Street – *Open Mtg., Speaker/Living Clean: The Journey Continues*

**Miracle on Main Street, Saugerties (Ulster) 6:30-7:45 PM**  
Reformed Church, John Street (corner of Main Street) *1st. Step, 2nd. Living Clean, 3rd. Speaker, 4th. Story or anniversary, 5th. Step or Tradition*

**Serenity Station, Poughkeepsie (Dutchess) 6:30 PM**  
Reformed Church, Raymond & Haight (44/55) *1st Sun. Tradition, all others Step, Open Meeting*

**Mission to Recovery, Kingston (Ulster) 7:00PM**  
Fair Street Reformed Church, 209 Fair Street, *Open Mtg., Open Discussion/Speaker*

**Recovery is Discovery, New Paltz (Ulster) 7:00 PM**  
United Methodist Church, Corner of Grove and Main St. (Rt. 299) - *1st Step 1, 2nd Step 2, 3rd Step 3, 4th Story*

**Principles Before Personalities, Hyde Park 7:00PM**  
Regina Coeli Catholic Church, 2 Harvey St. (house 100 yds behind church)–*Step Working Guide Study*

**Who is an Addict?** Most of us do not have to think twice about this question, we know. Our whole life and thinking was centered in drugs in one form or another, the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same – jails, institutions and death.

**What is the Narcotics Anonymous Program?** N.A. is a non-profit 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 N.A. We are not affiliated with any other organization, 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, 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 problems 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.

**Why Are We Here?** Before coming to the fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms. Most of realized that in our addiction we were slowly committing suicide but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until we sought help from each other in Narcotics Anonymous. After coming to NA we realized that we were sick people. We suffered from a disease from which

there is no known cure. It can, however, be arrested at some point, and recovery is then possible.

**How it Works: The Twelve Steps of N.A.** If you want what we have to offer and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong, promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

**Why it Works – The Twelve Traditions of N.A.** We keep that we have only with vigilance and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions. As long as the ties that bind

us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first. Personal recovery depends on NA unity.
2. For our group purpose, there is but one ultimate authority, a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose, to carry the message to the addict who still suffers.
7. An NA group ought never endorse, finance or lend the NA name to any related facility or outside enterprise lest problems

of money, property or prestige divert us from our primary purpose.

7. Every NA group out to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional but our service centers may employ special workers.
9. NA, as such, ought never be organized but we may create service boards or committees directly responsible to those they serve.
10. NA has no opinion on outside issues, hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion. We need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.
- 13.

**Just for Today – Living the Program:** 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 associations, 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.



### MY NEW ASSOCIATIONS

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**MID-HUDSON AREA SERVICE**  
**P.O. Box 1092**  
**Kingston, NY 12401**



**December 2017 – January 2018**

## Meeting List

**NA Helpline**  
**(845) 431-9011**

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

**Mid-Hudson Area Service** meets the last Thursday of each month at 7pm, at St. James Methodist Church on the corner of Pearl & Fair Streets in Kingston.

**The H&I Subcommittee** meets the Thursday before Area Service at 7PM at the corner of Pearl & Fair Streets in Kingston

**The PR Subcommittee** meets the 2<sup>nd</sup> Thursday of each month at 5:00 p.m. 52 Fisk Street, Red Hook  
[mhanapublicinformation@yahoo.com](mailto:mhanapublicinformation@yahoo.com)

**Report all Meeting Additions,  
Cancellations or Changes to**  
**(845) 687-7052 or**  
[meetinglistmidhudson@gmail.com](mailto:meetinglistmidhudson@gmail.com)