SUNDAY / DOMINGO

2:30PM	**Canandaigua**	**End of Isolation**, Connections, 64 West Ave, Canandaigua, NY
6:00PM	**Geneva**	**No Matter What**, CAAFL, 620 West Washington St, Geneva, NY
6:00PM	**Auburn**	**We Together Hand in Hand**, Redeemer Lutheran Church, 10 Prospect St., Auburn, NY **(O)**

MONDAY / LUNES

1:00PM	**Auburn**	**Without U there is no Us**, Westminster Presbyterian, 17 Williams St, Auburn, NY **(O,WC,BK)**
6:00PM	**Millerton**	**We Choose to Survive**, 5174 Main St, Millerton, PA
6:30PM	**Seneca Falls**	**New Way of Life**, Methodist Church, 2 Chapel Street, Seneca Falls, NY
7:00PM	**Bath**	**Bath Unity Group**, St Thomas Church, 122 Liberty Street, Bath, NY **(BT,D,IW,O,SD,LC)**
7:00PM	**Hornell**	**Road to Recovery**, New Hope Community Center, 282 Canisteo St, Hornell, NY

TUESDAY / MARTES

6:00PM	**Geneva**	**Hope without Dope**, Faith Community, 90 Lewis St, Geneva, NY
6:30PM	**Auburn**	**Keeping It Simple**, Lakes Church, 138 E.Genesse Street, Auburn, NY **(BT,IW,JT,O,RF,SG)**
7:00PM	**Corning**	**Keeping the Miracle Alive**, Salvation Army, 32 Denison Parkway E., Corning, NY
7:30PM	**Canandaigua**	**Basic Text Study Group**, United Presbyterian Baptist Church, 11 E Gibson Street, Canandaigua, NY **(BT,IW,O,St,Tr,WC,LC)**

WEDNESDAY / MIÉRCOLES

6:30PM	**Auburn**	**We Together Hand in Hand**, Redeemer Lutheran Church, 10 Prospect St., Auburn, NY **(O)**
7:00PM	**Bath**	**Bath Unity Group**, St. Thomas Church, 122 Liberty Street, Bath, NY **(BT,D,IW,O,SD,LC)**
7:00PM	**Elmira**	**Starting Over Group**, Meals on Wheels, 409 William Street, Elmira, **(OE)**

THURSDAY / JUEVES

1:00PM	**Auburn**	**Without U there is no Us**, Westminster Presbyterian, 17 Williams St, Auburn, NY **(O,WC,BK)**
6:00PM	**Geneva**	**Hope without Dope**, Faith Community, 90 Lewis St, Geneva, NY
7:00PM	**Elmira**	**Dynamic Forces of Change**, The Park Church, 208 Gray St., Elmira, NY
7:00PM	**Canandaigua**	**Journey to Discovery**, 11 Gibson Street, Canandaigua, NY **(D,JT,O,RF,SD,St,Tr,ENG)**

FRIDAY / VIERNES

4:00PM	**Canandaigua**	**The War is Over**, Connections, 64 West Ave, Canandaigua, NY
5:30PM	**Elmira**	**Everything Can Change**, Lafrance Apartments, Use back patio door, 416 Powell St, Elmira, NY
6:30PM	**Waterloo**	**Self Discovery**, St Pauls Episcopal, 100 E. Williams St., Waterloo, NY **(WEB,HY)** Meeting ID 942 1400 9693 ::: Password 1953
6:30PM	**Auburn**	**U R Not Alone**, Unitarian Universalist Church, 607 N. Seward Ave, Auburn, NY **(BT,IP,IW,O,RF,SG)**
7:00PM	**Bath**	**Bath Unity Group**, St. Thomas Church, 122 Liberty Street, Bath, NY **(BT,D,IW,O,SD,LC)**

SATURDAY / SÁBADO

NOON	**Penn Yan**	**By Us, For Us**, Connections, 20 Maiden Ln, Penn Yan, NY **(B,BT,OE)**
1:00PM	**Auburn**	**Without U there is no Us**, Westminster Presbyterian, 17 Williams St, Auburn, NY **(O,WC,BK)**
4:00PM	**Elmira**	**Firm Foundation**, Meals on Wheels, 409 William Street, Elmira, **(BT)**

Meetings Weekly: 27

Meetings that have a physical address are meeting in person

Meetings that have both a Zoom ID and a Physical Address are "Hybrid meetings"

These can be attended in person or virtually

MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
D	Discussion	IP	Informational Pamphlet
IW	It Works -How and Why	JT	Just for Today
O	Open	RF	Rotating Format
SD	Speaker/Discussion	SG	Step Working Guide
St	Step	Tr	Tradition
WC	Wheelchair	OE	Open-Ended
BK	Book Study	LC	Living Clean
ENG	English speaking	WEB	Online Meeting
HY	Hybrid Meeting		

WEBSITES AND HELPLINES

Finger Lakes Area	flana.nny-na.org (315) 847-3842
Recovery is Possible Area	recoveryispossible.us (315) 847-3842
Heart of New York Area	honyana.nny-na.org (315) 847-3842
Triple Cities Area	tcana.nny-na.org (315) 847-3842
Northern New York Region	nny-na.org (315) 847-3842
Northeast Zonal Forum	nezf.org
Narcotics Anonymous USA	usa-na.org
NA World Services	na.org (818) 773-9999
Virtual NA	virtual-na.org
Northeastern States Service Symposium of NA (NESSSNA)	nesssna.org

SERVICE MEETINGS

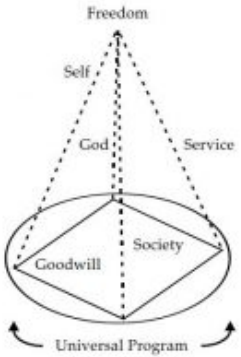
Finger Lakes Area

PO Box 921
Geneva, NY 14456

FLASCNA meets at
Border City Hose Company
3000 Fallbrook
Geneva, NY 14456

FLASCNA Zoom Info
Meeting ID : 942 1400 9693
Password : 1953

Spirit of Love	1st Sunday @ 9AM
Literature	2nd Sunday @ 9AM
Area Service Committee	2nd Sunday @ 10AM
Public Relations	2nd Sunday @ 12PM or following area
Activities and Events	1st Sunday @ 10AM
Fellowship Development	2nd and 4th Thursday's at 8:45PM on FLASCNA Zoom



PHONE NUMBERS

SUGGESTIONS

Go to 90 NA meetings in 90 days
Get a NA home group
Get a NA sponsor
Get NA literature
Get involved in NA Service

NO MATTER WHAT

Don't use
Keep coming back

Finger Lakes Area Narcotics Anonymous

NOVEMBER 2026

flana.nny-na.org

(315) 847-3842
Call to find a local meeting near you
or speak to another recovering addict

Or send a text message of a city or zip code
to find the next 5 meetings happening near you

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.

Freedom from active addiction