

MONDAY / LUNES

Bath
7:00PM Bath Unity Group, St Thomas Church,
 122 Liberty Street, Bath, NY, 14810
 (O,BT,D,IW,SD,LC)

Elmira
7:00PM United We Stand Divided We Fall,
 Salvation Army, Use 3rd Street Entrance,
 414 Lake St, Elmira, NY, 14901 (O)

Hornell
7:00PM Road to Recovery, New Hope
 Community Center, 282 Canisteo St,
 Hornell, NY, 14843 (HY)

Millerton
6:00PM We Choose to Survive, , 5174 Main St,
 Millerton, PA, 16936

TUESDAY / MARTES

Corning
7:00PM Keeping the Miracle Alive, Salvation
 Army, 32 Denison Parkway E., Corning, NY,
 14830

WEDNESDAY / MIÉRCOLES

Bath
7:00PM Bath Unity Group, St. Thomas Church,
 122 Liberty Street, Bath, NY, 14810
 (O,BT,D,IW,SD,LC)

Hornell
7:00PM Keep it Simple, New Hope Community
 Center, 282 Canisteo St, Hornell, NY, 14843
 (HY)

THURSDAY / JUEVES

Elmira
7:00PM Dynamic Forces of Change, The Park
 Church, 208 Gray St., Elmira, NY, 14901

FRIDAY / VIERNES

Bath
7:00PM Bath Unity Group, St. Thomas Church,
 122 Liberty Street, Bath, NY, 14810
 (O,BT,D,IW,SD,LC)

Elmira
5:30PM Everything Can Change, Lafrance
 Apartments, Use back patio door, 416
 Powell St, Elmira, NY, 14904

Meeting Format Legend

BT	Basic Text	D	Discussion
HY	Hybrid Meeting	IW	It Works -How and Why
LC	Living Clean	O	Open
SD	Speaker/Discussion		

WEBSITES

Southern Tier	southerntier.nny-na.org
Triple Cities	tcana.nny-na.org
Finger Lakes	flana.nny-na.org
Recovery is Possible	recoveryispossible.us
Heart of New York	honyana.org

Western New York Region	nawny.org
ABCD Region	abcdrna.org
Greater New York Region	newyorkna.org
Eastern New York Region	nanewyork.org

Northeast Zonal Forum	nezf.org
NA World Services	na.org

Virtual NA	virtual-na.org
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SERVICE MEETINGS

Southern Tier GSF
 1st Sunday @ 2PM
 Salvation Army
 32 Dennison Parkway E
 Corning NY

Triple Cities Area
 2nd Sunday @ 1PM
 76 Main St
 Binghamton, NY

Finger Lakes Area
 2nd Sunday @ 10AM
 Border City Hose Company
 3000 Fallbrook Rd.
 Geneva, NY

Finger Lakes Area also meets on Zoom
 Meeting ID : 952 7936 9079
 Password : 1953

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.

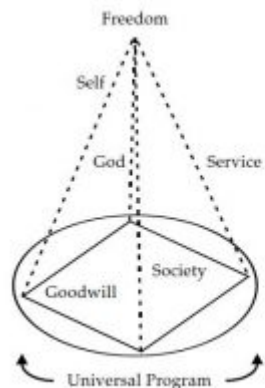
JUST FOR TODAY, through NA, I will try to get a better
 perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on
 my new 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.



GOD,
grant me the
Serenity
to accept the things
I cannot CHANGE;
Courage
to CHANGE
the things I can;
and
Wisdom
to know the DIFFERENCE.

MANY OF US HAVE SAID...
take my will AND MY life
guide me IN MY recovery
SHOW ME HOW TO live ♥





SOUTHERN TIER GSF MEETING LIST

DECEMBER 2023

**NEW YORK STATE
24 HOUR HELPLINE
(315) 847-3842**

Websites

**Southern Tier NA
southerntier.nny-na.org**

**Triple Cities Area
tcana.nny-na.org**

**Finger Lakes Area
flana.nny-na.org**

**Northern New York Region
nny-na.org**

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.**

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