MONDAY / LUNES

Bath

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

Hornell

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

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 (BT,D,IW,O,SD,LC)

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 (BT,D,IW,O,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
IW	It Works -How and Why	O	Open
SD	Speaker/Discussion	LC	Living Clean

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

SERVICE MEETINGS

Southern Tier GSF
1st Sunday @ 2PM
Park Church
208 W. Gray St.
Elmira, NY 14901

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.

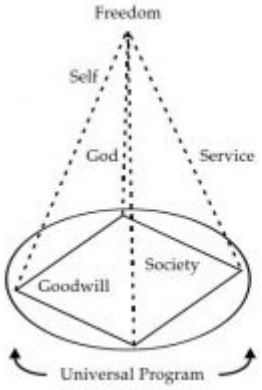
JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

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 ♥



PHONE NUMBERS

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.**

SOUTHERN TIER GSF MEETING LIST

NOVEMBER 2026

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

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