### MEETING FORMAT LEGEND

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### HELPLINES

| Alaska NA Helpline | 1-866-258-6329 |

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### 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.

Basic Text, page 65
KENAI
MEETING LIST
DECEMBER 2021

MANY MEETINGS ARE TEMPORARILY CLOSED.
LOOK FOR MEETINGS NOT MARKED "TC" IN
SCHEDULE FOR THOSE THAT HAVE RESUMED IN-
PERSON

24 HOUR HELPLINES
1-920-552-0477
1-866-258-6329

https://akna.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

Meetings Weekly: 16