

**SUNDAY****Calgary**

**10:00AM LIFE HAPPENS 2.0**, Bowness Community Association, 7904 43 Ave NW, Calgary, AB, T3B 4P9 **(O,BT,D,To)**

**2:00PM HOPE HEART HUMILITY**, Journey Church, Enter via door facing Eamon Rd., 10307 Eamon Rd NW, Calgary, AB, T3G5H2 **(O,BT,St,Tr,BK)**

**7:00PM FRESH START**, Peter Lougheed Hospital, Overflow Meeting Room # 0524 (Basement Level) 3500 26 AVE N.E., Calgary, AB, T1Y 6J4 **(O,JT,WC)** *The last Sunday of each month is a speaker meeting*

**7:00PM ONLINE LIFE HAPPENS**, Virtual, This meeting is currently held online, Calgary, AB, **(O,BT,D,WC,BK,CW,WEB,NP,VM)** *Basic Text & Living Clean* <https://us04web.zoom.us/j/89767635990> ZOOM ID: 89767635990

**7:00PM SERENITY SUNDAY**, Faith Calgary Church, Enter through side door, 1903 19 AVE N.W., Calgary, AB, T2M 1B8 **(O,B,D,Ti,WC,YP,AB,ME,QA,CW)**

**7:30PM KEEPING IT REAL**, Sunwest Church, Ring bell for access; use back door off Midpark Blvd., 260 Midpark BLVD S.E., Calgary, AB, T2X0A1 **(O,D,JT,NP)**

**Canmore**

**6:00PM CASCADE OF HOPE**, Boardwalk Building, 743 Railway Ave., Canmore, AB, T1W 1P2 **(O)**

**Cochrane**

**7:30PM WELCOME HOME**, All Saints Anglican Church, Parrish House Building - Basement, 404 - 4th Ave. N, Cochrane, AB, T4C 1E4 **(O,To,CW,SPAD)** *Fellowship pot luck/social, last Sunday of each month @ 6:45PM*

**Lethbridge**

**1:00PM NEW BEGINNERS**, Chinook Recovery Centre, Use back alley entrance - right side, silver door, 408 13th Street North, Lethbridge, AB, **(O,D,To,WC)**

**Medicine Hat**

**7:00PM COURAGE TO CHANGE**, ARC Building, In Person Only, 337 Division Ave N, Medicine Hat, AB, T1A 5Z2 **(O,D,St,Tr,WC)**

**Sparwood**

**7:30PM SPARWOOD NA**, Sparwood Union Hall, BIG GREEN BLDG, 140 Spruce Ave., Sparwood, BC, V0B 2G0 **(O,D,JT,WC,HY)** *NOW HYBRID Zoom ID: 815 7186 3578 Passcode: 044073*

**MONDAY****Calgary**

**8:00AM AMNA**, Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 **(O,D,JT,WC)**

**6:30PM BLACK KEYS**, CKE Community Centre, 1015 73 Ave SW, Calgary, AB, **(C,RF,To,BK)** *Alternating NA Literature*

**6:30PM RAGE AGAINST THE DISEASE**, Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 **(O,D,To,WC)**

**7:00PM JUST FOR TODAY**, Hounsfield Heights - Briar Hill Comm Assoc, 1928 14 Ave NW, Calgary, AB, T2N 1M5 **(O,D,St,Tr,WC,BK,CW,CP,NP)**

**Golden**

**7:00PM GOLDEN GROUP OF NARCOTICS ANONYMOUS**, Golden Museum, 1302 11th Ave, Golden, BC, V0A 1H2 **(D,CW)** *NOTE!...NEW TIME*

**Medicine Hat**

**NOON MINDFUL MONDAYS**, Alano Club, 466 MacLeod Trail SE, Medicine Hat, AB, T1A 4H7 **(O,JT,To,SPAD)**

**TUESDAY****Airdrie**

**7:00PM RECOVERY IN PROGRESS**, Lutheran Church of the Master, 216 Main ST S.E., Airdrie, AB, T4B 3K3 **(O,BT,D,WC,CW,NP)**

**Calgary**

**8:00AM AMNA**, Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 **(O,D,JT,WC)**

**NOON LIVING CLEAN**, Central United Church, Meeting is held UPSTAIRS in the GYM - Enter from 7 Ave. Main doors or from back alley, 131 - 7 Ave SW, Calgary, AB, T2P 0W5 **(O,D,JT,WC,BK,LC)**

**7:30PM BELTLINE SERENITY**, St. Giles Presbyterian Church, Downstairs | back door, 1102 23 AVE NW, Calgary, AB, T2M 1T7 **(O,BT,D,Tr,WC,BK,CW)** *Numbered Basic Text Book Study*

**7:30PM MIRACLES IN RECOVERY**, Foothills Lutheran Church, Basement Entrance, 3104 34 AVE N.W., Calgary, AB, T2L 2A3 **(O,CL,D,IP,To,WC,BK,CW,NP)** *Midpoint break*

**7:30PM THE PATH**, Oak Park Church of Christ, Front entrance| Main lobby - Meeting in the Teen Room, 11263 Oakfield Drive S.W., Calgary, AB, T2W 4M2 **(C,CL,D,St,To,WC,BK)**

**Drumheller**

**8:00PM GRACE HOUSE RECOVERY**, Grace House, 175 - 3 Street W, Drumheller, AB, T0J 0Y4 **(O)**

**Invermere**

**6:00PM THE RECOVERY CIRCLE OF NARCOTICS ANONYMOUS**, Shuswap Band Health Centre, Basement Level, 9975 Kinbasket Trail, Invermere, BC, V0A 1K2 **(O,JT,To,WC)**

**Lethbridge**

**7:00PM NEW BEGINNERS**, Chinook Recovery Centre, Use back alley entrance - right side, silver door, 408 13th Street North, Lethbridge, AB, **(O,D,To,WC)**

**Medicine Hat**

**7:00PM WE DO RECOVER**, Fifth Avenue Memorial United Church, 476 - 4 St SE, Medicine Hat, AB, T1A 0K9 **(O,B,D,WC,FC)**

**WEDNESDAY****Calgary**

**8:00AM AMNA**, Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 **(O,D,JT,WC)**

**3:00PM COMING HOME**, Montgomery Community Association, In the boardroom, 5003 16th Ave NW, Calgary, AB, T3B0N2 **(O,CW)**

**7:00PM BOYS TO MEN**, Grace Baptist Church, Room C105, 2670 Radcliffe Dr SE, Calgary, AB, T2A 7M2 **(C,M,WC,BK,LC)**

**7:00PM COURAGE TO CHANGE WOMEN'S MEETING**, Temple B'nai Tikvah, SW Doors, 900 - 47 Ave. SW, Calgary, AB, T2S 3C8 **(W,WC,QA,LC)**

**7:00PM STEPPING INTO RECOVERY**, Southwood Community Centre, 11 Sackville Drive S.W., Calgary, AB, T2W 0W3 **(O,BT,D,NP,SPAD)**

**Cranbrook**

**7:00PM JUST FOR TODAY**, Eagle's Hall, Back Door Entrance, 715 Kooteney ST N., Cranbrook, BC, V1C 3V1 **(O,D,JT,To,WC)**

**Didsbury**

**7:00PM DIDSBURY NARCOTICS ANONYMOUS**, Didsbury Elks, Please ring doorbell, 1914 20th St., Didsbury, AB, T0M 0W0 **(O,St,To,WC)**

**Medicine Hat**

**NOON NOT ALONE**, Alano Club, 466 Maclead Trail SE, Medicine Hat, AB, T1A 0K3 **(O,BT)**

**Okotoks**

**7:00PM BIG ROCK RECOVERY**, Okotoks United Church, West Door Upstairs, 43 Riverside Drive, Okotoks, AB, T1S 0J2 **(O,BT,JT,To,CW)**

**Standoff**

**5:30PM SPIRIT OF HOPE**, House Of Hope, House 729, Standoff, AB, T0L 1Y0 **(O,JT,To)**

**THURSDAY****Calgary**

**8:00AM AMNA**, Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 **(O,D,JT,WC)**

**THURSDAY (CONT)**

**9:00AM MORNING MIRACLES**, Hounsfield Heights Briar Hill Comm Assoc, 1928 14th Ave NW, Calgary, AB, T2N1M5 **(O,D)**

**NOON LIVING CLEAN**, Central United Church, Meeting is held in UPSTAIRS the GYM - Enter from 7 Ave. Main doors or from back alley, 131 - 7 Ave SW, Calgary, AB, T2P 0W5 **(O,D,JT,WC,BK,LC)**

**7:00PM NEVER ALONE**, Fresh Start Recovery Centre, Main Boardroom -Parking available at Rona on 41 Ave., 411 - 41 Ave NE, Calgary, AB, T2E 2N4 **(O,BT,St,Tr)**

**7:00PM PATHWAYS TO SERENITY**, Emmanuel Community Church, 3003 28 ST S.E., Calgary, AB, T2B 2Z3 **(O,D,JT,To,WC,CW,NP)**

**7:00PM THE WALTZ**, 408 38 St SW, Calgary, AB, T3C 1T1 **(O,B,BT,D,Ti,WC,NP)** *Focused on Steps 1,2 & 3*

**Hanna**

**8:00PM EASY DOES IT**, Bethel Evangelical Church, Basement Entrance, 702 Centre Street, Hanna, AB, T0J 1P0 **(O,WC)**

**Invermere**

**6:00PM THE RECOVERY CIRCLE OF NARCOTICS ANONYMOUS**, Shuswap Band Health Centre, Basement Level, 9975 Kinbasket Trail, Invermere, BC, V0A 1K2 **(O,To,WC,LC)**

**Lethbridge**

**7:00PM NEW BEGINNERS**, Chinook Recovery Centre, Use back alley entrance - right side, silver door, 408 13th Street North, Lethbridge, AB, **(O,D,To,WC)**

**FRIDAY****Calgary**

**8:00AM AMNA**, Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 **(O,D,JT,WC)**

**7:00PM FRESH START**, Peter Lougheed Hospital, Overflow Meeting Room # 0524 (Basement Level) 3500 26 AVE N.E., Calgary, AB, T1Y 6J4 **(O,B,WC)**

**7:00PM THE STEP FAMILY**, New Brighton Residence Association, RING BELL AT THE GATE FOR ENTRY, 2 New Brighton Drive SE, Calgary, AB, T2Z 4B2 **(O,D,RF,WC,SPAD)** *CLOSED ON GOOD FRIDAY*

**7:30PM BELTLINE SERENITY**, St. Giles Presbyterian Church, Downstairs | back door, 1102 23 AVE NW, Calgary, AB, T2M 1T7 **(O,BT,D,Tr,WC,BK,CW)** *Format alternates week by week*

**Canmore**

**7:30PM CASCADE OF HOPE**, Virtual, This meeting is currently held online, Canmore, AB, **(O,D,JT,WC,BK,WEB,VM)** <https://us04web.zoom.us/j/6217332811> Zoom ID: 6217332811 *PSWD: cohna*

**Drumheller**

**8:00PM GRACE HOUSE RECOVERY**, Grace House, 175 - 3 Street W, Drumheller, AB, T0J 3R0 **(O)**

**Medicine Hat**

**8:00PM LIFE SAVERS**, Alano Club, 466 Macleod Trail S.E., Medicine Hat, AB, T1A 2M9 **(O,D,To)**

**SATURDAY****Airdrie**

**7:00PM RECOVERY IN PROGRESS**, Lutheran Church of the Master, 216 Main ST S.E., Airdrie, AB, T4B 3K3 **(O,D,To,WC,CW,NP,SPAD)**

**Calgary**

**7:30AM SIMPLE WAY OF LIFE - BREAKFAST MEETING**, Phil's Restaurant, 3210 17 Ave SE, Calgary, AB, T2A 0P9 **(O,BT,Ti,AB)** *Breakfast at 7:30, Meeting at 8:00AM*

**8:00AM AMNA**, Emmanuel Community Church, 3003 28 St SE, Calgary, AB, T2B 3V4 **(O,D,JT,WC)**

**10:00AM THE WALTZ - TRADITIONS**, 408 38 St SW, Calgary, AB, T3C 1T1 **(O,B,D,Ti,TW,WC,NP)** *Traditions Study*

## SATURDAY (CONT)

**11:30AM SHARING HOW**, St. Stephen's Anglican Church, Basement | doors locked look for greeter, 1121 14 Ave SW, Calgary, AB, T2R 0P3 **(O,RF,Ti,WC)**

**7:00PM NIGHT VISION**, River Park Church, Meeting is held downstairs, 3818 14A ST S.W., Calgary, AB, T2T 3Y2 **(O,BT,CL,D,JT,SD,To,WC,BK,CW,NP)**

**8:30PM KEEPING IT REAL**, Sunwest Church, Ring bell for access; use back door off Midpark Blvd., 260 Midpark BLVD S.E., Calgary, AB, T2X0A4 **(O,D,JT,NP)** NOTE: NEW TIME

### Medicine Hat

**10:00AM FACE THE WORLD**, Alano Club, 466 McLeod Trail, Medicine Hat, AB, T1A 0K3 **(O,BT,BK)** MEETINGS BEGIN ON OCTOBER 4th

### MEETING FORMAT LEGEND

B	Beginners	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	IP	Informational Pamphlet
JT	Just for Today	M	Men
O	Open	RF	Rotating Format
St	Step	Ti	Timer
To	Topic	Tr	Tradition
TW	Traditions Workshop	W	Women
WC	Wheelchair	YP	Young People
BK	Book Study	AB	Ask-It-Basket
ME	Meditation	QA	Question and Answer
CW	Children Welcome	CP	Concepts
WEB	Online Meeting	LC	Living Clean
VM	Virtual Meeting	NP	No pets
FC	Free chair	HY	HY
SPAD	A Spiritual Principle a Day	SD	Speaker/Discussion

### AREA PHONE LINE

**Chinook Area Phone Line 1 877 463 3537**

### COMMITTEE MEETINGS

**ZOOM MEETING ID: 837 994 8457**  
**OR USE CALGARY ZOOM DIAL IN 587-328-1099**  
**Area Service Committee (ASC)**  
**HYBRID** - ZOOM & 3003 28 St SE, Calgary (Emmanuel Community Church) Meets 4th Tuesday of the month, 6:30PM - 9:00PM  
CHAIRPERSON: asc.chair@chinookna.org  
TREASURER: asc.treasurer@chinookna.org

**Literature Committee**  
**ZOOM Only** - Meets 2nd Saturday of the month 10AM-11AM  
asc.literature@chinookna.org

**Hospitals & Institutions (H&I)**  
**HYBRID** Zoom & 3003 28 St SE, Calgary (Emmanuel Community Church)  
Meets 1st Wednesday of the month 7:00 - 8:30PM  
hospitals.institutions@chinookna.org

**Activities Committee**  
**ZOOM Only** - Meets 1st Tuesday of the month from 7:00 - 8:00PM  
asc.events@chinookna.org

**Outreach Committee**  
**ZOOM Only** - Meets last Sunday of the month from 2:00 - 3:00PM  
outreach@chinookna.org

**Public Relations Committee**  
**ZOOM Only** - Meets 2nd Wednesday of the month 7:00 - 8:30PM  
public.relations@chinookna.org

### PHONE NUMBERS



## CHINOOK AREA MEETING SCHEDULE MAY 2026

Use this QR Code for the most up to date meeting information



**24 HOUR PHONE LINE**  
**1 877 463 3537**

chinookna.org

Changes to meeting list of website? Email  
web.servant@chinookna.org

## KEEP COMING BACK. IT WORKS.

### 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**

Meetings Weekly: 61

## 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