

SUNDAY

5:00PM (1 HR) (O,D)  
**A Vision of Hope**  
93 Orange St., St Augustine FL, 32084  
Suite D

7:00PM (1 HR) (O,JT,VM)  
**Clean and Serene**  
FL, 32084  
Zoom ID: 468.934.945 (no passcode)

7:00PM (1 HR) (O,D,B)  
**The NA Group**  
2729 Commerce Parkway, Bunnell FL, 32110  
Sunshine Business Complex, Suite 707 The Silver Dollar Club

MONDAY

6:30PM (1 HR) (O,BT,LIT,SD)  
**New Beginnings**  
1520 South Daytona Ave, Flagler Beach FL, 32136  
Flagler Beach UMC Park and enter from rear of church.  
Speaker, 1st Monday of the month.

8:00PM (1 HR) (O,LC)  
**No Matter What**  
2729 Commerce Parkway, Bunnell FL, 32110  
Sunshine Business Complex, Suite 707 The Silver Dollar Club

TUESDAY

6:00PM (1 HR) (O,LIT)  
**A Vision of Hope**  
93 Orange St., St Augustine FL, 32084  
Suite D

6:15PM (1 HR) (C,D,W)  
**W.I.S.H. (Women In Serenity and Hope)**  
94 Whiteview Parkway, Palm Coast FL, 32164  
Palm Coast Bible Church

7:00PM (1 HR) (O,D)  
**Never Alone**  
303 Palm Coast Parkway NE, Palm Coast FL, 32137  
St Mark's by the Sea Enter at east door, by playground.

WEDNESDAY

6:00PM (1 HR) (O,BEG,SPK)  
**Lost and Found**  
18 S Dixie Hwy, St. Augustine FL, 32084  
Serenity Club

6:30PM (1 HR) (C,D,M)  
**We Do Recover**  
94 Whiteview Parkway, Palm Coast FL, 32164  
Palm Coast Bible Church Men's Meeting

7:00PM (1 HR) (O)  
**A New Life**  
252 S. Summit St., Crescent City FL, 32112  
Howe Memorial United Methodist Church

7:30PM (1 HR) (O,WC,CPC)  
**Any Means Necessary**  
2729 Commerce Parkway, Bunnell FL, 32110  
Sunshine Business Complex, Suite 707 The Silver Dollar Club

THURSDAY

6:30PM (1 HR) (O,D,LIT,LC)  
**New Beginnings**  
1520 S. Daytona Ave, Flagler Beach FL, 32136  
Flagler Beach UMC Park and enter from rear of church

FRIDAY

7:00PM (1 HR) (O,D,NS)  
**Baker's Dozen**  
156 Florida Park Drive N, Palm Coast FL, 32137

9:30PM (1 HR) (O,BEG,SPK)  
**Lost and Found**  
18 S Dixie Hwy, St. Augustine FL, 32084  
Serenity Club

10:00PM (1 HR) (O,D,WC,NS,CL)  
**Beachside Recovery**  
221 Vining Ct., Ormond Beach FL, 32176  
Salty Church

10:00PM (1 HR) (O,BEG,NEW,SPK)  
**Recovery First**  
1520 S. Daytona Ave, Flagler Beach 32136  
Flagler Beach United Methodist Church

SATURDAY

9:00AM (1 HR) (O,VAR,SMK,WC,VM,SPK)  
**Bakers Dozen**  
FL, 32137  
Zoom ID: 281 933 314; Passcode: Basictext

NOON (1 HR) (O,D)  
**A Vision of Hope**  
93 Orange St, St Augustine FL, 32084  
Suite D

6:00PM (1 HR) (O,BEG,SPK)  
**Lost and Found**  
18 S Dixie Hwy, St. Augustine FL, 32084  
Serenity Club

7:00PM (1 HR) (O,WC,NS,SD,SPK)  
**The NA Group**  
2729 Commerce Parkway, Bunnell FL, 32110  
Sunshine Business Complex, Suite 707 The Silver Dollar Club

**MEETING FORMAT LEGEND**

B	Beginners	BEG	Beginners
BT	Basic Text	C	Closed to Non-Addicts
CL	Candlelight	CPC	Chairperson Choice
D	Discussion	JT	Just for Today
LC	Living Clean	LIT	Literature Study
M	Men	NEW	Newcomer Meeting
NS	No Smoking	O	Open
SD	Speaker & Discussion	SMK	Smoking Permitted
SPK	Speaker Only	VAR	Format Varies
VM	Virtual Meeting	W	Women
WC	Wheelchair		

***A few useful suggestions... and where they come from...***

### **DON'T USE... GO TO A MEETING**

Basic Text page 10: "...we suggest that newcomers keep coming back and come back clean."

IP 23 "Staying Clean on the Outside": Instead of picking up that first drug, we do the following:

\*Don't use, no matter what \*Go to an NA meeting

### **AVOID PEOPLE, PLACES AND THINGS**

Basic Text Page 15: "Old friends, places, and ideas are often a threat to our recovery. We need to change our playmates, playgrounds and playthings."

### **90 MEETINGS IN 90 DAYS**

Basic Text Page 53: "A meeting a day for at least the first ninety days of recovery is a good idea."

### **COME EARLY AND STAY LATE**

Basic Text page 252: "We were into service work, emptying ash trays, setting up and cleaning up meeting halls. We would get there early and leave late..."

### **GET AND USE A SPONSOR**

Basic Text Page 55: "We have found it helpful to have a sponsor and to use this sponsor"

### **GET A HOMEGROUP**

Basic Text Page 54: "We find our place in the Fellowship, and we join a group whose meetings help us in our recovery."

Basic Text page 95: "Attending our home group provides encouragement from the people that we get to know."

### **KEEP COMING BACK, IT WORKS!**

Basic Text Page 9: "We have learned from our group experience that those who keep coming to our meetings regularly stay clean."

Basic Text page 148: "Keep coming back, it works."

IP #22 "Welcome to Narcotics Anonymous: KEEP COMING BACK - IT WORKS!"

**PHONE NUMBERS****Service Meetings**

All meetings are in person at 1520 S Daytona Ave, Flagler Beach, FL (Unless otherwise indicated).

<b>Area - 2nd Sunday of each month at 1 pm</b>
<b>P.R. &amp; Phoneline - 2nd Thursday after area 7:40 pm</b>
<b>H&amp;I - 1st Thursday after area 7:40 pm</b>
<b>Activities - Thursday before area 7:40 pm</b>
<b>Fellowship Development - 2nd Sunday, prior to ASC meeting at 11:30 am</b>



## **MEETING LIST MAY 2024**

- **Bunnell, FL**
- **Flagler Beach, FL**
- **Palm Coast, FL**
- **St. Augustine, FL**
- **Crescent City, FL**

### **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

**Helplines**

Coquina Coast Area	800-478-9213
Daytona Beach Area - Volusia County	800-206-0731
First Coast Area - Duval County	904-723-5683

[www.coquinacoastna.org](http://www.coquinacoastna.org)

Meetings Weekly: 21