SUNDAY

8:00PM Keep Your Chair Group, John Calvin Presbyterian Church, Room 3, 4201 Transcontinental Drive, Metairie, LA, 70006 (O)

MONDAY

7:30PM Conscious Contact, Metairie Ridge Presbyterian Church, 215 Phosphor Ave., Metairie, LA, 70005 (O,NS)

TUESDAY

7:00PM Stairway to Life Group, Calvary Baptist Church, 1002 Talbot Ave, Thibodaux, LA, 70301 (C,WC,NS,LT)

8:00PM First Step Group, St Matthew's United Methodist Church, **Temporarily meeting in the Cottage behind the church**, 6017 Camphor St., Metairie, LA, 70003 (O,SC,NS,LT)

8:00PM It Works, Gethsemane Lutheran Church, 2825 Paris Rd., Chalmette, LA, 70043

WEDNESDAY

7:30PM Hardcore NA Group, John Calvin Presbyterian Church, 4201 Transcontinental Dr., Metairie, LA, 70006 (O,NS)

8:00PM Flying High Group, St John's Episcopal Church, 2109 17th St., Kenner, LA, 70062 (O,NS)

THURSDAY

7:00PM Stairway to Life Group, Calvary Baptist Church, 1002 Talbot Ave, Thibodaux, LA, 70301 (O,D,WC,NS)

8:00PM It Works, Gethsemane Lutheran Church, 2825 Paris Rd., Chalmette, LA, 70043

8:00PM Survivors Group, Munholland United Methodist Church, 1201 Metairie Rd., Metairie, LA, 70005 (NS)

FRIDAY

9:00AM Awaken Spirituality(Virtual), New Orleans, LA, 70119 (O,D,VM) *Zoom ID: 853 175 707, Passcode: 063008*

7:00PM Honest Sharing Group, Saint Mark's Episcopal Church, Enter in back through glass doors., 3245 Manhattan Blvd, Harvey, LA, 70058 (O,To,WC)

7:30PM Freedom Friday, Good Shepherd United Church of Christ, 5122 West Esplanade Avenue, Metairie, LA, 70006 (O,NS)

7:30PM S N R P = Spiritual Not Religious Program, St. Paul Lutheran Church, 2624 Burgundy Street, New Orleans, LA, 70117 (O) ***Group is not meeting on Christmas Eve***

SATURDAY

7:00PM Any Addict, Kingdom Life Ministries Church, 935 Westbank Expressway, Gretna, LA, 70053 (O)

7:00PM It Works, Gethsemane Lutheran Church, 2825 Paris Rd., Chalmette, LA, 70043

7:30PM Just for Today, John Calvin Presbyterian Church, 4201 Transcontinental Dr., Metairie, LA, 70006 (O,NS)

MEETING FORMAT LEGEND

C	Closed	D	Discussion
LT	Literature Study	NS	No Smoking
O	Open	SC	Security Cameras
To	Topic	VM	Virtual Meeting-Online/Phone
WC	Wheelchair		

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*

What Is the Narcotics Anonymous Program?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

PHONE NUMBERS

UNITY AREA - LA

MEETING LIST

NOVEMBER 2026

LOUISIANA REGION 24 HOUR HELPLINE
1-585-DONT-USE

https://unityna.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: 17