

**Monday / Lunes**Not High Noon West**12:00 PM - 1:00 PM**

Sylva First Methodist Church  
 77 Jackson St.  
 Sylva, NC, 28779  
**(O,D,L)**

Recovery on the Rez**6:00 PM - 7:00 PM**

Cherokee Indian Hospital Must follow CDC Guidelines  
 for medical facilities/mask/social distancing  
 1 Hospital Road  
 Cherokee, NC, 28789  
**(O,D)**

**Tuesday / Martes**We Do Recover**7:00 PM - 8:00 PM**

Free Methodist Church  
 422 Valley River Ave.  
 Murphy, NC, 28906  
**(O,L)**

**Wednesday / Miércoles**Lucky to Be Here Group**6:30 PM - 7:30 PM**

Saint Augustine Anglican Church  
 1000 Main Street  
 Bryson City, NC, 28713  
**(LIT)**

**Thursday / Jueves**We Do Recover**7:00 PM - 8:00 PM**

Free Methodist Church  
 422 Valley River Ave.  
 Murphy, NC, 28906  
**(O,D)**

**Friday / Viernes**Lucky to Be Here Group**6:30 PM - 7:30 PM**

Saint Augustine's Anglican Church  
 1000 Main Street  
 Bryson City, NC, 28713

ACC - Attitudes Can Change**7:00 PM - 8:00 PM**

Presbyterian Church  
 26 Church St.  
 Franklin, NC, 28734  
**(O,D,BL)**

**Saturday / Sábado**Cullowhee Connection**6:00 PM - 7:00 PM**

Sylva First Methodist Church-Conference Room park  
 and enter in the back of the church  
 77 Jackson St  
 Sylva, NC, 28779  
**(O,D)**

We Do Recover**7:00 PM - 8:00 PM**

Free Methodist Church  
 422 Valley River Ave.  
 Murphy, NC, 28906  
**(O,L)**

**MEETING FORMAT LEGEND**

BL	Bi-Lingual	D	Discussion
L	Literature Study	LIT	Literature Study
O	Open		

**SERVICE MEETINGS**

**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**

**PHONE NUMBERS**



**NC MOUNTAIN AREA**

**MEETING LIST**

**NOVEMBER 2024**

**COVERS CHEROKEE, HAYWOOD, JACKSON,  
MACON AND SWAIN COUNTIES.**

**HELPLINE**

**888-764-0365**

**STATE WIDE HELPLINE**

**855-227-6262**

**NCMANA**

**537 Fox Trace Dr  
Sylva, NC 28779**

**<https://ncregion-na.org/nc-mountain-area>**

**SUGGESTIONS**

- Avoid People, Places, and Things You Used With or At
- Come Early and Stay Late
- Don't Use and Go to Meetings
- Get and Use a Sponsor
- Get a Home Group
- Go to 90 Meetings in 90 Days
- Use the Phone
- Keep Coming Back, It Works
- Get Involved In Service
- Meetings Weekly: 9