

Monday / LunesNot High Noon West**12:00 PM - 1:00 PM**

Sylva First Methodist Church

77 Jackson St.

Sylva, NC, 28779

(O,D,L) *(Back of church) Must Wear Mask***Tuesday / Martes**Hope House**7:00 PM - 8:00 PM**

First Methodist Church Youth Building

140 Academy St

Waynesville, NC, 28786

(O,D) *Must Wear Mask - Social Distancing recommended*Cullowhee Connection**7:30 PM - 8:30 PM**

Sylva First Methodist Church Currently this group meets only on Zoom.

416 Central Dr.

Cullowhee, NC, 28723

(O,LIT,VM)**Wednesday / Miércoles**Not High Noon West**12:00 PM - 1:00 PM**

Sylva First Methodist Church Must Wear Mask

77 Jackson St.

Sylva, NC, 28779

(O,D,L)**Thursday / Jueves**Hope House**7:00 PM - 8:00 PM**

First Methodist Church Youth Building Must War Mask

- Social Distancing Recommended

140 Academy St

Waynesville, NC, 28786

(L)Tri-County**7:00 PM - 8:00 PM**

Free Methodist Church

422 Valley River Ave.

Murphy, NC, 28906

(O,D)**Friday / Viernes**ACC - Attitudes Can Change**7:00 PM - 8:00 PM**

Presbyterian Church Wear mask and bring your own refreshment, bring coat

26 Church St.

Franklin, NC, 28734

(O,D,BL)**Saturday / Sábado**Cullowhee Connection**6:00 PM - 7:00 PM**

Cullowhee UMC (room 207) WCU Campus Meeting only on the Zoom platform for now.

416 Central Drive.

Cullowhee, NC, 28723

(O,D,VM)**MEETING FORMAT LEGEND**

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

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.**

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PHONE NUMBERS



NC MOUNTAIN AREA

MEETING LIST

MARCH 2021

**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: 8