

| MONDAY  |
|---|
| <p>6 : 30   <b>PM</b>   1   <b>HR</b>   <b>Courage to Change Group</b>, Catawba Heights Baptist Church, 311 Belmont Mt Holly Road, Belmont, NC, 28012 <b>(O,BT,D,WC,BK)</b></p> |

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| <p>7 : 00   <b>PM</b>   1 . 25   <b>HR</b>   <b>Positive Connections Group</b>, St Stephens Zion Church at Unity Place, 201 W Franklin Blvd, Gastonia, NC, 28052 <b>(O,BT,D,TOP)</b></p> |
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|---|
| <p>7 : 00   <b>PM</b>   1 . 5   <b>HR</b>   <b>Relapse -N- Recovery</b>, Gastonia, NC, <b>(O,VM)</b><br/> <i>Zoom ID: 872 8996 3262, Passcode recovery</i></p> <p>8 : 00   <b>PM</b>   1   <b>HR</b>   <b>Never Too Late Group</b>, Well Spring Methodist Church, 201 Wells Spring Rd, Forest City, NC, 28043 <b>(O,BK)</b></p> |
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| TUESDAY  |
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| <p><b>NOON</b>   1   <b>HR</b>   <b>Learning to Live Group</b>, First United Methodist Church/Theater, In Person and Virtual: Phone - (848) 220-3300   ID 955-7335#, 162 East Main St, Gastonia, NC, 28052 <b>(O,D,HY)</b></p> |

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| <p><b>NOON</b>   1   <b>HR</b>   <b>Stepping To Recovery</b>, Temple Baptist Church, 701 Littlejohn Street, Gastonia, NC, 28052 <b>(O,STP,LIT)</b></p> |
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| <p>6 : 00   <b>PM</b>   1 . 25   <b>HR</b>   <b>Just for Today Group</b>, All Saints Episcopal Church, 1201 South New Hope Rd, Gastonia, NC, 28054 <b>(O,BK)</b></p> |
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| <p>6 : 30   <b>PM</b>   1   <b>HR</b>   <b>Living Clean</b>, 212 N. Washington St., Shelby, NC, 28150 <b>(O,D,TOP)</b></p> |
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| <p>7 : 00   <b>PM</b>   1   <b>HR</b>   <b>Road to Recovery Group</b>, Cramer Memorial United Methodist Church, 154 N Main Street, Cramerton, NC, 28032 <b>(O,D,WC,BK)</b></p> |
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| <p>8 : 00   <b>PM</b>   1   <b>HR</b>   <b>Never Too Late Group</b>, Wells Spring United Methodist Church, 201 Wells Spring Rd, Forest City, NC, 28043 <b>(O,BT,D)</b></p> |
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| WEDNESDAY  |
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| <p>6 : 00   <b>PM</b>   1   <b>HR</b>   <b>What happen' was</b>, Good Shepard Lutheran, In back of church, past playground, door on left. parking in back, 110 S. Main St, Mount Holly, NC, 28120 <b>(C,VAR)</b></p> |

| WEDNESDAY (CONT)   |
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| <p>7 : 00   <b>PM</b>   1 . 25   <b>HR</b>   <b>Positive Connections Group</b>, St Stephens Zion Church at Unity Place, 201 W Franklin Boulevard, Gastonia, NC, 28052 <b>(O,BT,BK)</b></p> |

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|---|
| <p>8 : 00   <b>PM</b>   1   <b>HR</b>   <b>Never Too Late Group</b>, First Presbyterian Church, 438 West Main St, Forest City, NC, 28043 <b>(O,D)</b></p> |
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| THURSDAY   |
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| <p><b>NOON</b>   1   <b>HR</b>   <b>Learning to Live Group</b>, First United Methodist Church/Theater, Meets in person and by phone, 162 East Main St, Gastonia, NC, 28052 <b>(O,LIT,HY)</b><br/> <i>phone 848-220-3300 ID 955-7335</i></p> <p><b>NOON</b>   1   <b>HR</b>   <b>Stepping To Recovery</b>, Temple Baptist Church, 701 Littlejohn Street, Gastonia, NC, 28052 <b>(O,STP,LIT)</b></p> |

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| <p>6 : 00   <b>PM</b>   1 . 25   <b>HR</b>   <b>Just for Today Group</b>, All Saints Episcopal Church, 1201 South New Hope Rd, Gastonia, NC, 28054 <b>(O,BK)</b></p> |
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| <p>7 : 30   <b>PM</b>   1   <b>HR</b>   <b>Clean and Serene Group</b>, Myers Memorial United Methodist Church, 301 S New Hope Road, Gastonia, NC, 28054 <b>(O,D,IP,BK)</b></p> |
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| <p>8 : 00   <b>PM</b>   1   <b>HR</b>   <b>Never Too Late Group</b>, Bethel Baptist Church, 479 Main St, Ellenboro, NC, 28040 <b>(O,D)</b></p> |
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| FRIDAY  |
|---|
| <p><b>NOON</b>   1   <b>HR</b>   <b>Addicts R Us Group</b>, Holy Trinity Lutheran Church, park in parking lot, walk down sidewalk on York st. enter first door on right, pull and come on in, 805 S York Street, Gastonia, NC, 28052 <b>(O,D)</b></p> |

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| <p>7 : 00   <b>PM</b>   1   <b>HR</b>   <b>Not Anymore Group</b>, Ebenezer Baptist Church, Last Friday of the month is a celebration meeting and it is 1hr and 15 minutes, 1621 County Line Rd, Kings Mountain, NC, 28086 <b>(O,D)</b></p> |
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| <p>7 : 00   <b>PM</b>   1 . 25   <b>HR</b>   <b>Positive Connections Group</b>, St Stephens Zion Church at Unity Place, 201 W Franklin Boulevard, Gastonia, NC, 28052 <b>(O,D)</b></p> |
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| <p>7 : 00   <b>PM</b>   1 . 25   <b>HR</b>   <b>Stepping To Recovery</b>, Temple Baptist Church, 701 Littlejohn Street, Gastonia, NC, 28052 <b>(O)</b></p> |
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| SATURDAY   |
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| <p><b>NOON</b>   1   <b>HR</b>   <b>Addicts R Us Group</b>, Holy Trinity Lutheran Church, park in parking lot, walk down sidewalk on York st, first door on the right, pull and come on in, 805 S York Street, Gastonia, NC, 28052 <b>(O,D,BK)</b></p> |

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| <p>6 : 00   <b>PM</b>   1 . 5   <b>HR</b>   <b>Just for Today Group</b>, All Saints Episcopal Church, 1201 South New Hope Rd, Gastonia, NC, 28054 <b>(O,SD,BK)</b></p> |
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| <p>6 : 00   <b>PM</b>   1   <b>HR</b>   <b>Living Clean</b>, 212 N. Washington St., Shelby, NC, 28150 <b>(O,D,TOP)</b></p> |
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|---|
| <p>7 : 00   <b>PM</b>   1   <b>HR</b>   <b>Agape Group</b>, st marks methodist church, 701 Secrest Ave, Belmont, NC, 28012 <b>(O,D,TOP)</b></p> |
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| SUNDAY   |
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| <p>2 : 00   <b>PM</b>   1 . 5   <b>HR</b>   <b>Stepping To Recovery</b>, Temple Baptist Church, 701 Littlejohn Street, Gastonia, NC, 28052 <b>(O,TRD,BK)</b></p> |

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| <p>7 : 00   <b>PM</b>   1 . 25   <b>HR</b>   <b>Together We Rise</b>, Christ Methodist, Gym Building in back on right side, 3415 Union Rd, Gastonia, NC, 28056 <b>(O,D,TOP)</b> <i>starts february</i></p> |
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| MEETING FORMAT LEGEND |               |     |                        |
|-----------------------|---------------|-----|------------------------|
| D                     | Discussion    | IP  | Informational Pamphlet |
| VAR                   | Format Varies | SD  | Speaker & Discussion   |
| O                     | Open          | C   | Closed to Non-Addicts  |
| WC                    | Wheelchair    | BT  | Basic Text             |
| STP                   | Step          | TOP | Topic                  |
| TRD                   | Tradition     | LIT | Literature Study       |
| BK                    | Book Study    | VM  | Virtual Meeting        |
| HY                    | Hybrid        |     |                        |

|     |               |     |                        |
|-----|---------------|-----|------------------------|
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| HY  | Hybrid        |     |                        |

## SERVICE MEETINGS

## Practicing Principles before Personalities

[illegible]

**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*

**SOUTHERN FOOTHILLS AREA**  
**of NARCOTICS ANONYMOUS**

## SOUTHERN FOOTHILLS AREA

## MEETING LIST

### FEBRUARY 2026

**24 HOUR HELPLINE**  
**SFANA helpline**

## Talk to an addict

**1 (866) 997-9559**

Our message is HOPE and the PROMISE of  
FREEDOM.

## CRNA helpline

1 (855) 613-2762

Text number and enter your zipcode, or city/state,  
receive a text with local meetings

For more information

**<https://www.sfana.com>**



## 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: 28**