

[illegible]

New Beginnings  
Area of  
Narcotics  
Anonymous

Help Line  
(800) 539-0457



P.O. Box 43  
Charleston, IL 61920  
**[www.nbana.org](http://www.nbana.org)**  
Altamont, Charleston,  
Effingham, Mattoon

Updated: August, 2025

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

\*Taken from the Narcotics Anonymous "Basic Text".

The real miracle happens when you realize that the need for drugs has in some way been lifted from you. You have stopped using and have started to live.

\*Taken from the Narcotics Anonymous "Basic Text".

## Monday

### MONDAY NIGHT MEETING

7:00 pm - 8:00 pm

First Presbyterian Church

600 W. Temple Street

**Effingham, IL**

**O, L, W**

### VIRTUAL WOMEN'S NA MEETING

7:30 pm - 8:30 pm CDT

Meets Virtually on Zoom

Meeting Code: 975 4368 6916

## Tuesday

### ANY ADDICT

7:00 pm 8:00 pm

First Presbyterian Church

311 7th Street

**Charleston, IL**

**O, BK, CW, W**

## Wednesday

### NOT SO HIGH NOON

11:30 am - 1:00 pm

First Presbyterian Church

311 7th Street

**Charleston, IL**

**O, CW, W**

### ROOM TO GROW

7:00 pm - 8:15 pm

First Presbyterian Church

311 7th Street

**Charleston, IL**

**O, BT, CW, W**

## Thursday

### THE MEETING

6:30 pm - 7:30 pm

Immaculate Conception Catholic Church

320 N. 21st street

Rear Entrance to Cafeteria

**Mattoon, IL**

**O, RR**

### WELCOME HOME

7:00 pm - 8:00 pm

United Methodist Church

308 N. 2nd Street

**Altamont, IL**

**O, RF, CW, W**

\*Little Egypt Area

### NEW ATTITUDE

7:00 pm - 8:00 pm

Meets Virtually on Zoom

Meeting Code: 593 291 3961

**Charleston, IL**

**O, BT, CW**

## Saturday

### NEED ANOTHER MEETING

10:30 am - 12:00 pm

New Hope Worship Center

2175 E. Harrison Ave.

**Charleston, IL**

**O, BT, CW, W**

## New Beginnings Area Service Committee meeting

3rd Sunday of each month

2:00 pm CST

Meets Virtually on Zoom

Meeting code: 593 291 3961

**Information about the Area Service Committee and the most current meeting schedule can be found at:**

**[www.nbana.org](http://www.nbana.org)**

**More information can be found at our Region's website**

**[www.illinoisna.org](http://www.illinoisna.org)**

Legend:

**O**-open meetings are for anyone wishing to experience our fellowship

**C**-closed meetings are only for addicts or those who feel they may have a drug problem

**BK**-Book Study

**BT**-Basic Text

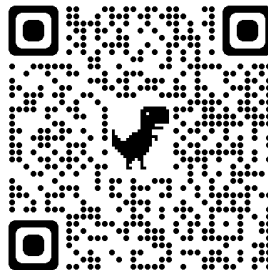
**CW**- Children Welcome

**RF**-Rotating Format

**RR**-Round Robin

**TR**-Tradition

**W**-wheel chair accessible



\*N.A. is not affiliated with any of the facilities where our meetings are held.