

**SUNDAY**

- 8:30 1HR AM** **Awakening to Our Spirituality**, Alano Club, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, B, D, BK)**
- 10:0 1HR 0AM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 12:3 1HR 0PM** **Anchors Away**, Basement, Birthday Meeting Last Sunday of Month, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 6:00 1.5 PM HR** **Clean and Free**, Capital Classroom, 2600 E 18th St., Cheyenne, Wyoming, 82001 **(O, St)**
- 7:00 1HR PM** **Footsteps in Recovery (Men's Meeting)**, TRP, 2310 E. 8th St., Cheyenne, Wyoming, 82001 **(C, D, M)**
- 7:00 1HR PM** **Live from Laramie**, Rm. 116, 1215 E. Gibbon St., Laramie, Wyoming, 82072 **(C, BT, D)**
- 8:00 1HR PM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**

**MONDAY**

- 10:0 1HR 0AM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 10:3 1HR 0AM** **Anchors Away**, Basement, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 5:30 1HR PM** **The Basic Group**, Alano Club, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, D)**
- 7:00 1HR PM** **On Life's Terms**, 3005 Thomes Ave., Cheyenne, Wyoming, 82001 **(O, RF)**
- 8:00 1HR PM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**

**TUESDAY**

- 10:0 1HR 0AM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 10:3 1HR 0AM** **Anchors Away**, Basement, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 5:15 1HR PM** **Spiritual Principal a Day**, Alano Club, Begins July 23rd - We will be reading and sharing from our new SPAD book once it has been approved, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, To)**

**TUESDAY (CONT)**

- 6:30 1HR PM** **Clean and Free**, Capital Classroom, 2600 E 18th St., Cheyenne, Wyoming, 82001 **(O, LC)**
- 7:00 1HR PM** **Live from Laramie**, Rm. 116, 1215 E. Gibbon St., Laramie, Wyoming, 82072 **(O, D)**
- 8:00 1HR PM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**

**WEDNESDAY**

- 10:0 1HR 0AM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 10:3 1HR 0AM** **Anchors Away**, Basement, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 5:15 1HR PM** **Spiritual Principal a Day**, Alano Club, Begins July 24th - We will be reading and sharing from our new SPAD book once it has been approved, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, To)**
- 6:30 1HR PM** **Clean and Free**, Capital Classroom, 2600 E 18th St., Cheyenne, Wyoming, 82001 **(O, IW)**
- 7:00 1HR PM** **Footsteps in Recovery (Men's Meeting)**, TRP, 2310 E. 8th St., Cheyenne, Wyoming, 82001 **(C, D, M)**
- 7:00 1HR PM** **Live from Laramie**, Rm. 116, 1215 E. Gibbon St., Laramie, Wyoming, 82072 **(O, D, IW, St)**
- 8:00 1HR PM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**

**THURSDAY**

- 10:0 1HR 0AM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 10:3 1HR 0AM** **Anchors Away**, Basement, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 5:30 1HR PM** **The Basic Group**, Alano Club, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, D)**
- 7:00 1HR PM** **On Life's Terms**, 3005 Thomes Ave., Cheyenne, Wyoming, 82001 **(O, RF)**
- 7:00 1HR PM** **Staying Clean in Sidney**, Northstar, 1904 4th St., Sidney, Nebraska, 69162 **(O, D)**

**THURSDAY (CONT)**

- 8:00 1HR PM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, LC)**

**FRIDAY**

- 8:30 1HR AM** **Awakening to Our Spirituality**, Alano Club, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, B, D, BK)**
- 10:0 1HR 0AM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 10:3 1HR 0AM** **Anchors Away**, Basement, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 6:30 1HR PM** **Clean and Free**, Capital Classroom, 2600 E 18th St., Cheyenne, Wyoming, 82001 **(O, BT)**
- 8:00 1HR PM** **Anchors Away**, Basement, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 8:00 1HR PM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 8:00 1HR PM** **Live from Laramie**, Rm. 116, 1215 E. Gibbon St., Laramie, Wyoming, 82072 **(O, CL, D)**

**SATURDAY**

- 8:30 1HR AM** **Awakening to Our Spirituality**, Alano Club, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, B, D, BK)**
- 10:0 1HR 0AM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 10:3 1HR 0AM** **Anchors Away**, Basement, 219 W 27th St., Cheyenne, Wyoming, 82001 **(O, D)**
- 6:30 1HR PM** **Clean and Free**, Capital Classroom, Birthday Meeting Last Saturday of Month, 2600 E 18th St., Cheyenne, Wyoming, 82001 **(O, RF)**
- 7:00 1HR PM** **Staying Clean in Sidney**, Northstar, 1904 4th St., Sidney, Nebraska, 69162 **(O, D)**
- 8:00 1HR PM** **Clean and Serene**, Clubhouse, 14 W. 17th St., Scottsbluff, Nebraska, 69361 **(O, D)**
- 8:00 1HR PM** **The Young and the Dopeless**, Alano Club, 1904 E.15th St., Cheyenne, Wyoming, 82009 **(O, So)**

**PHONE NUMBERS**

**Meeting Format Legend**

- B** (Beginners) This meeting is focused on the needs of new members of NA.

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- BK** (Book Study) Approved N.A. Books

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- BT** (Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.

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- C** (Closed) This meeting is closed to non-addicts. You should attend only if you believe that you may have a problem with substance abuse.

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- CL** (Candlelight) This meeting is held by candlelight.

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- D** (Discussion) This meeting invites participation by all attendees.

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- IW** (It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.

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- LC** (Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.

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- M** (Men) This meeting is meant to be attended by men only.

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- O** (Open) This meeting is open to addicts and non-addicts alike. All are welcome.

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- RF** (Rotating Format) This meeting has a format that changes for each meeting.

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- So** (Speaker Only) This meeting is a speaker-only meeting. Other attendees do not participate in the discussion.

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- St** (Step) This meeting is focused on discussion of the Twelve Steps of NA.

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- To** (Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.

**We Do Recover**

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.

Reprinted from the White Booklet, Narcotics Anonymous.  
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**Area Service Committee Meeting**

We meet the 2nd Sunday of every second month in rotating cities in our area. The months are January, March, May, July, September and November.

Contact [help@wyo-braskana.org](mailto:help@wyo-braskana.org) for more info.

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**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.**



**WYO-BRASKA  
MEETING LIST  
JULY 2019  
INFO LINE  
866-4NO-DOPE**

**Wyo-Braska Area Service Committee of Narcotics  
Anonymous  
PO Box 21  
Cheyenne, Wyoming 82003  
[www.wyo-braskana.org](http://www.wyo-braskana.org)**

**Cheyenne, Laramie, Wyoming  
Scottsbluff, Sidney, Nebraska**

**KEEP COMING BACK. IT WORKS**

Meetings Weekly: 45