SUNDAY
8:30 AM Awakening to Our Spirituality, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,B,D,BK)
10:00 AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
12:30 PM Anchors Away, Basement, Birthday Meeting Last Sunday of Month, 219 W 27th St., Cheyenne, WY, 82001 (O,D)
6:00 PM Clean and Free, Capital Classroom, 2600 E 18th St., Cheyenne, WY, 82001 (O,St,TC)
6:00 PM Stepping Up, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,CL,D,JT,SW)
7:00 PM Footsteps in Recovery (Men's Meeting), TRP, 2310 E. 8th St., Cheyenne, WY, 82001 (C,D,M,T)
7:00 PM Live from Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (C,BT,D)
8:00 PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

MONDAY
10:00 AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
10:30 AM Anchors Away, Basement, 219 W 27th St., Cheyenne, WY, 82001 (O,D)
5:30 PM The Basic Group, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,D)
6:30 PM Conscious Contact, Meeting ID 918 2335 0650 Password 3072020, Virtual Zoom Meeting, Cheyenne, WY, (O,JT,VM)
7:00 PM Live from Laramie, Rm. 116 1215 E. Gibbon St., Laramie, WY, 82072 (O,D)
8:00 PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

TUESDAY
10:00 AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
10:30 AM Anchors Away, Basement, 219 W 27th St., Cheyenne, WY, 82001 (O,D)
5:30 PM Spiritual Principal a Day, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,To)
6:00 PM URMRNA Virtual Meeting, Online Meeting - Zoom Platform, Meeting ID: 152 528 577 - Contact Group for Password, (O,D,VM)
7:00 PM Live from Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,D)
8:00 PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

WEDNESDAY
10:00 AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
10:30 AM Anchors Away, Basement, 219 W 27th St., Cheyenne, WY, 82001 (O,D)
5:30 PM Spiritual Principal a Day, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,To)
6:30 PM Clean and Free, Capital Classroom, 2600 E 18th St., Cheyenne, WY, 82001 (O,IW,TC)
7:00 PM Footsteps in Recovery (Men's Meeting), TRP, 2310 E. 8th St., Cheyenne, WY, 82001 (C,D,M,T)
7:00 PM Live from Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,D,IW,St)
8:00 PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)

THURSDAY
10:00 AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
10:30 AM Anchors Away, Basement, 219 W 27th St., Cheyenne, WY, 82001 (O,D)
5:30 PM The Basic Group, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,D)
6:00 PM URMRNA Virtual Meeting, Online Meeting - Zoom Platform, Meeting ID: 152 528 577 - Contact Group for Password, (O,D,VM)
7:00 PM Live from Laramie, Rm. 116 1215 E. Gibbon St., Laramie, WY, 82072 (O,D)
7:00 PM No Matter What, 95 19th St., Wheatland, WY, 82201 (O,D)
7:00 PM On Life's Terms, 3005 Thomes Ave., Cheyenne, WY, 82001 (O,RF,TC)

FRIDAY
8:30 AM Awakening to Our Spirituality, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,B,D,BK)
10:00 AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
10:30 AM Anchors Away, Basement, 219 W 27th St., Cheyenne, WY, 82001 (O,D)
5:30 PM Middle Of The Boat, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,D,IV)
6:30 PM Clean and Free, Capital Classroom, 2600 E 18th St., Cheyenne, WY, 82001 (O,BT,TC)
6:30 PM Conscious Contact, Meeting ID 918 2335 0650 Password 3072020, Hybrid Meeting, 108 E. 18th St., Cheyenne, WY, (O,JT,HY,VM)
8:00 PM Anchors Away, Basement, 219 W 27th St., Cheyenne, WY, 82001 (O,D,TC)
8:00 PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
8:00 PM Live from Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,CL,D)

SATURDAY
8:30 AM Awakening to Our Spirituality, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,B,D,BK)
10:00 AM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
10:30 AM Anchors Away, Basement, 219 W 27th St., Cheyenne, WY, 82001 (O,D)
6:30 PM Clean and Free, Capital Classroom, Birthday Meeting Last Saturday of Month, 2600 E 18th St., Cheyenne, WY, 82001 (O,RF,TC)
7:00 PM Live from Laramie, Rm. 116, 1215 E. Gibbon St., Laramie, WY, 82072 (O,D,IW,St)
8:00 PM Clean and Serene, Clubhouse, 14 W. 17th St., Scottsbluff, NE, 69361 (O,D)
8:00 PM Saturday Night Live 2.0, Alano Club, 1904 E.15th St., Cheyenne, WY, 82009 (O,So)
**Meeting Format Legend**

- **B** (Beginners) This meeting is focused on the needs of new members of NA.
- **BK** (Book Study) Approved N.A. Books
- **BT** (Basic Text) This meeting is focused on discussion of the Basic Text of Narcotics Anonymous.
- **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.
- **CL** (Candlelight) This meeting is held by candlelight.
- **D** (Discussion) This meeting invites participation by all attendees.
- **HY** (Hybrid) This meeting is both in-person and online.
- **IW** (It Works -How and Why) This meeting is focused on discussion of the It Works -How and Why text.
- **JT** (Just For Today) This meeting is focused on discussion of the Just For Today text.
- **LC** (Living Clean) This is a discussion of the NA book Living Clean -The Journey Continues.
- **M** (Men) This meeting is meant to be attended by men only.
- **O** (Open) This meeting is open to addicts and non-addicts alike. All are welcome.
- **RF** (Rotating Format) This meeting has a format that changes for each meeting.
- **SW** (Step Writing) This meeting features time for personal step writing.
- **So** (Speaker Only) This meeting is a speaker-only meeting. Other attendees do not participate in the discussion.
- **St** (Step) This meeting is focused on discussion of the Twelve Steps of NA.
- **TC** (Temporarily Closed) Facility is Temporarily Closed
- **To** (Topic) This meeting is based upon a topic chosen by a speaker or by group conscience.
- **VM** (Virtual Meeting) Meets Virtually

---

**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. © 1986 by Narcotics Anonymous World Services, Inc., PO Box 9999, Van Nuys, CA 91409

---

**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 for more info.
WYO-BRASKA
MEETING LIST
NOVEMBER 2020
INFO LINE
866-4NO-DOPE

Wyo-Braska Area Service Committee of Narcotics Anonymous
PO Box 21
Cheyenne, Wyoming 82003
www.wyo-braskana.org

Cheyenne, Laramie, Wyoming
Scottsbluff, Nebraska

KEEP COMING BACK. IT WORKS
Meetings Weekly: 51