



**BURLINGTON
MEETING LIST
SEPTEMBER 2026**

**24 HOUR HELPLINE
NUMBER**

<https://na.org>

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