

Key

O – (Open)	All are welcome.
ST – (Step)	Twelve Steps of NA.
T – (Tradition)	Twelve Traditions of NA.
SWG – (Step Working Guide)	Discussion of the Step Working Guide text.
S – (Speaker)	Speaker, then opened for participation by attendees.
K – (Keytag)	Keytags handed out celebrating lengths of clean time.
FD – (Five and Dime)	Discussion on the Fifth Step and Tenth Step
LC – (Living Clean)	Living Clean Book
IG – (Introductory Guide)	Introductory Guide to NA
HIV – (HIV)	Focused on the needs of HIV positive members.
JFT – (Just for Today)	Just For Today text.
BST – (Beginners Step (1,2,3))	Steps 1, 2, 3, typically reading them from the Basic Text.
CC – (Childcare)	Childcare is available
C – (Closed)	Closed to non-addicts.
ES – (Español)	Spanish.
M – (Men)	Meant to be attended by men only.
W – (Women)	Meant to be attended by women only.
LGBT – (Gay/Lesbian/Bi/Trans)	Focused on the needs of LGBT community.
IP – (Informational Pamphlet)	Discussion of one or more Informational Pamphlets.
Pi – (Pitch)	Each person who shares picks the next person.
RF – (Rotating Format)	Format that changes for each meeting.
To – (Topic Discussion)	Discusses a chosen topic.
IT – (It Works: How and Why)	Discussion of the It Works-How and Why text.
BW – (Basic Text)	Discussion of the Basic Text of Narcotics Anonymous.
CL – (Candlelight)	Meeting is held by candlelight.
CH – (Closed Holidays)	Facility is usually closed on holidays.
WC – (Wheelchair)	Wheelchair accessible.
GP – (Guiding Principles)	Discussion of the Guiding Principles book.
YP – (Young People)	Focused on the needs of younger members of NA.

N.A. Meetings are usually 90 minutes long (an hour and a half), unless otherwise indicated.

Sunday

New Britain	9:00 AM (1 hour 15 min)
Sunday Morning Serenity (O,S,To)	St. Marks Episcopal Church, 147 West Main St. <i>Speaker on the second Sunday of each month</i>
Waterbury	10:00 AM
A Fresh Start (O,S,To,K)	West Main Behavioral Health Center, 88 Grandview Ave. Basement
Windsor Locks	10:00 AM (1 hour)
Sanity on Sunday (O,S,To)	Windsor Locks Senior Center, 41 Oak St. 2nd Floor Speak every 2nd Sunday of the month
Bristol	10:30 AM (1 hour)
Early Stepping (O,BST,S)	Bristol Recovery Club, 67 West St. Rear Entrance
Fairfield	10:30 AM
Recovery on Park Avenue (O,To,WC)	Sacred Heart University, 5151 Park Ave. Room HC 202
Hartford	10:30 AM
Honesty in Reality (O,S,To,WC)	Hartford Hospital Amphitheater, 560 Hudson St. Corner of Jefferson
Middletown	10:30 AM
New Freedom (O,To,WC,K)	St. Vincent Depaul Soup Kitchen, 615 Main St. Just North of Washington St.
New Haven	10:30 AM (1 hour 15 min)
No Excuses (O,To,WC,K)	Yale Health Center, 55 Lock St.

Sunday-continued

New Haven	10:30 AM
Today We Live (O,To,WC)	Awning Cleaning Industries, 29 Fitch St.
Guilford	1:00 PM
New Day New Way (O,S,To,WC)	First Congregational Church, 122 Broad St. Route 77
Wolcott	4:30 PM
Young, Serene & Living Clean (O,S,To,WC,VP,K)	W.A.L.C. (Wolcott Activities and Learning Center), 48 Todd Rd
Meriden	5:30 PM (1 hour 15 min)
Principles Before Personalities (O,6P)	Immanuel Lutheran Church, 164 Hanover St.
Bridgeport	6:00 PM
Open Arms (O,JFT,To,K)	Bethel AME Church, 110 Grove St. Corner of Laurel St.
Bristol	6:00 PM (1 hour 15 min)
Principles Before Personalities (O,S,ST,W,K)	Bristol Baptist Church, 43 School St.
Canaan	8:00 PM (1 hour)
Exactly Where You Need To Be (S)	St. Joseph's Church, 2 E Main St.
Hartford	6:00 PM
Y Are We Here (O,S,To,WC)	Trinity Church, 120 Sigourney St.
Middletown	6:00 PM
New Haven	
Serenity at Sundown1 (O,To)	St. Bernadette's R.C. Church, 305 Townsend Ave. <i>Speaker on the last Sunday of each month</i>

Sunday-continued

New London	6:00 PM (1 hour)
Living Clean (O,LC)	Lawrence and Memorial Hospital, 365 Montauk Ave. Second Floor Conference Room #2
Bristol	7:00 PM (1 hour)
Sunday Night Surrender (O,IPS)	United Methodist Church, 99 Summer St. Corner of Church St.
Middletown	7:00 PM (1 hour)
Came To Believe (O,To,WC,K)	Church of the Holy Trinity, 381 Main St. 2nd floor
Naugatuck	7:00 PM
When at the End of the Road (O,LC,K)	Hillside Covenant Church, 100 Hillside Ave.
New Britain	7:00 PM (1 hour 15 min)
Sunday Night Sanity (O,To,LC)	YMCA, 50 High St. <i>Living Clean 1st and 3rd Sunday</i>
New Haven	7:00 PM
Serenity by the Sea (O,To)	Fort Hale Park, Fort Hale Park Rd. <i>Seasonal: Memorial Day - Labor Day</i>
New Haven	7:00 PM
Hope to Grow (O,S,To)	Trinity Lutheran Church, 234 Orange St. Corner of Wall St.
Norwalk	7:00 PM
Road to Recovery (O,BT,To)	First Congregational Church, 3 Lewis St. Corner of Park St.
Old Lyme	7:00 PM
Great to be Straight (O,ST,WC)	Roger's Lake Clubhouse, 75 Rogers Lake Trail Address is approximate
Plainville	7:00 PM (1 hour)
The Promise is Freedom (O,S,T)	Plainville Congregational Church, 130 West Main St. <i>Tradition Speaker on the last Sunday of each month</i>
Stamford	7:00 PM
Courage to Change (C,BT,W,JFT)	Chester Addison Community Center, 245 Selleck St.
Litchfield	7:30 PM (1 hour 15 min)
Miracles Happen (O,To)	Saint Michael's Church Annex, 23 South St
Middletown	7:30 PM
Where We Are Going (O,WC,LC)	St. Vincent Depaul Soup Kitchen, 615 Main St. Just North of Washington St.
Moosup	7:30 PM
Moose Tracks (O,CL,To)	Moosup Methodist Church, 13 South Main St.
Mystic	7:30 PM
Walking Tall In Recovery (O,JP)	Potter's House Church of God, 500 Sandy Hollow Rd.
New Britain	7:30 PM (1 hour)
Spring Into Recovery (O,S,K)	St. John's Evangelical Lutheran Church, 295 Arch St. # 303 Corner of Grand St.
New London	7:00 PM
Clean and Serene (C,ST,T)	St. James Episcopal Church, 76 Federal St.
Norwalk	7:00 PM
It Works, How & Why (C,ST,WC,K)	First Congregational Church, 3 Lewis St. Corner of Park St.
Shelton	7:00 PM
Just For Monday (O,BTK)	War Memorial Building, 695 Howe Ave. Rt. 110

Monday

Danielson	10:00 AM (1 hour)
Morning Serenity (O,LC)	Westfield Congregational Church, 210 Main St.
New London	10:00 AM (1 hour)
NA in the Day (O,BST,JFT,RF,To,K)	Huntington Street Baptist Church, 29 Washington St.
New Britain	12:00 PM
Genesis (O,To)	South Congregational Church - Hart Hall, 56 Arch St. Entrance thru courtyard in basement
New Haven	12:00 PM (1 hour)
Out of the Darkness (O,To,WC)	Episcopal Church of St. Paul & St. James, 57 Olive St. Corner of Chapel St.
Stamford	12:00 PM (1 hour)
Serenity at Noon (O,JFT,WC)	Serenity at Noon (O,JFT,WC) Congregational Church of Windsor Locks, 8 Main St. Inspirica, 141 Franklin St.
Wallingford	12:30 PM
The Midday Message (O,To)	First Congregational Church, 23 South Main St. Rear of building
New Britain	5:30 PM (1 hour)
Lifeline to Recovery (O,To,WC)	St. Mark's Episcopal Church, 147 West Main St.
Niantic	6:00 PM (1 hour)
A New Wave of Serenity on the Sound (O,To,WC)	Saint John's Episcopal Church, 400 Main St.
Portland	6:45 PM (1 hour 15 min)
Working the Steps (O,ST)	Portland United Methodist Church, 381 Main St. <i>First half personal step work. Second half step discussion of the JFT</i>
South Windsor	6:45 PM
Women Stepping Up (O,ST,W)	Our Savior Lutheran Church, 239 Graham Rd. Main Level
Bloomfield	7:00 PM
New Bridge Over Troubled Waters (O,ST,T)	First Presbyterian Church, 109 Seaside Ave.
Hartford	7:00 PM (1 hour 15 min)
Recovery on the Hearth (O,JFT,S,To,WC,K)	Open Hearth, 437 Sheldon St.
Meriden	7:00 PM
Straight From the Hip (O,DC,To,W,WC,LC,K)	Emmanuel Lutheran Church, 164 Hanover St.
Middletown	7:00 PM (1 hour)
Miracles at Trinity (O,S,To,K)	Church of the Holy Trinity, 381 Main St. 2nd floor <i>Speaker on the last Monday of each month</i>
Mystic	7:00 PM (1 hour)
Walking Tall In Recovery (O,JP)	Potter's House Church of God, 500 Sandy Hollow Rd.
New Britain	7:00 PM (1 hour)
Spring Into Recovery (O,S,K)	St. John's Evangelical Lutheran Church, 295 Arch St. # 303 Corner of Grand St.
New London	7:00 PM
Clean and Serene (C,ST,T)	St. James Episcopal Church, 76 Federal St.
Norwalk	7:00 PM
It Works, How & Why (C,ST,WC,K)	First Congregational Church, 3 Lewis St. Corner of Park St.
Shelton	7:00 PM
Just For Monday (O,BTK)	War Memorial Building, 695 Howe Ave. Rt. 110

Monday-continued

Southington	7:00 PM (1 hour)
Keep on Stepping (O,ST,WC)	St. Paul's Episcopal Church, 145 Main St.
Stamford	7:00 PM (1 hour 15 min)
Recovery on the Hill (O,JFT)	New Life Foundation, 41 Stillwater Ave.
Waterbury	7:00 PM
Unity Group (S,To)	North End Recreational Center, 268 North Main St.
Willimantic	7:00 PM
There is Hope (O,JFT)	CCAR, 713 Main St. Corner of Church St.
Windsor Locks	7:00 PM
Locked in Recovery (O,IPS,To,WC)	Congregational Church of Windsor Locks, 8 Main St.
Branchford	7:30 PM
Spiritual Thunder (O,To)	First Baptist Church, 975 Main St.
Bridgeport	7:30 PM
West Side Story (O,S,To,K)	Bethel AME Church, 110 Grove St. Corner of Laurel St.
Bristol	7:30 PM (1 hour)
Monday Night Miracles (O,S,To)	Asbury United Methodist Church, 90 Church Ave. Forestville
East Hampton	7:30 PM
After the Weekend (O,To,WC,K)	Bethlehem Lutheran Church, 1 West High St. Corner of Rt. 66 and Main St. <i>Speaker on the last Monday of each month</i>
Meriden	7:30 PM
No Mas (O,To,K)	First Congregational Church, 62 Colony St.
Milford	7:30 PM
More Will Be Revealed (O,BT,CL,S,To)	South Congregational Church, 90 Main St. Hart Hall <i>Speaker Last Tuesday of The Month</i>
North Haven	6:30 PM (1 hour)
The Masks Have to Go (O,To)	Montwese Baptist Church, 201 Quinipiac Ave.
West Haven	6:30 PM (1 hour)
We Are A Family (O,DC,To)	Church of the Holy Spirit, 28 Church St
Danbury	7:00 PM
Starting Over (O,ST,To)	Community of the Cross Church, 7 Madison Ave.
Danielson	7:00 PM (1 hour)
Get Clean or Die Trying (O,S)	United Methodist Church, 9 Spring St.
Fairfield	7:00 PM (1 hour 15 min)
Primary Purpose (O,RF,K)	Holy Family School, 140 Edison Ave. Room 10
Hartford	7:00 PM
Sisters Reaching Out (C,BST,W,WC)	Tabor House, 184 Homestead Ave. Basement
New Britain	7:00 PM (1 hour 15 min)
Thru the Steps (O,S,ST,T)	YMCA, 50 High St. Upstairs conference room <i>Tradition Speaker on the last Tuesday of each month</i>
Norwalk	7:00 PM
Never Alone, Never Again (O,LGBT,RF,K)	Triangle Community Center, 618 West Ave. Room B <i>Parking behind building available.</i>
Old Lyme	7:00 PM (1 hour)
Living Clean Today (O,To,WC,LC)	St. Ann's Episcopal Church, 82 Shore Rd.
Plainville	7:00 PM (1 hour 15 min)
The Healing Starts Here (O,SWG,WC,K)	Our Lady of Mercy Parish Center, 19 Canal St. Room 106

Tuesday

Meriden	8:30 AM (1 hour 15 min)
AM NA (O,JFT,WC)	First Congregational Church, 62 Colony St.
New London	10:00 AM (1 hour)
NA in the Day (O,BST,JFT,RF,To,K)	Huntington Street Baptist Church, 29 Washington St.
Waterbury	10:30 AM (1 hour 15 min)
Carpe Diem (BST,WC)	St. John's Episcopal Church, 16 Church St. On the Green
Hartford	12:00 PM
Just Do It (O,To)	United Methodist Church, 571 Farmington Ave. Corner of South Whitney
New Britain	12:00 PM (1 hour 15 min)
The Reach Within Group (O,DC,To)	South Congregational Church - Hart Hall, 90 Main St. Corner of Arch St.
New Haven	12:00 PM
Tuesday at Noon (O,ST,WC,K)	Episcopal Church of St. Paul & St. James, 57 Olive St. Corner of Chapel St.
Middletown	5:30 PM (1 hour)
Recovery 101 (O,RF,WC)	Wesleyan University Campus, 222 Church St. Room 304 - 3rd Floor <i>Free Parking available in Lot C on Church Street</i>
East Hartford	6:00 PM
Wings of Freedom (O,To)	Pratt & Whitney Union Hall, 357 Main St.
Torrington	6:00 PM
Recovering Hearts (O,SWG,ST,W,K)	United Congregational Church, 1622 Torrington St. <i>Women's Meeting</i>
New Britain	6:30 PM (1 hour)
Women With Hope (O,S,To,W)	South Congregational Church, 90 Main St. Hart Hall <i>Speaker Last Tuesday of The Month</i>
North Haven	6:30 PM
The Masks Have to Go (O,To)	Montwese Baptist Church, 201 Quinipiac Ave.
West Haven	6:30 PM (1 hour)
We Are A Family (O,DC,To)	Church of the Holy Spirit, 28 Church St
Danbury	7:00 PM
Starting Over (O,ST,To)	Community of the Cross Church, 7 Madison Ave.
Danielson	7:00 PM (1 hour)
Get Clean or Die Trying (O,S)	United Methodist Church, 9 Spring St.
Fairfield	7:00 PM (1 hour 15 min)
Primary Purpose (O,RF,K)	Holy Family School, 140 Edison Ave. Room 10
Hartford	7:00 PM
Sisters Reaching Out (C,BST,W,WC)	Tabor House, 184 Homestead Ave. Basement
New Britain	7:00 PM (1 hour 15 min)
Thru the Steps (O,S,ST,T)	YMCA, 50 High St. Upstairs conference room <i>Tradition Speaker on the last Tuesday of each month</i>
Norwalk	7:00 PM
Never Alone, Never Again (O,LGBT,RF,K)	Triangle Community Center, 618 West Ave. Room B <i>Parking behind building available.</i>
Old Lyme	7:00 PM (1 hour)
Living Clean Today (O,To,WC,LC)	St. Ann's Episcopal Church, 82 Shore Rd.
Plainville	7:00 PM (1 hour 15 min)
The Healing Starts Here (O,SWG,WC,K)	Our Lady of Mercy Parish Center, 19 Canal St. Room 106

Tuesday-continued

Portland	7:00 PM (1 hour)
Over The Wall (O,To,WC,K)	Portland United Methodist Church, 381 Main St. Corner of Church St.
Stamford	7:00 PM
Recovery on Tuesday (O,BT)	New Life Foundation, 41 Stillwater Ave.
Waterbury	7:00 PM
Breaking the Chains (C,To,K,HIV)	North End Recreational Center, 268 North Main St.
Wethersfield	7:00 PM
Pure and Simple (O,S,ST)	United Methodist Church, 150 Prospect St.
Willimantic	7:00 PM (1 hour 15 min)
Tuesday Night Candlelight Meeting of NA (O,RF,WC)	Windom Recovery Community Center, 713 Main St.
Wallingford	7:15 PM (1 hour)
The Courage To Change (C,BT,JP,M,RF,To,K)	Renaissance Club, 68 Quinipiac St.
Bolton	7:30 PM (1 hour 15 min)
No Other Way (O,To)	Bolton United Methodist Church, 1041 Boston Turnpike Route 44
Bridgeport	7:30 PM
Principles Before Personalities (O,ST)	Golden Hill Methodist Church, 210 Elm St. Corner of Lafayette St.
Bristol	7:30 PM (1 hour)
Stop-N-Recover (O,S,ST,To,WC,K)	Bristol Recovery Club, 67 West St.
East Haven	7:30 PM
Over Limits (O,S,To,K)	Christ & the Epiphany Church, 39 Park Place
Enfield	7:30 PM (1 hour)
Monkeys with an Itch (O,S,ST,To,WC,K)	St Patrick, A&C church, 64 Pearl St. <i>Speaker last Tuesday/Mo.</i>
Hartford	7:30 PM (1 hour)
Addicts in Recovery (O)	Mount Sinai Hospital, 500 Blue Hills Ave.
Meriden	7:30 PM
State of Recovery (O,To,WC,K)	Immanuel Lutheran Church, 164 Hanover St.
Middletown	7:30 PM
New Perspectives (O,WC,K,GP)	St. Vincent DePaul's Soup Kitchen, 615 Main St.
Mystic	7:30 PM (1 hour)
Twilight Zone (O,S,ST,K)	Old Mystic Fire District Hall, 115 Welles Rd.
New Haven	7:30 PM (1 hour)
Boys to Men (O,M,S,To,WC,K)	MAAS Building, 426 East St.
New London	7:30 PM (1 hour 15 min)
We Do Recover (O,JFT)	Huntington Baptist Church, 29 Huntington St.
Winchester	7:30 PM
Free at Last (O,W,WC,K)	Winchester Center Congregational Church, 0 West Rd. Rt. 263 and Newfield Rd.
Woodbury	7:30 PM
Recovery in the Woods (O,BT,To,K)	North Congregational Church, 11 Main St. North Rt. 6 and Rt. 47
New Haven	8:00 PM
City Serenity (O,ST,K)	St. Paul's UAME Church, 150 Dwight St.
Newington	8:00 PM (1 hour 15 min)
Straight Ahead (O,S,To,WC)	Grace Episcopal Church, 124 Maple Hill Ave.

Wednesday

Westbrook	9:30 AM (1 hour 15 min)
Three Steps Forward (O,BST)	Westbrook Congregational Church, 1166 Boston Post Rd. Parlor
New London	10:00 AM (1 hour)
NA in the Day (O,BST,JFT,RF,To,K)	Huntington Street Baptist Church, 29 Washington St.
Bridgeport	12:00 PM (1 hour 15 min)
Same Meeting New Day (O,JFT)	The Bessemer Center, 2200 North Ave. Use back entrance
Hartford	12:00 PM (1 hour 15 min)
We Believe (O,To)	Liberty Christian Church, 23 Vine St.
New Britain	12:00 PM
Genesis (O,ST,T)	South Congregational Church - Hart Hall, 56 Arch St. Entrance thru courtyard in basement
New Haven	12:00 PM
High Noon (O,Pi,To)	Episcopal Church of St. Paul & St. James, 57 Olive St. Corner of Chapel St.
Wallingford	1:00 PM (1 hour)
Middy Serenity (O,JFT,WC)	First Congregational Church, 23 South Main St.
Middletown	5:45 PM (1 hour)
Serenity Check (O,JFT,S,WC)	Back Door Mission Baptist Church, 94 Miner St. <i>Speaker on the second Wednesday of each month</i>
Danielson	6:30 PM
Finding the Way (O,BT,S,ST,To)	Cornerstone Baptist Church, 247 Broad St.
Newington	6:30 PM
Freedom to Live (O,To)	Church of Christ, 1075 Main St. 2nd Floor
North Haven	6:30 PM (1 hour)
Miracles Happen (O,BT,ST,WC,K)	Montwese Baptist Church, 201 Quinipiac Ave.
Bridgeport	7:00 PM
New Hope (O,S,To,WC)	CCAR, 35 Courtland St.
Bristol	7:00 PM (1 hour)
Not Alone (O,S,To,WC,K)	Bristol Baptist Church, 43 School St.
Danbury	7:00 PM (1 hour)
Back To Life (O,BST)	Fellowship Center, 15 Great Pasture Rd.
Mystic	7:30 PM (1 hour)
Old Mystic Fire District Hall, 115 Welles Rd.	
New Haven	7:00 PM
Solutions for Sisters (O,ST,W)	St. Anthony's, 70 Washington Ave
Norwalk	7:00 PM (30 min)
By the Text (C,T)	Miracle Temple, 2 Trinity Place
Middletown	7:30 PM (1 hour)
Steppin' Thru It All (O,S,ST)	Wesleyan University: Exley Science Center, 265 Church St. Woodhead Lounge - Parking Lot off Lawn Ave.
Niantic	7:30 PM
Sound of Serenity (O,JFT,S)	Saint Community Church, 170 Pennsylvania Ave.
Norwalk	7:30 PM (1 hour)
Road to Recovery (C,JFT)	First Congregational Church, 3 Lewis St. Corner of Park St.
Rocky Hill	7:30 PM
There is Hope (O,BST,JFT,S,To,LC)	Smlow Life Center, 55 Chestnut St. Room 1
Waterbury	7:30 PM (1 hour 15 min)
It's a Boy (O,JFT,M,S,K)	Morris House, 26 North Elm St.

Wednesday-continued

Stamford	7:00 PM
A Simple Solution (O,BST,IP,JFT,S,ST,K)	Chester Addison Center, 245 Selleck St. Upstairs
Thomaston	7:00 PM
This Is Your Life (O,To,LC,K)	The Covenant Church, 64 Grove St.
Vernon	7:00 PM (1 hour 15 min)
What a Way to Grow (O,ST,W,K)	United Methodist Church, 401 Hartford Turnpike
Wallingford	7:00 PM (1 hour 15 min)
The Time is Now (C,ST)	The Church of the Nazarene, 26 Parker Farms Rd.
Waterbury	7:00 PM (1 hour)
Recovering Women (O,IPS,W,K)	North End Recreational Center, 268 North Main St.
Brookfield	7:30 PM (1 hour 15 min)
Miracles Under the Stars (O,JFT,WC,LC)	St. Marguerite Bourgeoise Church, 138 Candlewood Lake Rd.
Cromwell	7:30 PM (1 hour 15 min)
All About Change (O,To,WC,K)	Bethany Lutheran Church, 50 Court St. <i>Speaker on the last Wednesday of each month</i>
Deep River	7:30 PM (1 hour)
More Will Be Revealed (O,JFT,K)	Deep River Congregational Church, 1 Church St.
East Hartford	7:30 PM (1 hour)
Between the Covers (O,BT,M,ST,To,K)	South Congregational Church, 1301 Forbes St.
Enfield	7:30 PM (1 hour)
We Can Work It Out (O,ST)	St. Patrick's Church, 64 Pearl St.

"Sunday Bloody Sunday" is a song by Irish rock band U2. It is the opening track from their 1983 album *War* and was released as the album's third single on 21 March 1983 in Germany and the Netherlands. "Sunday Bloody Sunday" is noted for its militaristic drumbeat, harsh guitar, and melodic harmonies. One of U2's most overtly political songs, its lyrics describe the horror felt by an observer of the Troubles in Northern Ireland, mainly focusing on the 1972 Bloody Sunday incident in Derry where British Mothering Sunday continued. Last updated at 12:22 07 March 2003. High tea and theatre.Â London's leading women-only spa, The Sanctuary, is offering tailor-made pamper days for stressed-out mums in the run up to Mothering Sunday. The Covent Garden spa has special two-day memberships for visitors to the capital, which include four soul-soothing face or body treatments, two health-conscious lunches and mementoes to take home including a luxury towel set and a Mande Lular bath set.