

**SUNDAY / DOMINGO**

**7:30PM 1HR True Recovery Group**, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 **(C,D)**

**MONDAY / LUNES**

**NOON 1HR Nooners**, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 **(O,D)**

**6:00PM 1HR Sisters in Recovery**, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 **(O,W)**

**TUESDAY / MARTES**

**7:00PM 1.5HR Pick and Share**, Lifespring Foursquare Church, Fellowship hall, 245 South Norma Street, Ridgecrest, California, 93555 **(O,To)**

**WEDNESDAY / MIÉRCOLES**

**NOON 1HR Nooners**, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 **(O,D)**

**7:00PM 1HR Steps & Traditions Group**, Grace Lutheran Church, Room 6, 502 North Norma Street, Ridgecrest, 93555 **(O,St,Tr)**

**THURSDAY / JUEVES**

**7:00PM 1.5HR Spin & Share Group**, Grace Lutheran church, 502 North Norma Street, Ridgecrest, 93555 **(O,To)**

**FRIDAY / VIERNES**

**NOON 1HR Nooners**, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 **(O,D)**

**7:00PM 1HR Flight To Freedom Group**, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, 93555 **(O,To)**

**SATURDAY / SÁBADO**

**8:00PM 1.5HR Saturday Night Alive**, Crossroads Community Church (Room 2), 235 North China Lake Boulevard, Ridgecrest, 93555 **(O,D)**

**MEETING FORMAT LEGEND**

C	Closed	D	Discussion
O	Open	St	Step
To	Topic	Tr	Tradition
W	Women		

**HELPLINES**

Eastern Sierra Area 760-446-4445

**SERVICE MEETINGS**

**PHONE NUMBERS**



**MEETING LIST**

**JANUARY 2025**

**24 HOUR HELPLINE  
760-446-4445**

<https://easternsierraareana.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**

**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.**

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Meetings Weekly: 10