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			
С	Closed	D	Discussion
0	Open	St	Step
То	Topic	Tr	Tradition
W	Women		·

HELPL	INES
Eastern Sierra Area	760-446-4445

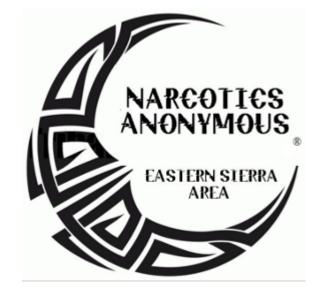
SERVICE MEETINGS

PHONE NUMBERS

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.

Basic Text, page 65



MEETING LIST SEPTEMBER 2024 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**

Meetings Weekly: 10