

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

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

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

Meetings Weekly: 10