



TRAIL OF TEARS AREA

MEETING LIST

DECEMBER 2018

**24 HOUR HELPLINE
866-579-8333**

**Florida Relay for the Deaf
800-955-8771**

**Greater Orlando Area Service Committee
PO Box 532095
Orlando, FL 32853-2095**

<http://orlandona.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: 20