





## **RED RIVER REGION**

### **MEETING LIST**

**JUNE 2026**

**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: 42