

<b>SUNDAY / DOMINGO</b>		<b>MONDAY / LUNES (CONT)</b>		<b>TUESDAY / MARTES (CONT)</b>		<b>THURSDAY / JUEVES (CONT)</b>	
9:30AM hrsHR	Alive and Kicking, Houston, TX, (G,VM) phone password: 141601, Houston Area	7:00PM hrsHR	The Sooner the Better (TSTB), Montrose Center, Room 110, 401 Branard Street, Houston, TX, 77006 (D), Houston Area	8:00PM hrsHR	The Sooner the Better (TSTB), Montrose Center, Room 110, 401 Branard Street, Houston, TX, 77006 (D), Houston Area	12:15PM hrsHR	Just For Today, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (JT), Houston Area
9:30AM hrsHR	Sunday Starters Group, Special Recreation Service Building, 7301 Avenue F, Houston, TX, 77011 (D) Breakfast @ 9 a.m., Houston Area	7:30PM hrsHR	Hope For The Hopeless, Houston, TX, (O,St,VM), Houston Area	10:00PM hrsHR	Keep It Real Group, 14540 Minetta, Houston, TX, 77035 (O,D,Sm), Houston Area	1:00PM hrsHR	I Qualify Group of NA, Houston, TX, (O,VM), Houston Area
11:30AM hrsHR	Just For Today, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (D), Houston Area	7:30PM hrsHR	Third Tradition Group, Terrace United Methodist Church, Fellowship Hall- South End, 1203 Wirt Rd, Houston, TX, 77055 (D,JT), Houston Area	10:00PM hrsHR	You Are Worth It, Zoom ID 829 8663 2163, Pass Code: 084708, Houston, TX, (VM), Houston Area	6:00PM hrsHR	Alive and Kicking, Zoom ID: 88170450720 Password: Women rock, 4925 Griggs Road, Suite A, Houston, TX, 77021 (D,W,HY), Houston Area
NOON hrsHR	Better Late Than Never, Conroe Club (Old Montgomery Hwy.), 2030 FM 2854 Road, Conroe, TX, 77304 (O,D,WC,NS), Northside Area	7:45PM hrsHR	Alive and Kicking, Houston, TX, (St,VM) phone password: 141601, Houston Area			6:00PM hrsHR	Better Late Than Never, 2030 FM 2854, Conroe, TX, 77304 (O,WC,NS,LT), Northside Area
5:00PM hrsHR	Alive and Kicking, Houston, TX, (VM) phone password: 141601 Old-Timers' Meeting, Houston Area	8:00PM hrsHR	Chance for Freedom Group, Little white building at back left of parking lot, 3940 Vista rd, Pasadena, TX, 77504 (D,WC), Houston Area			6:00PM hrsHR	6pm Meeting, Gulf Coast Club, 14540 Minetta Rd, Houston, TX, 77035 (O,M), Houston Area
5:00PM hrsHR	Chance for Freedom Group, Little white building at back left of parking lot, 3940 Vista rd, Pasadena, TX, 77504 (D,WC), Houston Area	8:00PM hrsHR	Cypress NA, Saint Aidan's Episcopal Church Classroom #3, 13131 Fry Road, Cypress, TX, 77433 (D,NS,LT), Houston Area			6:30PM hrsHR	Beauty of Recovery Women's Meeting, Gulf Coast Club, 14540 Minetta, Houston, TX, 77035 (D,W), Houston Area
6:00PM hrsHR	Better Late Than Never, 2030 FM 2854 Road (Old Montgomery Hwy.), Conroe, TX, 77304 (D,NS), Northside Area	8:00PM hrsHR	Just A Meeting, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (O,D), Houston Area			6:30PM hrsHR	Keep it Clean Group, St. John's United Methodist Church, 501 S Alexander Dr, Baytown, TX, 77520 (C,D), Houston Area
6:00PM hrsHR	Jekyll and Hyde Group, Camp Hope, Building Six, Zoom ID: 815 8247 1201, Password: camphope, 9724 Derrington Rd, Houston, TX, 77064 (HY), Houston Area	8:00PM hrsHR	New Heights Group (Houston-Heights Area), Grace Methodist Church, Rear of building, 2nd floor above library, 1245 Heights Boulevard, Houston, TX, 77008 (D,NS) 1st Monday Basic Text Study, Houston Area			6:30PM hrsHR	Recovery at Work, 3503 Emancipation Ave, Houston, TX, 77004 (To), Houston Area
6:00PM hrsHR	The Sooner the Better (TSTB), Montrose Counseling Center, Corner of Branard & Garrott, 1st Floor, 401 Branard Street, Houston, TX, 77006 (O,D), Houston Area	8:00PM hrsHR	Surrender to Win, St Peter Methodist, Room S209, 20775 Kingsland Blvd, Katy, TX, 77450 (D), Houston Area			7:00PM hrsHR	Chance for Freedom Group, Little white building it back left of parking lot, 3940 Vista rd, Pasadena, TX, 77504 (WC,LT), Houston Area
6:30PM hrsHR	Keep it Clean Group, St. John's United Methodist Church, 501 S Alexander Dr, Baytown, TX, 77520 (D), Houston Area	8:00PM hrsHR	The New Pathfinders, Fort Bend Club, Small Meeting Room, 4203 Avenue H, Rosenberg, TX, 77471 (D,JT), Houston Area			7:00PM hrsHR	Hope Sweet Hope, Sugar Land Baptist Church, Back of building, room 202/203, Zoom-ID:853 0392 4338/PW:893849, 16755 Southwest Fwy, Sugar Land, TX, 77479 (D,WC,HY), Houston Area
7:00PM hrsHR	Never Alone Deaf Group, (O,D,VM), Houston Area	10:00PM hrsHR	Keep It Real Group, 14540 Minetta, Houston, TX, 77035 (O,D), Houston Area			7:00PM hrsHR	Hugs Not Drugs Group, 2030 W 43rd St., Houston, TX, 77018 (D,WC,NS), Houston Area
7:00PM hrsHR	New Hope (Northside), First Missionary Baptist, 26787 FM 2090 Spendoria Tx, 77372, Splendoria, TX, 77372 , Northside Area	10:00PM hrsHR	You Are Worth It, Zoom ID 829 8663 2163, Pass Code: 084708, Houston, TX, (VM), Houston Area			7:00PM hrsHR	Never Alone Deaf Group, (O,BK,VM), Houston Area
7:00PM hrsHR	Serious Undertakings, Wesley United Methodist Church, Zoom ID: 856-6024-0048, Password - recovery, 700 SH 30, Huntsville, TX, 77320 (O,HY), Northside Area					7:00PM hrsHR	R.I.P. (Recovery in Progress), 608 Cactus, Conroe, TX, 77385, Northside Area
7:30PM hrsHR	Just A Meeting, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (O,D,G), Houston Area					7:00PM hrsHR	Rainbow of Hope, Resurrection MCC Church, East side of building, nearest bayou. In auxiliary chapel, 2025 W 11th St, Houston, TX, 77008 (O,D), Houston Area
7:30PM hrsHR	The Ties That Bind Us, Terrace United Methodist Church, 1203 Wirt Road, Houston, TX, 77055 (D) 713-208-2538, Houston Area					7:30PM hrsHR	Just A Meeting, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (O), Houston Area
8:00PM hrsHR	Cypress NA, Saint Aidan's Episcopal Church Classroom #3, 13131 Fry Road, Cypress, TX, 77433 (D,NS,LT), Houston Area					8:00PM hrsHR	Our Common Bond, Meets in the garage behind the main house, 5108 5th St., Katy, TX, 77493 (O,D), Houston Area
10:00PM hrsHR	Keep it Real Group, 14540 Minetta, Houston, TX, 77035 (G), Houston Area					8:00PM hrsHR	Serious Undertakings, Wesley Memorial United Methodist Church, Zoom ID: 856-6024-0048, Password - recovery, 700 Hwy-30 E, Huntsville, TX 77320 (O,HY), Northside Area
10:00PM hrsHR	You Are Worth It, Zoom ID 829 8663 2163, Pass Code: 084708, Houston, TX, (VM), Houston Area					8:00PM hrsHR	The Sooner the Better (TSTB), Montrose Center, Room 110, 401 Branard Street, Houston, TX, 77006 (D), Houston Area
<b>MONDAY / LUNES</b>						10:00PM hrsHR	Keep It Real Group, Gulf Coast Club, 14540 Minetta, Houston, TX, 77035 (D), Houston Area
10:00AM hrsHR	Every Day NA, Sunnyside Multi Service Center, 4410 Reed Road, Houston, TX, 77051 (O), Houston Area					10:00PM hrsHR	You Are Worth It, Zoom ID 829 8663 2163, Pass Code: 084708, Houston, TX, (VM), Houston Area
NOON hrsHR	Alive and Kicking, 4925 Griggs Road, Suite A, Houston, TX, 77021 (O,JT), Houston Area						
NOON hrsHR	Alive and Kicking, Houston, TX, (JT,VM) phone password: 141601, Houston Area						
NOON hrsHR	Better Late Than Never, 2030 FM 2854, Conroe, TX, 77304 (O,D,WC,NS), Northside Area						
NOON hrsHR	Hope For The Hopeless, Houston, TX, (O,VM,SPAD), Houston Area						
NOON hrsHR	Hugs Not Drugs Group, St. Stephan's United Methodist Church, Room 101, 2003 W 43rd St., Houston, TX, 77018 (D,WC,NS), Houston Area						
NOON hrsHR	The Sooner the Better (TSTB), Corner of Branard and Garrott Room 110, 401 Branard Street, Houston, TX, 77006 (O,D), Houston Area						
12:15PM hrsHR	Just For Today, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (D), Houston Area						
6:00PM hrsHR	Alive and Kicking, 4925 Griggs Road, Suite A, Houston, TX, 77021 (O), Houston Area						
6:00PM hrsHR	Better Late Than Never (Men's Meeting), 2030 FM 2854, Conroe, TX, 77304 (C,D,M,WC,NS), Northside Area						
6:00PM hrsHR	Better Late Than Never (Women's Meeting), 2030 FM 2854, Conroe, TX, 77304 (C,D,W,WC,NS), Northside Area						
6:00PM hrsHR	The 6pm Meeting, Gulf Coast Club, 14540 Minetta Rd, Houston, TX, 77035 (O,LT), Houston Area						
6:30PM hrsHR	Keep it Clean Group, St. John's United Methodist Church, 501 S Alexander Dr, Baytown, TX, 77520 (AB), Houston Area						
6:30PM hrsHR	Recovery at Work, 3503 Emancipation Ave, Houston, TX, 77004 (Tr), Houston Area						
7:00PM hrsHR	Happy, Joyous, and Free, The Woodlands United Methodist Church, Second Floor Rm. B205, 2200 Lake Woodlands Dr, The Woodlands, TX, 77380, Woodland, TX, 77380 , Northside Area						
<b>TUESDAY / MARTES</b>							
NOON hrsHR	Alive and Kicking, 4925 Griggs Road, Suite A, Houston, TX, 77021 (O,JT), Houston Area						
NOON hrsHR	Alive and Kicking, Houston, TX, (JT,VM) phone password: 141601, Houston Area						
NOON hrsHR	Better Late Than Never, 2030 FM 2854, Conroe, TX, 77304 (O,D,WC,NS), Northside Area						
NOON hrsHR	Hope For The Hopeless, Houston, TX, (O,VM,SPAD), Houston Area						
NOON hrsHR	Hugs Not Drugs Group, St. Stephan's United Methodist Church, Room 101, 2003 W 43rd St., Houston, TX, 77018 (D,WC,NS), Houston Area						
12:15PM hrsHR	Just For Today, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (D), Houston Area						
6:00PM hrsHR	Keep it Clean Group, St. John's United Methodist Church, 501 S Alexander Dr, Baytown, TX, 77520 (LT), Houston Area						
7:00PM hrsHR	Clean and Free Group, 3731 Hwy 190, Livingston, TX, 77351 , Northside Area						
7:00PM hrsHR	Rainbow of Hope, Resurrection Metropolitan Church, East side of building, nearest bayou. In auxiliary chapel, 2025 W 11th St, Houston, TX, 77008 (O,D), Houston Area						
7:00PM hrsHR	Tomball New Attitudes, 713 Carroll St, Tomball, TX, 77375 (O) Boy Scout Building behind Great Oak School, Houston Area						
7:30PM hrsHR	Hope For The Hopeless, Houston, TX, (O,VM) Twelve Concepts Study, Houston Area						
7:30PM hrsHR	Jekyll and Hyde Group, Camp Hope, Building Six, Zoom ID: 831171541, Password: camphope, 9724 Derrington Rd, Houston, TX, 77064 (LT), Houston Area						
7:30PM hrsHR	Lake Conroe Group, Water's Edge RV park, Meet in the clubhouse, 12922 Longstreet Rd, Willis, TX, 77318 (O,D), Northside Area						
7:30PM hrsHR	Show Up & Grow Up, Faith United Church, Room 105. Use right side entrance in the back of the building., 2403 Rayford Rd, Spring, TX, 77386 (O,D), Northside Area						
7:30PM hrsHR	Third Coast Group, Bear Creek United Methodist Church, Meet inside temporary buildings behind parking lot, 16000 Rippling Water Dr, Houston, TX, 77084 (C), Houston Area						
8:00PM hrsHR	Just A Meeting, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (O,D), Houston Area						
8:00PM hrsHR	New Heights Group (Houston-Heights Area), Grace Methodist Church, Rear of building, 2nd floor above library, 1245 Heights Boulevard, Houston, TX, 77008 (D,NS) Speaker on last Wednesday of the month, Houston Area						
8:00PM hrsHR	We Understand, 6500 Hornwood, Houston, TX, 77074 (O), Houston Area						
10:00PM hrsHR	Keep It Real Group, 14540 Minetta, Houston, TX, 77035 (D), Houston Area						
10:00PM hrsHR	You Are Worth It, Zoom ID 829 8663 2163, Pass Code: 084708, Houston, TX, (VM), Houston Area						
<b>WEDNESDAY / MIÉRCOLES</b>							
10:00AM hrsHR	Every Day NA, Sunnyside Multi Service Center, 4410 Reed Rd, Houston, TX, 77051 (O), Houston Area						
NOON hrsHR	Alive and Kicking, 4925 Griggs Road, Suite A, Houston, TX, 77021 (O,JT), Houston Area						
NOON hrsHR	Alive and Kicking, Houston, TX, (JT,VM) phone password: 141601, Houston Area						
NOON hrsHR	Better Late Than Never, 2030 FM 2854, Conroe, TX, 77304 (O,D,WC,NS), Northside Area						
NOON hrsHR	Hope For The Hopeless, Houston, TX, (O,VM,SPAD), Houston Area						
NOON hrsHR	Hugs Not Drugs Group, St. Stephan's United Methodist Church, Room 101, 2003 W 43rd St., Houston, TX, 77018 (D,WC,NS), Houston Area						
12:15PM hrsHR	Just For Today, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (D), Houston Area						
6:00PM hrsHR	Keep it Clean Group, St. John's United Methodist Church, 501 S Alexander Dr, Baytown, TX, 77520 (LT), Houston Area						
7:45PM hrsHR	Alive and Kicking, Houston, TX, (Tr,VM) phone password: 141601, Houston Area						
8:00PM hrsHR	Just A Meeting, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (O,D), Houston Area						
8:00PM hrsHR	Our Common Bond, Meats in the garage behind the main house, 5108 5th St., Katy, TX, 77493 (O,IW), Houston Area						
<b>THURSDAY / JUEVES</b>							
NOON hrsHR	Alive and Kicking, 4925 Griggs Road, Suite A, Houston, TX, 77021 (O,JT), Houston Area						
NOON hrsHR	Alive and Kicking, Houston, TX, (JT,VM) phone password: 141601, Houston Area						
NOON hrsHR	Better Late Than Never, 2030 FM 2854, Conroe, TX, 77304 (O,D,WC,NS), Northside Area						
NOON hrsHR	Hope For The Hopeless, Houston, TX, (O,VM,SPAD), Houston Area						
NOON hrsHR	The Journey Continues, Fort Bend Club, Small Room, 4203 Avenue H, Suite 11, Rosenberg, TX, 77471 (O,LT), Houston Area						
12:15PM hrsHR	Just For Today, Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 (D), Houston Area						
6:00PM hrsHR	Keep it Clean Group, St. John's United Methodist Church, 501 S Alexander Dr, Baytown, TX, 77520 (AB), Houston Area						
6:30PM hrsHR	Recovery at Work, 3503 Emancipation Ave, Houston, TX, 77004 (Tr), Houston Area						
7:00PM hrsHR	Copperfield Group, Foundry Church, At back of property, in Scouts building, 8350 Jones Rd, Houston, TX, 77065 (D), Houston Area						

**FRIDAY / VIERNES (CONT)**

7:00PM hrsHR	<b>Familia Unida</b> , Special recreation services building, 7301 Avenue F, Houston, TX, 77011 ( <b>C, BL, D</b> ) <i>Birthday Night + Food Last Friday of the Month</i> , Houston Area
7:00PM hrsHR	<b>Happy, Joyous, and Free</b> , The Woodlands United Methodist Church, Second floor, Room B 205, 2200 Lake Woodlands Drive, The Woodlands, TX, 77380 , <i>Northside Area</i>
7:00PM hrsHR	<b>New Hope (Northside)</b> , First Missionary Baptist, 26787 FM 2090 Splendora Tx, 77372, Splendora, TX, 77372 , <i>Northside Area</i>
7:00PM hrsHR	<b>Tomball New Attitudes</b> , 713 Carrell St, Tomball, TX, 77375 ( <b>O</b> ) <i>Boy Scout Building behind Great Oak School, Houston Area</i>
7:00PM hrsHR	<b>We Do Recover</b> , St. Stephen's United Methodist Church, 2003 W. 43rd Street, Houston, TX, 77018 ( <b>O, D</b> ) <i>Third Friday Speaker Meeting, Houston Area</i>
7:30PM hrsHR	<b>Juntos Podemos</b> , Iglesia Episcopal de San Aidan, Edificios en la parte de atrás, aula # 4, 13131 Fry Rd., Cypress, TX, 77433 ( <b>ES</b> ) , <i>Houston Area</i>
7:45PM hrsHR	<b>Alive and Kicking</b> , Houston, TX, ( <b>SPK, VM</b> ) <i>phone password: 141601 Podium Meeting, Houston Area</i>
8:00PM hrsHR	<b>Chance for Freedom Group</b> , Little white building it back left to parking lot, 3940 Vista rd, Pasadena, TX, 77504 ( <b>D, WC</b> ) , <i>Houston Area</i>
8:00PM hrsHR	<b>Just A Meeting</b> , Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 ( <b>O, D</b> ) , <i>Houston Area</i>
8:00PM hrsHR	<b>The Sooner the Better (TSTB)</b> , Montrase Center, Room 110, 401 Branard Street, Houston, TX, 77006 ( <b>D</b> ) , <i>Houston Area</i>
9:00PM hrsHR	<b>Our Common Bond</b> , Meats in the garage behind the main house, 5108 5th St., Katy, TX, 77493 ( <b>O, CL</b> ) , <i>Houston Area</i>
9:30PM hrsHR	<b>Basic Recovery</b> , St. Mark's United Methodist Church, 600 Pecore St, Houston, TX, 77009 ( <b>O</b> ) , <i>Houston Area</i>
10:00PM hrsHR	<b>Keep It Real Group</b> , Gulf Coast Club, 14540 Minetta, Houston, TX, 77035 ( <b>D</b> ) , <i>Houston Area</i>
10:00PM hrsHR	<b>You Are Worth It</b> , Zoom ID 829 8663 2163, Pass Code: 084708, Houston, TX, ( <b>VM</b> ) , <i>Houston Area</i>

**SATURDAY / SÁBADO**

10:30AM hrsHR	<b>Red Light Group of NA VIRTUAL</b> , Houston, TX, 77035 ( <b>O, D, VM</b> ) , <i>Houston Area</i>
NOON hrsHR	<b>Alive and Kicking</b> , 4925 Griggs Road, Suite A, Houston, TX, 77021 ( <b>O, JT</b> ) , <i>Houston Area</i>
NOON hrsHR	<b>Alive and Kicking</b> , Houston, TX, ( <b>JT, VM</b> ) <i>phone password: 141601, Houston Area</i>
NOON hrsHR	<b>Better Late Than Never</b> , 2030 FM 2854, Conroe, TX, 77304 ( <b>O, D, WC, NS</b> ) , <i>Northside Area</i>
NOON hrsHR	<b>Chance for Freedom Group</b> , Little white building at back left of parking lot, 3940 Vista rd, Pasadena, TX, 77504 ( <b>D, WC</b> ) , <i>Houston Area</i>
NOON hrsHR	<b>Just In Time Group</b> , The Council on Alcohol & Drugs, Check front desk for room number, 303 Jackson Hill Street, Houston, TX, 77007 ( <b>WC, NS, LT</b> ) , <i>Houston Area</i>
NOON hrsHR	<b>The Journey Continues</b> , Fort Bend Club, Small Room, 4203 Avenue H, Suite 11, Rosenberg, TX, 77471 ( <b>O, LT</b> ) , <i>Houston Area</i>
1:00PM hrsHR	<b>Just For Today</b> , Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 ( <b>D</b> ) , <i>Houston Area</i>
6:00PM hrsHR	<b>Better Late Than Never</b> , 2030 FM 2854, Conroe, TX, 77304 ( <b>O, D, WC, NS</b> ) , <i>Northside Area</i>
6:30PM hrsHR	<b>Keep it Clean Group</b> , St. John's United Methodist Church, 501 S Alexander Dr, Baytown, TX, 77520 ( <b>CL</b> ) , <i>Houston Area</i>
6:30PM hrsHR	<b>Old School Keep It Simple (OSKISS)</b> , Houston, TX, ( <b>VM</b> ) , <i>Houston Area</i>
7:00PM hrsHR	<b>Hope Starts Here</b> , 21820 East Memorial Drive, Porter, TX, 77365 , <i>Northside Area</i>
7:00PM hrsHR	<b>Never Alone Deaf Group</b> , ( <b>O, D, To, VM</b> ) , <i>Houston Area</i>
7:45PM hrsHR	<b>Alive and Kicking</b> , Houston, TX, ( <b>VM</b> ) <i>phone password: 141601, Houston Area</i>
8:00PM hrsHR	<b>1960 Group</b> , Spring Woods United Methodist Church, Main building far East entrance, 1711 Cypress Creek Parkway, Houston, TX, 77073 ( <b>D, SPK</b> ) , <i>Houston Area</i>
8:00PM hrsHR	<b>Just A Meeting</b> , Gulf Coast Club, 2 Blocks East of Fondren, 14540 Minetta, Houston, TX, 77035 ( <b>O</b> ) , <i>Houston Area</i>
8:00PM hrsHR	<b>Saturday Night Live Group</b> , St. Stephens United Methodist Church, Room 101, 2003 W 43rd St, Houston, TX, 77018 ( <b>D</b> ) , <i>Houston Area</i>
10:00PM hrsHR	<b>Keep It Real Group</b> , Gulf Coast Club, 14540 Minetta, Houston, TX, 77035 ( <b>CL</b> ) , <i>Houston Area</i>
10:00PM hrsHR	<b>You Are Worth It</b> , Zoom ID 829 8663 2163, Pass Code: 084708, Houston, TX, ( <b>VM</b> ) , <i>Houston Area</i>

**MEETING FORMAT LEGEND**

AB	Ask It Basket	BK	Book Study
BL	Bi-Lingual	C	Closed
CL	Candlelight	D	Discussion
ES	Espanol	G	God Meeting
GM	Guided Meditation	HY	Hybrid
IW	It Works -How and Why	JT	Just for Today
LT	Literature Study	M	Men
NS	No Smoking	O	Open
OGP	Our Guiding Principles Study	SPAD	A Spiritual Principle a Day
SPK	Speaker	Sm	Smoking Permitted
St	Step	To	Topic
Tr	Tradition	VM	Virtual Meeting-Online/Phone
W	Women	WC	Wheelchair

**PHONE NUMBERS**

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**HOUSTON AREA**[www.hascona.org](http://www.hascona.org)**FREEDOM AREA**[www.nafreedom.com](http://www.nafreedom.com)**NORTHSIDE AREA**[www.nascona.org](http://www.nascona.org)**MEETING LIST****FEBRUARY 2026****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: 173

**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.**