

SUNDAY / DOMINGO

6:30PM hrsHR **Lost and Found**, AA Clubhouse, Al Anon Serenity Room, 205 West Adams, Harlingen, TX, 78550 **(O,JT,NS)**

MONDAY / LUNES

7:00PM hrsHR **Life's 2nd Chance**, Our Savior Lutheran, Room C, 1104 W. Fern Ave, McAllen, TX, 78501 **(O,B,NS)**

TUESDAY / MARTES

NOON hrsHR **Shot of Hope Group**, The University of Texas Rio Grande Valley, University Center, Room 102, 1201 W. University Drive, Edinburg, TX, 78539 **(O,JT,WC,NS,LT)**

6:00PM hrsHR **Lost and Found Women's Meeting**, AA Clubhouse, Al Anon Serenity Room, 205 West Adams, Harlingen, TX, 78550 **(O,B,JT,RF,W,NS,LT,CC)**

WEDNESDAY / MIÉRCOLES

7:00PM hrsHR **Life's 2nd Chance**, Our Savior Lutheran, Room C, 1104 W. Fern Ave, McAllen, TX, 78501 **(O,D,To,NS)**

8:00PM hrsHR **Lost and Found**, AA Clubhouse, Al Anon Serenity Room, 205 W Adams, Harlingen, TX, 78550 **(O,B,LT,CC)**

FRIDAY / VIERNES

7:00PM hrsHR **Life's 2nd Chance**, Our Savior Lutheran, Room C, 1104 W. Fern Ave, McAllen, TX, 78501 **(O,D,BK,NS)**

MEETING FORMAT LEGEND

B	Beginners	BK	Book Study
CC	Chairperson's Choice	D	Discussion
JT	Just for Today	LT	Literature Study
NS	No Smoking	O	Open
RF	Rotating Format	To	Topic
W	Women	WC	Wheelchair

HELPLINES**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.**



RIO GRANDE VALLEY AREA

MEETING LIST

JANUARY 2025

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: 7