

**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 **Dealing Hope**, Upstairs, 134 S. Shore Drive, Port Isabel, TX, 78578 **(O,JT,NS)**

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**

6:00PM hrsHR **Lost and Found**, AA Clubhouse, Al Anon Serenity Room, 205 W Adams, Harlingen, TX, 78550 **(O,B,D,BK,LT,CC)**

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**

**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: 9