| SUNDAY / DOMING |
|-----------------|
|-----------------|

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 (0,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

| В  | Beginners            | BK | Book Study       |
|----|----------------------|----|------------------|
| CC | Chairperson's Choice | D  | Discussion       |
| JT | Just for Today       | LT | Literature Study |
| NS | No Smoking           | 0  | Open             |
| RF | Rotating Format      | То | Торіс            |
| W  | Women                | WC | Wheelchair       |
| RF | Rotating Format      | То | Торіс            |

### 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.

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# **RIO GRANDE VALLEY AREA**

# **MEETING LIST**

**JULY 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