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)**
6:30PM	**hrsHR**	**Life's Second Chance LGBTQ+**, Our Savior Lutheran, Room C, 1105 Fern Ave W, McAllen, TX, 78501 **(O,B,LGBT,RF,SD,SG,SPK,AB)**

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)**

THURSDAY / JUEVES

6:00PM	**hrsHR**	**Life's 2nd Chance Women's Meeting**, Our Savior Lutheran, Room C, 1104 W. Fern Ave, McAllen, TX, 78501 **(O,B,D,To,BK,NS)**

FRIDAY / VIERNES

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

SATURDAY / SÁBADO

NOON	**hrsHR**	**Breakfast Club**, Upstairs, 134 S. Shore Drive, Port Isabel, TX, 78578 **(O,JT,NS)**

MEETING FORMAT LEGEND

AB	Ask It Basket	B	Beginners
BK	Book Study	BT	Basic Text
CC	Chairperson's Choice	D	Discussion
JT	Just for Today	LGBT	Lesbian,Gay,Bisexual,Transgender
LT	Literature Study	NS	No Smoking
O	Open	RF	Rotating Format
SD	Speaker/Discussion	SG	Step Working Guide
SPK	Speaker	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.**

Basic Text, *page 65*

RIO GRANDE VALLEY AREA

MEETING LIST

NOVEMBER 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: 12