





## **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