

SUNDAY / DOMINGO

7:30PM 1HR True Recovery Group, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 (C,D)

MONDAY / LUNES

NOON 1HR Nooners, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 (O,D)

6:00PM 1HR Sisters in Recovery, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 (O,W)

TUESDAY / MARTES

7:00PM 1.5HR Pick and Share, Lifespring Foursquare Church, Fellowship hall, 245 South Norma Street, Ridgecrest, California, 93555 (O,To)

WEDNESDAY / MIÉRCOLES

NOON 1HR Nooners, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 (O,D)

7:00PM 1HR Steps & Traditions Group, Grace Lutheran Church, Room 6, 502 North Norma Street, Ridgecrest, 93555 (O,St,Tr)

THURSDAY / JUEVES

7:00PM 1HR Spin & Share Group, Lifespring Foursquare Church Fellowship Hall, 245 South Norma Street, Ridgecrest, 93555 (O,To)

FRIDAY / VIERNES

NOON 1HR Nooners, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, California, 93555 (O,D)

7:00PM 1HR Flight To Freedom Group, Grace Lutheran Church (Room 6), 502 North Norma Street, Ridgecrest, 93555 (O,To)

SATURDAY / SÁBADO

8:00PM 1HR Saturday Night Alive, Crossroads Community Church (Room 2), 235 North China Lake Boulevard, Ridgecrest, 93555 (O,D)

MEETING FORMAT LEGEND

C	Closed	D	Discussion
O	Open	St	Step
To	Topic	Tr	Tradition
W	Women		

HELPLINES

Eastern Sierra Area 760-446-4445

SERVICE MEETINGS

PHONE NUMBERS



MEETING LIST

DECEMBER 2023

24 HOUR HELPLINE

760-446-4445

<https://easternsierraareana.org>

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

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*

Meetings Weekly: 10