



AMERICAN RIVER AREA

**MEETING LIST
MAY 2021**

**24 HOUR HELPLINE
1 (800) 600-HOPE**

Some meetings on our schedule are currently online.
To join a Zoom meeting, start the Zoom application and enter the
"Meeting ID and Password".

You can also join a zoom meeting from any phone, including a
landline, by calling 650-724-9799, then entering the "Meeting ID and
Password".

<https://sacramentona.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

Meetings Weekly: 99

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