ANDERSON			ORLAND			Red Bluff NA		785 Musick Ave.	
Serenity at Seven 3434 North St.			Orland N	Mustard Seed Group	653 A. St.	Mon.	7:00pm~8:00pm	O/OD	
1 st Mon.	7:00pm~8:30pm	C/NC/B/SD	Mon.	7:00pm~8:00pm	O/TD	Tue.	7:00pm~8:00pm	O/OD	
2 nd Mon			*Fri.	7:10pm~8:10pm	O/TD	Wed.	7:00pm~8:00pm	O/OD	
3 rd Mon.	7:00pm~8:30pm	C/NC/B/JFT	2^{rd} Mon. -1		Fri. – Birthday mtg.	Fri.	7:00pm~8:00pm	O/OD	
4th Mon.	7:00pm~8:30pm	C/NC/B/RF				Sat.	7:00pm~8:00pm	O/OD	
Last Mon		O/B/B-Day		Back to Basics	717 5 th St.	Sun.	7:00pm~8:00pm	O/OD	
1st Mon. of	each odd month - Potluck at		Mon.	12:00pm~1:00pm	O/WA/OD		<u> Last Sat. ~ NO MEETII</u>		
	Last Mon. – Business mtg.	at 6:15pm	Mon.	7:00pm~8:00pm	O/WA/JFT	4 th Sun Business mtg. at 2pm Last Sun. – Birthday/Speaker 7-8:15pm			
	<u>COLUSA</u>		Tue.	12:00pm~1:00pm	O/WA/JFT	(Fri. meet	ing is at River Park on Main St.		
Colusa Group 511 Oak St.			Tue.	7:00pm~8:00pm	O/WA/JFT				
*Tue.	6:00pm	011 Cax 51.	Wed.	7:00am-8:00am	O/WA/JFT		<u>WILLOWS</u>		
Tuc.	0.00pm	C	Wed.	12:00pm~1:00pm	W/St S			W. Sycamore St.	
Wellness	of Champions	162 E Carson St.	Wed.	7:00pm~8:00pm	Speaker Mtg.	Mon.	7:00pm~8:00pm	O/TD	
Mon.	12:00pm	0	Thur.	7:00am~8:00am	O/WA/JFT	*Tue.	7:00pm~8:00pm	O/TD	
	•		Thur.	12:00pm~1:00pm	O/WA/JFT	Wed.	7:00pm~8:00pm	O/TD	
	<u>CORNING</u>		Thur.	7:00pm~8:00pm	O/WA/TD	Thur.	12:00pm~1:00pm		
Corning		820 Marin St.	Fri.	7:00am – 8:00am	O/WA/JFT	Thur.	6:00pm~7:00pm	O/BS	
Mon.	7:00pm~8:00pm	O/OD/B	Fri.	12:00pm~1:00pm	O/WA/JFT	Fri.	8:00pm~9:00pm	O/TD/CL	
Tue.	7:00pm~8:00pm	O/OD/B	Fri.	5:55pm~6:55pm	O/WA/JFT	*Sat.	7:00pm~8:00pm	O/TD	
Wed.	7:00pm~8:00pm	O/OD/B	Sat.	12:00pm~1:00pm	O/WA/GP	Sun.	7:00pm~8:00pm	O/TD	
Thur.	7:00pm~8:00pm	O/OD/B	Sat.	7:00pm~8:00pm	O/WA/JFT	1st Sun. – B	susiness mtg. at 5:30pm, then I	Birthday/Speaker mtg.	
Fri.	7:00pm~8:00pm	O/OD/B	Sun.	12:00pm~1:00pm	O/WA/LC	Willows	Basic Recovery	311 S Villa St.	
Sat.	7:00pm~8:00pm	O/OD/B	Sun.	7:00pm~8:00pm	O/WA/JFT	Thurs.	7:00pm – 8:00pm		
*Sun.	5:30pm~6:30pm	Women's	1st. Sat. 1:1	15pm – 2:30pm Late Brunch: Boo 1st Sat. – BINGO, after the 7pm		1110110.	песры олееры	C/ IL	
*Sun. 7:00pm~8:00pm Men's			2 nd Tue. – Business mtg. 8pm, 3 rd Tue. – Activities mtg. 8pm			Meeting Legend			
Zn	d Tue. – Activities business m			Last Tuesday of each month is birthday night			* = Meeting needs support		
2 nd Wed. – Business mtg. at 5:30pm, 1 st Fri. – BINGO, after the meeting						B = Break			
Last Fri - Birthday/Speaker mtg. until 8:30pm			Back to I	RED BLUFF	738 Walnut St.	BS = Box			
	COTTONWOO	ND.	Thur.		0/0D		sed (Addicts Only)		
Time for	Recovery	3320 Brush St.	mur.	7:00pm~8:00pm Last Thur. – Business mtg			ndlelight		
*Tue.	•			Zuot IIIui. Duonicoo iiio	••		iiding Principles Book S	Study	
Tue.	7:00pm~8:00pm	C/CL/ID	Into the Solutions 838 Jefferson St. Rm.3			JFT = Just for Today			
Recover	rv Talk	3320 Brush St.	Mon.	11:00am~12:00pm	O/OD		ring Clean Book Study		
*Thur.	7:00pm~8:15pm		Tue.	11:15am~12:15pm	O/OD		n Only Meeting		
	2 nd Thur. – Potluck at	: 6pm	Wed.	11:00am~12:00pm	O/OD		Children		
Last Thur. – Birthday night/Open mtg.			Thur.	11:00am~12:00pm	O/OD	O = Open to Non-Addicts			
LOS MOLINOS			Fri.	11:00am~12:00pm	O/BS	OD = Open Discussion			
Los Molinos NA 25204 Josephine Ave.			Sat.	11:00am~12:00pm	O/OD	RF = Rotating Format			
*Mon. 7:00pm-8:15pm O/OD/JFT			1st Sat. – Business mtg. at 12pm Last Sat. – Birthday mtg.			SD = Speaker Discussion			
1st & 3rd Mon Speaker mtg. until 8:15pm			Woman Huita d 705 Marria - Arra			St $S = Step Study$			
Last Mon Birthday night, & Business mtg. follows at 8:15pm			Women United 785 Musick Ave.			TD = Topic Discussion			
			Sun.	3:30pm~4:30pm	O/W/OD		omen Only Meeting		
						WA = W	Theelchair Accessible		

The 12 Steps of Narcotics Anonymous

- 1) We admitted we were powerless over our addiction that our lives had become unmanageable
- 2) We came to believe that a power greater than ourselves could restore us to sanity
- 3) We made a decision to turn our will and our lives over to the care of God as we understood Him
- 4) We made a searching and fearless moral inventory of ourselves
- 5) We admitted to God, to ourselves, and to another human being the exact nature of our wrongs
- 6) We were entirely ready to have God remove all these defects of character
- 7) We humbly asked Him to remove our shortcomings
- 8) We made a list of all persons we had harmed and became willing to make amends to them all
- 9) We made direct amends to such people wherever possible except when to do so would injure them or others
- 10) We continued to take personal inventory and when we were wrong promptly admitted it
- 11) We sought through prayer and meditation to improve our conscious contact with God as we understood him praying only for knowledge of His will for us and the power to carry it out
- 12) Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all of our affairs

Phone List						

River Cities Area



Narcotics Anonymous Meeting Schedule
Revised 1/29/18

Phone-Line/Meeting Schedule 1-530-727-5500

River Cities Area Website www.rivercitiesna.org

Public Relations & River Cities Area

1st Sunday of each month
PR – 11:30am & Area – 1:00pm
Coyne Center at St. Elizabeth Hospital
2550 Sister Mary Columbia Dr.
Red Bluff, CA 96080

River Cities Area Mailing Address P.O. Box 8172 Red Bluff, CA 96080

Northern California Regional Website www.norcalna.org

World Service Website www.na.org

Spanish Meetings www.norcana.org