

Phone Numbers

If you use them you won't lose them...

Red River Region Helpline:
1-888-851-1246

For schedule updates visit
The Red River Region's website at
www.redriverna.org

Suggestions

Go to meetings; don't use.
Avoid people, places and things
That you used with.
Get and use a sponsor.
Call people in the program.
90 meetings in 90 days.
Go early; stay late.

Keep coming back ... It works!

Narcotics Anonymous®

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. **There is only one requirement for membership, the desire to stop using.**



Just For Today Tell yourself...

Just For Today my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Just For Today I will have faith in someone in NA who believes in me and wants to help me in my recovery.

Just For Today I will have a program. I will try to follow it to the best of my ability.

Just For Today through NA I will try to get a better perspective on my life.

Just For Today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.



When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative; either go on as best we can to the bitter ends - jails, institutions or death - or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual - not religious - program, known as Narcotics Anonymous.

Basic Text

RED RIVER Region



Meeting Schedule




















Red River Region
Service Committee
P.O. Box 1461
Denison, TX 75021-1461

www.redriverna.org

1-888-851-1246

*Narcotics Anonymous is not
affiliated with any other organization.*

March 2015

Groups	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Antlers NA			<u>7</u>	<u>7</u>			
BBNA 	<u>7</u>	<u>7</u>	<u>7</u>	<u>7</u>	<u>7</u>	<u>7</u>	<u>7</u>
Full Circle  	----	<u>7:30</u>	----	<u>7:30</u>	----	-----	<u>7:30</u>
Keep It Simple  	----	----	----	----	----	8	<u>8</u>
Key To Life  	<u>8</u>	<u>Noon & 8</u>	<u>Noon & 8</u>	<u>Noon & 8</u>	<u>Noon & 8</u>	<u>8</u>	<u>Noon & 8</u>
Kiamichi Area  	----	<u>8 B</u>	<u>Noon & 8 B</u>	<u>8</u>	----	<u>8</u>	<u>8 CL</u>
My Brother's Keeper  			<u>7</u>		<u>7</u>		
New Freedom 	<u>8 B</u>	<u>8</u>	<u>8</u>	<u>8</u>	<u>8</u>	<u>8 CL</u>	<u>8</u>
Primary Purpose 	<u>7</u>	<u>7</u>	<u>7</u>	<u>7</u>	7	7	<u>7</u>
Refinishing 	<u>7 B</u>	<u>7</u>	<u>7</u>	<u>Noon</u>	<u>7</u>	----	
Soper NA  	----	----	<u>9</u>	----	<u>9</u>	----	<u>9</u>
Surrender  	<u>7:30 CL</u>		<u>7:30</u>		<u>7:30</u>	-----	----
Valliant House 	----	----	<u>7</u>	----	----	<u>7</u>	----

KEY: underlined = open to general public (other meetings are closed to non-addicts), (CL) = candlelight, (M) = men's, (W) = women's, (B) = book study. All meetings are p.m. unless marked a for a.m. Wheelchair indicates accessibility, not restrooms.

Antlers NA 415 SW 5 th Antlers, OK 74523	BBNA 103 W Memorial Broken Bow, OK 74728 across from car wash	Full Circle 301 W Maple 1 st United Methodist Church Whitewright, TX 75491	Keep It Simple 2915 Spur 503 Trinity Lighthouse Church Denison, TX 75020	Key to Life 501 NE 4 th E. Side Presbyterian West door Durant, OK 74701	Kiamichi Area 400 W Central Washington Comm Ctr, enter on Bissell St. Hugo, OK74743	My Brother's Keeper 1900 Hospital Blvd Boardroom Gainesville, Tx 76240	New Freedom 1428 Clarksville Paris, TX 75460 enter in back
Primary Purpose 1308 E. Sam Rayburn Dr. Bonham, TX 75481	Refinishing 314 "A" N. Walnut Sherman, TX 75090	Soper NA Soper Cafe Hwy70 Soper, OK 74759	Surrender Group 410 York St. Denison, TX 75069 United Methodist Church	Valliant House Women's Treatment Center 300 N. Dalton South Entrance Valliant, OK 74764			
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