



## MONDAY (Nevada)

**7:00AM** Good Morning Group (.75hr) 4800 Alpine Place **89107** (The Rooms) A2, C

**9:30AM** Addicts Living In Recovery, (1.25hr) 1329 S Commerce St. **89104** (Keeping It Real) A2

**10:45 AM** Morning Cup of Recovery, S. Rainbow Blvd; Ste. 107. **89118** (The Meeting Space) A2

**11:00AM** AM Miracles, 4600 S Nellis Blvd - Big Room. **89121**. (Triangle Club) A3, JFT,

**12:00PM** High Noon, 1061 Second St (First Step Club) NV **89048** A2

**12:00PM** Monday at a Time, 1798 Wigwam Pkwy, Henderson, **89074** (GV Pres Church) A3, CPC

**12:00PM** Not High At Noon (1.5hrs) 3990 Schiff Dr. Rm 3 **89103** (Serenity Club) A1, JFT, NC

**12:10PM** Welcome Home Group, 329 N.11<sup>th</sup> Street **89101** (TIE Club) A2

**2:30PM** Just For Today, 1401 N Decatur Blvd Suite 4 **89108** (3M Club) A2, SS

**5:00PM** Alive At Five, 4800 Alpine Place **89107** (The Rooms) A2

**5:00PM** Drugs No More, 350 N Moapa Valley Blvd, Overton **89040** (Moapa Valley Library) A2

**5:30PM** Accepting Changes, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2, CPC

**5:30PM** Moving On Group (1.5hr) 4800 Alpine Place **89107** (The Rooms) A2, JFT

**5:30pm HIP – Help Is Possible** 8200 W Sahara Ave, **89117** (Lakes Lutheran Church), A1

**6:00PM** Dope Busters, 1061 Second Street, Pahrump **89048** (First Step Club) A2, JFT

**6:30PM** Addicts Together, 900 E Karen Ave, Suite A202, **89109**. A2, LGBTQ, JFT

**6:30PM** Meeting of Hope, 78 East Lake Mead Pkwy Annex Bldg, Henderson **89015** (St Rose Delima Hospital) A3

**6:30PM** Monday Night Freedom, 3720 E Tropicana Ave, Basement Rm 11. **89121** (Community Lutheran Church). A3, LS, CPC

**7:00PM** Find Your True Self, 1120 Almond Ln, Ste. 302. **89104** (Aid for AIDS bldg) LGBTQ, A2

**7:00PM** Living Proof, 6115 S. Rainbow Blvd Ste. 107. **89118** (The Meeting Space), A1

**7:00PM** Si Nos Recuperamos (2hr) 1500 E Sahara Ave Suite C1, 89104. A2

**7:00** Solo Por Hoy (1.5 hr) 4800 Alpine Pl. Ste 17, **89107** (The Rooms) A2, C

**7:00PM** There Is No Substitute, 5320 E Lake Mead Ave **89156** (Living Waters Baptist Church) A2, CLM, LS, 3<sup>rd</sup> Mon = SPK

**7:00PM** Ultimate High Group (1.25hr), 1401 N Decatur Blvd Ste 4 **89108** (3M Club) A2, NC

**7:15PM** Addicts In Recovery (AIR) 3980 Schiff Dr. Rm 3 **89103** (Serenity Club) LS

**7:30PM** Straight Up NA 10450 Gilespe St., Room 203, 89183 (Epiphany Church) A3, LS, RF, C

**8:00PM** Follow Your Heart **“No Rules Monday”** (1,5hr) 2585 E. Flamingo Dr. Suite 5, **89121**. (Our Meeting Place) A2

**9:00PM** Stand 4 Something or Fall 4 Anything (1.25hr) 4800 Alpine Pl **89107** (Rooms) A2

**11:00PM** Sleepless Nights, 4800 Alpine Place **89107** (The Rooms) A2, CPC

## MONDAY (Arizona)

**8:00AM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**12:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, BS

**6:30PM** Born to Live, 1325 Ramar Rd., Bullhead City, **86442** (Hope United Methodist Church) A4, RF

**7:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**7:00PM** Kingman Group- 3269 Stockton-Hill Road, Mojave Rm, Kingman **86409** (Kingman Reg Med Center). A4

## MONDAY (California) – NONE

## MONDAY (Utah)

**12:00PM** NA Rox, 559 North 1060 East St George **84790** (Dixie Alano Club) A5, LC

**6:00PM** The Kiss Meeting, 559 North 1060 East, St George **84790** (Dixie Alano Club) A5

**6:30PM** H.O.P.E – Hold On Pain Ends, 56 East 200 South, Richfield **84701** (Presbyterian Church) A5

**7:00PM** Circle of Hope, 175 W 900 S, St George **84770** (Room at the Square) A5

**8:00PM** Basic Text Study, 1067 S Main St., Cedar City **84720** (Meeting Hall). A5, BT

## Twelve Traditions (continued)

trouble with individuals and groups outside the Fellowship. However, when we apply these principles, we avoid some of the pitfalls.

Many of our problems are like those that our predecessors had to face. Their hard won experience gave birth to the Traditions, and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

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## Standing Region & Area Committee Meetings

- Region 51 ASC meets every 3<sup>rd</sup> Sunday of *odd* numbered months at 4800 Alpine Pl., Las Vegas, (The Rooms) NV @ 11am.
- H&I (Hospitals and Institutions) subcommittee meets *every* 1st Saturday of the month at 4800 Alpine Pl., Las Vegas, NV (The Rooms) @ 11am. Sponsorship Behind the Walls meets one hour prior.
- PR (Public Relations) meeting is the 3<sup>rd</sup> Saturday of *every* month, 9:30am @ 4800 Alpine Place, Las Vegas, NV (The Rooms)
- North by Northwest (A1) ASC meeting is 2<sup>nd</sup> Tuesday of *every* month @ 6:30pm at 8200 W. Sahara Ave, Las Vegas, NV 89117. (Lakes Lutheran Church)
- Southern Nevada (A2) ASC meeting is the 2<sup>nd</sup> Sunday of *every* month at 1pm @ 4800 Alpine Place, Las Vegas, NV. (The Rooms)
- South Valley (A3) ASC meeting is *every* 3<sup>rd</sup> Wednesday at 6:00pm @ 3720 E. Tropicana Ave, Las Vegas, NV. (Community Lutheran Church)
- C.A.N (A4) ASC meeting is 1<sup>st</sup> Sunday of *every* month. Time & location vary. See web for details.
- NA of Southern Utah (A5) ASC is the 2<sup>nd</sup> Friday of *every* the month at 6:30pm. Locations vary. Check website for details.
- NA Convention Committee meets *every* 2<sup>nd</sup> Saturday of the month at 4800 Alpine Place, Las Vegas, NV (The Rooms) @ 10am

## Meeting Type Legend

AB – Topic, Ask the Basket, Topic Stick, Ticket Topic  
BS – Book Study  
BT – Basic Text Study  
C – Closed (addicts only, please)  
CPC – Chair Person Choice  
CLM – Candle Light Meeting  
JFT – Just For Today  
LC – Living Clean  
LS – Literature Study  
LGBTQ – Lesbian/Gay/Bisexual/Transgender/Question friendly  
MO – Men Only  
MT - Meditation  
NC – Newcomer  
NWC – No wheelchair access  
OD – Open Discussion  
P – Participation  
RF – Rotating Format  
RR – Round Robin  
SPK – Speaker Meeting  
SS – Step Study  
SWG – Step Working Guide Discussion  
TD – Topic Discussion  
TS – Tradition Study  
WO – Women Only

## Area Legend

A1 – North by Northwest Area  
A2 – Southern Nevada Area  
A3 – South Valley Area  
A4 – C.A.N Area  
A5 – NA of Southern Utah Area

## Conferences/Conventions

Region 51 Convention, August 2019  
Las Vegas, Nevada USA

NA World Convention (WCNA 38),  
2019 TBD

NASUA Area Convention 2019 TBD  
St. George, UT 84790

CAN Area Convention, 2019 TBD  
Laughlin, NV

## How It Works

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

1. We admitted that 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 that 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 our affairs.
- This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—easy does it.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these we are well on our way.

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about this.

Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

## The Twelve Traditions of NA

We keep what we have with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on NA unity.
  2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
  3. The only requirement for membership is the desire to stop using.
  4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
  5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
  6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
  7. Every NA group ought to be fully self-supporting, declining outside contributions.
  8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
  9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
  10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
  11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
  12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.
- Understanding these Traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups. It usually isn't until we get involved with service that someone points out that "personal recovery depends on NA unity," and that unity depends on how well we follow our traditions. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free.

By following these guidelines in our dealings with others, and society at large, we avoid many problems. That is not to say that our Traditions eliminate all problems. We still have to face difficulties as they arise: communication problems, differences of opinion, internal controversies, and

## TUESDAY (Nevada)

**7:00AM** Good Morning Group (.75hr) 4800 Alpine Place **89107** (The Rooms) A2, C

**9:30AM** Addicts Living In Recovery, (1.25hr) 1329 S Commerce St. **89104** (Keeping It Real) A2 JFT

**10:45AM** Morning Cup of Recovery, S. Rainbow Blvd; Ste. 107. **89118** (The Meeting Space) A2

**11:00AM** AM Miracles, 4600 S Nellis Blvd - Big Room. **89121** (Triangle Club) A3, JFT, LS

**12:00PM** High Noon, 1061 Second St (First Step Club) Pahump **89048** A2

**12:00PM** Not High At Noon (1.5hrs) 3980 Schiff Dr. Rm 3 **89103** (Serenity Club) A1, JFT, NC

**12:10PM** Welcome Home Group, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2

**2:30PM** Just For Today, 1401 North Decatur Blvd Suite 4 **89108** (3M Club) A2, AB

**5:30PM** Accepting Changes, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2, CPC

**5:30PM** Happy Joyous & Free, 120 N Pavilion Center Drive **89144**, Summerlin (Desert Springs United Methodist Church) A1, TD

**5:30PM** Just for Tuesday, 2 S Pecos Rd, Henderson, **89074** (Christ the Servant Church) A3, LS

**5:30PM** Letting Go Group (1.25hr) 1329 S Commerce St. **89104** (Keeping It Real) A2, JFT

**5:30PM** Moving On Group (1.5hr) 4800 Alpine Place **89107** (The Rooms) A2, AB

**6:00PM** Blind Faith Group, 6151 West Charleston **89146** (Trinity Methodist Church) A1 **Gate code 62883 (back side gate)**

**6:00PM** Hope In Pahump, 1061 Second St, (First Steps Club) **89048**. A2, OD, JFT

**6:15PM** Women In Recovery: Walking the Talk 4201 West Washington **89107** (All Saints Episcopal Church) A2, WO, RF

**6:30PM** Addicts Together, 900 East Karen Ave, Suite A202. **89109** A2, LGBTQ, LS

**6:30PM** Love & Respect, 3720 E Tropicana Ave Small Community Bldg **89121** (Community Lutheran Church). A3, OD, JFT, SPK first Tues of month.

**7:00PM** New Found Freedom, 544 Avenue H., (SafeNest) Boulder City, NV **89005** A3

**7:00PM** Si Nos Recuperamos (2hr) 1500 E Sahara Ave Suite C1, 89104. A2

**7:00PM** Nueva Generacion (Spanish)(1.25hr) 1401 N Decatur Blvd Suite #3. **89108** (3M Club) A2, AB

**7:00PM** Ultimate High Group. (1.25hr) 1401 N Decatur Blvd, Suite 4. **89108** (3M Club) A2, SS

**7:15PM** It Works How & Why, 6200 W Lone Mountain Bldg C Rm 120 **89130** A2, SS, TS

**8:00PM** Follow Your Heart **"Meditation Tuesday"** (1,5hr) 2585 E. Flamingo Dr. Suite 5, **89121**. (Our Meeting Place) A2

**9:00PM** Stand 4 Something or Fall 4 Anything (1.25hr) 4800 Alpine Place **89107** (The Rooms) A2, JFT

**11:00PM** Sleepless Nights, 4800 Alpine Place **89107** (The Rooms) A2, CPC

## TUESDAY (Arizona)

**8:00AM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**7:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**7:00PM** Kingman Group, 1739 E Beverly Cerbat Room, Kingman **86409** (KRMC Wellness Center) A4, P

**7:15PM** Turn the Page, 1664 Central Ave, Bullhead City **86442** (Lutheran Church). A4, BT, P

## TUESDAY (California) - NONE

## TUESDAY (Utah)

**12:00PM** NA Rox, 559 North 1060 East, St George **84770** (Dixie Alano Club) A5, BT

**6:00PM** Living Clean: the Journey Continues, 559 North 1060 East St George **84770** (Dixie Alano Club) A5, LC

**6:30PM** Dopeless Hope Fiends, 445 N. Main St., Kanab **84741** (SW Behavioral Health Ctr) A5, LC

**7:00PM** Lost and Found, 175 W 900 S, St. George, Utah **84770** (The Room at the Square) A5, LC

**8:45PM** We Unite On Tuesday Night, 1072 East 900 South St, St George **84790** (Grace Episcopal Church) A5, LS

## WEDNESDAY (Nevada)

**6:30AM** Wednesday's Wakeup, 2 S Pecos Rd  
**89074** (Christ the Servant Church) A3

**7:00AM** Good Morning Group (.75hr) 4800  
Alpine Place **89107** (The Rooms) A2, C

**9:30AM** Addicts Living In Recovery, (1.25hr)  
1329 S Commerce St. **89104** (Keeping It Real) A2

**10:45AM** Morning Cup of Recovery,  
6115 S. Rainbow Blvd, Ste. 107. **89118**  
(The Meeting Space), A2

**11:00AM** AM Miracles, 4600 S Nellis Blvd  
Big Room. **89121**. (Triangle Club) A3, JFT

**12:00PM** High Noon, 1061 Second St,  
Pahrump **89048** (First Step Club)A2

**12:00PM** Not High At Noon (1.5hrs) 3990  
Schiff Dr. Rm 3 **89103** (Serenity Club) A1, JFT, NC

**12:10PM** Welcome Home Group, 329 North  
11<sup>th</sup> Street **89101** (TIE Club) A2

**2:30PM** Just For Today, 1401 N Decatur  
Blvd Suite 4 **89108** (3M Club) A2

**5:30PM** Accepting Changes, 329 North 11<sup>th</sup>  
Street **89101** (TIE Club) A2, CPC

**5:30PM** Moving On Group (1.5hr) 4800 Alpine  
Place **89107** (The Rooms) A2, JFT

**6:30PM** Addicts Together, 900 East Karen  
Ave, Suite A202. **89109**. A2, LGBTQ, JFT

**6:30PM** Fish Out of Water Men's Group, 10450  
Gillespie St. Room 203 **89183**(Ephphany Church)  
A3, MO, BS

**6:30PM** Only One Requirement, 6424 W Chey -  
enne **89108**, (Vietnam Vets Chapter 17 Bldg) A1, BS

**6:30PM** Recovery Rocks, 8280 W Warm  
Springs Rd **89113** (St Rose Hospital) A1

**6:30PM** STAR – Start Talking About Recovery,  
(1.25 hr) 6151 W Charleston Blvd. **89146**,  
(Trinity United Methodist Church) A2

**6:30PM** The Darkness Within, 1420 E Harmon,  
**89119** (Center For Spiritual Living) A1, JFT,

**6:30PM** Wednesday's Women(Women Only  
Group), 1798 Wigwam Pkwy, Henderson, NV  
**89074** (Green Valley Presbyterian Church) A3, WO,  
CPC, P

**7:00PM** Language of the Heart, 4800 Alpine  
Place **89107** (The Rooms) A2, TD, SPK

**7:00PM** Message of Hope. Promise of Free-  
dom, 6232 N Jones Blvd **89130** (Lamb of God  
Lutheran Church) A1, RF

**7:00PM** Si Nos Recuperamos (2hr) 1500 E  
Sahara Ave Suite C1, 89104. A2

**7:00PM** Solo Por Hoy (1.5hr) 4800 Alpine Pl.  
Rm B (The Rooms) A2, C

**7:00PM** UltimateHighGroup, (1.25) 1401 N  
Decatur Blvd Ste 4 **89101** (3M Club)A2, LS

**7:00PM** Who's An Addict, 1061 Second St,  
Pahrump **89048** (Oasis Church) A2, BS

**8:00PM** Follow Your Heart "Literature Wednesday"  
(1.5hr) 2585 E. Flamingo Dr. Suite 5, **89121**.  
(Our Meeting Place) A2

**8:00PM** Mesquite, 150 N Yucca Dr. Rm 18 (Park  
on Willow St side) Mesquite **89027** A5, LS

**9:00PM** Stand 4 Something or Fall 4 Anything  
(1.25hr) 4800 Alpine Pl. **89107** (The Rooms) A2, BT

**9:15PM** Above the Clouds, 1125 Rainbow Blvd.  
**89107** (Vape Shop – Vaping but no smoking) A2

**11:00PM** Sleepless Nights, 4800 Alpine Place  
**89107** (The Rooms) A2, CPC

## WEDNESDAY (Arizona)

**8:00AM** Recovery on the River, 35 S Acoma  
Blvd, Lake Havasu City **86403**. A4, P

**12:00PM** Recovery on the River, 35 S Acoma  
Blvd, Lake Havasu City **86403**. A4, P

**7:00PM** Together We Can, 1325 Ramar Rd, Bull-  
head City, **86442** (United Methodist Church) A4, LS

**7:00PM** Recovery on the River, 35 S Acoma  
Blvd, Lake Havasu City **86403**. A4, P

**7:00PM** Kingman Group, 3269 Stockton Hill Rd,  
Ocotillo Rm, Kingman **86409** (Kingman Hosp)

## WEDNESDAY (California) - NONE

## WEDNESDAY (Utah)

**12:00PM** NA Rox, 559 North 1060 East, St  
George **84790** (Dixie Alano Club) A5, LS

**6:00PM** We-Covery, 559 North 1060 East, St George  
**84790** (Dixie Alano Club) A5, LGBTQ, RF

**8:00PM** Circle of Hope, 175 W 900 S, St. George,  
Utah **84770** (The Room at the Square) A5, LC

**8:00PM** Living Clean, 1067 S Main St, Cedar City  
**84720** (Keep Coming Back Meeting Hall) A5

## NA Meeting Readings/Recitations

### Serenity Prayer

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

### 3<sup>rd</sup> Step Prayer

Take my will and my life. Guide me in my  
recovery. Show me how to live.

### Who is an Addict?

Most of us do not have to think twice about this  
question. We *know!* Our whole life and thinking  
was centered in drugs in one form or another – the  
getting an using and finding ways and means to get  
more. We lived to use and used to live. Very simply,  
an addict is a man or woman whose life is  
controlled by drugs. We are people in the grip of a  
continuing and progressive illness whose ends are  
always the same: jails, institutions and death.

### What is the Narcotics Anonymous Program?

NA is a nonprofit 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. We suggest that you keep an  
open mind and give yourself a break. Our program  
is a set of principles written so simply that we can  
follow them in our daily lives. The most important  
thing about them is that they work.

There are no strings attached to NA. We are not  
affiliated with any other organizations. We have no  
initiation fees or dues, no pledges to sign, no  
promises to make to anyone. We are not connected  
with any political, religious, or law enforcement  
groups, and are under no surveillance at any time.

Anyone may join us regardless of age, race,  
sexual identity, creed, religion, or lack of religion.  
We are not interested in what or how much you  
used or who your connections were, what you have  
done in the past, how much or how little you have,  
but only in what you want to do about your  
problem and how we can help. The newcomer  
is the most important person at any meeting,  
because we can only keep what we have by giving  
it away. We have learned from our group  
experience that those who keep coming to  
our meetings regularly stay clean.

### Why Are We Here?

Before coming to the Fellowship of NA, we could  
not manage our own lives. We could not live and  
enjoy life as other people do. We had to have  
something different and we thought we had found

### Why Are We Here? (continued)

it in drugs. We placed their use ahead of the welfare  
of our families, our wives, husbands, and our  
children. We had to have drugs at all costs. We did  
many people great harm but most of all we harmed  
ourselves. Through our inability to accept personal  
responsibilities we were actually creating our own  
problems. We seemed to be incapable of facing life  
on its own terms.

Most of us realized that in our addiction we were  
slowly committing suicide, but addiction is such a  
cunning enemy of life that we had lost the power to  
do anything about it. Many of us ended up in jail or  
sought help through medicine, religion, and  
psychiatry. None of these methods was sufficient for  
us. Our disease always resurfaced or continued to  
progress until in desperation we sought help from  
each other in Narcotics Anonymous.

After coming to NA, we realized we were sick people.  
We suffered from a disease from which there is no  
known cure. It can, however, be arrested at some  
point and recovery is then possible.

### We Do Recover?

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 the years gone by, very few addicts ever  
had this last choice. Those who are addicted today  
are more fortunate. For the first time in man's entire  
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.

### 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.

## SUNDAY (Nevada)

**9:30AM** Addicts Living In Recovery, (1.25hr) 1329 S Commerce St. **89104** (Keeping It Real) A2

**9:30AM** Sunday Morning Meeting (1.5hr) 1401 N Decatur Blvd, Ste 4 **89108** (3M Club) A2, JFT

**10:00** BYOC - (Bring Your Own Coffee, 6402 McLeod Blvd, Ste 6. A3

**10:00AM** Women's Meeting (1.25hr) 3100 N Tenaya Ave. 1<sup>st</sup> Fl. Classroom, **89128** (Mountain View Hospital) A1, WO

**11:00AM** Still Working On It, 1061 Second Street, Suite A Pahrump, NV (1<sup>st</sup> Step Club) **89048**. A2, AB

**11:30AM** AM Miracles, 4600 S Nellis Blvd - Big Room (Triangle Club) **89121**. A3, JFT

**12:00PM** Not High At Noon (1.5hrs) 3990 Schiff Dr. Rm 3 **89103** (Serenity Club) A1, JFT, NC

**12:00PM** Si Nos Recuperamos (2hr) 1500 E Sahara Ave Suite C1, 89104. A2

**12:30PM** Welcome Home, 329 North 11<sup>th</sup> St **89101** (TIE Club) A2, SS

**1:30PM** Mesquite, 150 N Yucca Dr. Room 18, Mesquite, NV. **89027** Park on Willow St side. A5

**3:00PM** Carrying the Message (2hr) 1401 N Decatur, Rm 4 **89108** (3M Club) A2, C, LS

**4:00PM** H.O.W Group 6115 S. Rainbow Blvd Ste. 107. **89118** (The Meeting Space), A1

**5:30PM** Accepting Changes, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2, CPC

**5:30PM** Misfits (new beginnings) 8200 W Sahara Ave **89117** (Lakes Lutheran Church) A1

**5:30PM** Moving On Group (1.5hr) 4800 Alpine Place **89107** (The Rooms) A2, JFT

**6:00PM** It Works, How & Why 6200 W Lone Mountain Blvd, Bldg C, Rm 120. **89130**. A2, JFT

**6:00PM** Over the Hump (1.5hrs) 1061 Second Street, Suite A Pahrump, NV (Oasis Church) **89048**. A2, SS, TS

**6:00PM** Ultimate High Group (1.25 hrs) 1401 N Decatur Blvd, Ste 4. **89108** (3M Club) A2, SPK

**6:30PM** Addicts Together 900 E Karen Ave, Suite A202. **89109** A2, LGBTQ, JFT

**6:30PM** Positive Meeting, 2 S Pecos Rd, Henderson, NV **89074** (Christ the Servant Church) A3

**7:00PM** East Side Story, 1798 Wigwam Pkwy, Henderson, NV **89074** (Green Valley Presbyterian Church) A3, LS

**7:00PM** Si Nos Recuperamos (2hr) 1500 E Sahara Ave Suite C1, 89104. A2

**8:00PM** Follow Your Heart "Ask It Basket" (1,5hr) 2585 E. Flamingo Dr. Suite 5, **89121**. (Our Meeting Place) A2

**9:00PM** Stand 4 Something or Fall 4 Anything (1.25hr) 4800 Alpine Pl **89107** (The Rooms). A2

**11:00PM** Sleepless Nights, 4800 Alpine Place, **89107** (The Rooms) A2, CPC

## SUNDAY (Arizona)

**8:00AM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**12:00PM** Recovery on the River Women's Mtg, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, WO

**6:30PM** Second Chance At Life, 1260 Mohave Drive, Bullhead City. **86442** (Chaparral Golf Course in rear). A4, P

**7:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, BS

## SUNDAY (California) – NONE

## SUNDAY (Utah)

**10:00AM** Men's Spiritual Meeting, 559 North 1060 East St George **84790** (Dixie Alano Club) A5, MO

**11:00AM** Women's Spiritual Haven of Hope, 203 E. Cobblecreek Dr., Cedar City **84721** (Keep Coming Back Meeting Hall) A5, LS

**6:00PM** Sunday Night Candlelight NA, 559 North 1060 East St George **84770** (Dixie Alano Club) A5, CLM

**6:30PM** H.O.P.E – Hold On Pain Ends, 56 E 200 South, Richfield **84701** (Presbyterian Church) A5

**7:00PM** No Gram like the PROGRAM, 35 West St., Hurricane **84737** (Heritage Museum basement) A5, JFT

**7:30PM** Fresh Start, 244 West 900 North, Cedar City **84721** (Care & Share Emergency Shelter) A5, LS

**8:00PM** Dopeless Hope Fiends- 203 E. Cobblecreek Dr., Cedar City **84721** (Keep Coming Back Meeting Hall) A5, LS

## THURSDAY (Nevada)

**7:00AM** Good Morning Group (.75hr) 4800 Alpine Place **89107** (The Rooms) A2, C

**9:30AM** Addicts Living In Recovery, (1.25hr) 1329 S Commerce St. **89104** (Keeping It Real) A2, NC

**10:45AM** Morning Cup of Recovery, S. Rainbow Blvd; Ste. 107. **89118** (The Meeting Space) A2, BT, 1st THU of month SPK

**11:00AM** AM Miracles, 4600 S. Nellis Blvd - Big Room. **89121** (Triangle Club) A3, JFT

**12:00PM** High Noon, 1061 Second St, Pahrump (First Step Club) **89048** A2

**12:00PM** Not High At Noon (1.5hrs) 3990 Schiff Dr. Rm 3 **89103** (Serenity Club) A1, JFT, NC

**12:10PM** Welcome Home Group, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2

**2:30PM** Just For Today, 1401 N Decatur Blvd Suite 4 **89108** (3M Club) A2

**5:15PM** Drugs No More, 350 N Moapa Valley Blvd, Overton **89040** (Moapa Valley Library) A2

**5:30PM** Accepting Changes, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2, CPC

**5:30PM** Moving On Group (1.5hr) 4800 Alpine Place **89107** (The Rooms) A2

**6:00PM** The Henderspuns (1.2hr) 46 Magnesium St., Henderson 89015(51 Club)

**6:00PM** Only With Vigilance (1.5hr) 710 W Lake Mead Blvd. **89032** A2, BS, TS

**6:00PM** Peace of Mind, 800 N Bruce St., **89101** (Grapevine Fellowship) A3

**6:00PM** Surrender at 6, 8200 W Sahara Ave, **89117** (Lakes Lutheran Church), A1

**6:00PM** Girls Night Out, 6115 S. Rainbow Blvd Ste. 107. **89118** (The Meeting Space) A1, WO, RF

**6:30PM** Addicts Together, 900 E Karen Ave, Suite A202. **89109**. A2, LGBTQ, AB

**6:30PM** D.O.A., 4600 S Nellis Blvd – Patio Rm **89121** (Triangle Club) A1, SS, TS

**6:30PM** Courage to Change, 55 N Valle Verde Dr, Henderson **89074** (Congregation Ner Tamid) A3

**6:30PM** Experience, Strength & Hope (1.25 hr) 6670 W Cheyenne **89108** (Holy Spirit Lutheran Church) A1

**7:00PM** Back to the Rooms, 1061 Second St, Pahrump **89048** (First Step Club). A2, JFT

**7:00PM** Si Nos Recuperamos (2hr) 1500 E Sahara Ave Suite C1, 89104. A2

**7:00PM** Nueva Generacion (Spanish)(1.25hr) 1401 N Decatur Blvd Suite #3. **89108** (3M Club) A2, AB

**7:00PM** Ultimate High Group (1.25hr) 1401 N Decatur Blvd Suite 4. **89108** (3M Club) A2, AB

**7:15PM** Serenity Seekers, 5149 Kell Lane, **89156** (Bungalow Club) A2

**7:30PM** Humble Pie, 8280 W Warm Springs Rd **89113** (St Rose Hosp – St Martin Campus) A3

**8:00PM** Follow Your Heart "LiteratureThursday" (1,5hr) 2585 E. Flamingo Dr. Suite 5, **89121**. (Our Meeting Place) A2. **SPK last Thursday of the month.**

**9:00PM** Stand 4 Something or Fall 4 Anything (1.25hr) 4800 Alpine Pl **89107** (The Rooms) A2, SPK

**11:00PM** Sleepless Nights, 4800 Alpine Place **89107** (The Rooms) A2, CPC, OD

## THURSDAY (Arizona)

**8:00AM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4

**12:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4

**6:30PM** The Needles Meeting, 1409 Balboa St. Needles CA **92363, A4** O/HC/NS/B (CALI TIME)

**7:00PM** Recovery On the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, MO

**7:00PM** Kingman Group, 3269 Stockton Hill Rd., Mojave Rm A, Kingman **86409** (Kingman Reg Med Cntr) A4

**7:00PM** Under the Stars, Don Sullivan Park 2315 Balboa Dr, Bullhead City **86442** – Enter on Lakeside & Chaparral corner side. Fire Pit on left. Bring a chair. A4

## THURSDAY (California) – NONE

## THURSDAY (Utah)

**12:00PM** NA Rox, 559 North 1060 East, St George **84790** (Dixie Alano Club) A5, LS

**6:00PM** Living In the Moment, 559 North 1060 East, St George **84790** (Dixie Alano Club) A5

**6:30PM** Cope Without Dope, Legion Hut, Kanab **84741**. A5

**8:00PM** It Works How & Why, 203 E. Cobblecreek Dr., Cedar City **84721** (Keep Coming Back Meeting Hall) A5, LS

## **FRIDAY (Nevada)**

**7:00AM** Good Morning Group (.75hr) 4800 Alpine Place **89107** (The Rooms) A2, C

**9:30AM** Addicts Living In Recovery, (1.25hr) 1329 S Commerce St. **89104** (Keeping It Real) A2

**10:45AM** Morning Cup of Recovery, 6115 S. Rainbow Blvd, Ste. 107. **89118** (The Meeting Space), LS

**11:00AM** AM Miracles, 4600 S Nellis Blvd – Big Room. **89121** (Triangle Club) A3, JFT

**12:00PM** Circle of Recovery, 1798 Wigwam Pkwy Bldg C, Henderson, **89074** (Green Valley Presbyterian Church) A3

**12:00PM** High Noon, 1061 Second St (First Step Club) **89048** A2

**12:00PM** Not High At Noon (1.5hrs) 3990 Schiff Dr. Rm 3 **89103** (Serenity Club) A1, JFT, NC

**12:10PM** Welcome Home Group, 329 N. 11<sup>th</sup> Street **89101** (TIE Club) A2, SPK

**2:30PM** Just For Today, 1401 N Decatur Blvd Suite 4 **89108** (3M Club) A2

**5:30PM** Accepting Changes, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2, SPK

**5:30PM** Friday Nite Bunch, 9300 W Sunset Rd, Educ Rm 1&2, **89148** (Southern Hills Hosp) A3

**5:30PM** Letting Go Group (1.25hr) 2108 Revere St. rear entrance (Genesis II) **89030** A2, JFT

**5:30PM** Moving On Group (1.5hr) 4800 Alpine Place **89107** (The Rooms) A2, JFT

**5:30AM** Positive Vibes, (2hr) 1329 S Commerce St. **89104** (Keeping It Real) A2

**6:00PM** Dope Free Fridays, 401 S Maryland Blvd, **89108** (The Center) A1, JFT

**6:00PM** More Will Be Revealed, 120 N Pavilion Center Dr., Summerlin, NV **89144** (Desert Springs United Methodist Church) A1, LS

**6:00PM** Ultimate High Group (1.25hr) 1401 N Decatur Blvd, Ste 4. **89108** (3M Club) A2, CLM, AB

**6:30PM** Addicts Together, 900 E Karen Ave, Suite A202. **89109** A2, LGBTQ, BS

**6:30PM** Primary Purpose, 10450 Gilespe St., Room 203, 89183 (Epiphany Church) A3, LS

**6:30PM** Serenity, 615 College Dr. Henderson, **89002** (Highland Baptist Church) A3

**7:00PM** Anything Is Possible, 4800 Alpine Place. Ste 17 **89107** (The Rooms) A2, C, LC

**7:00PM** Friday Night Live, 3852 Palos Verdes Suite 40, **89119** (Freedom House) A1

**7:00PM** TGIF Group, 1061 Second Street, Pahrump **89048** (Oasis Church) A2, LS

**7:00pm** Solo Por Hoy (1.5hr) 4800 Alpine Place. Ste 17 **89107** (The Rooms) A2, C

**7:00PM** Si Nos Recuperamos (2hr) 1500 E Sahara Ave Suite C1, 89104. A2

**7:00PM** PM Recovery, 8200 W Sahara Ave, **89117** (Lakes Lutheran Church), A1, LS

**8:00PM** Mesquite, 150 N Yucca Dr. #18, **89027** (Park on Willow Street side) A4, LS

**8:00PM** Whose House Is It & Who Cares Anyway? (1.25hr) 4412 S. Maryland Pkwy Room 1. **89119** (United Methodist Church) A2, CLM, CPC

**9:00PM** Stand 4 Something or Fall 4 Anything (1.25hr) 4800 Alpine Pl **89107** (The Rooms) A2, SS

**11:00PM** Sleepless Nights, 4800 Alpine Place **89107** (The Rooms) A2, CPC, 3<sup>rd</sup> FRI = SPK

## **FRIDAY (Arizona)**

**8:00AM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**12:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4

**7:00PM** Lake Havasu Group, 35 S Acoma Blvd, Lake Havasu City **86403**. A4

**7:00PM** Kingman Group, 3269 Stockton-Hill Rd., Mojave Rm A, Kingman **86409** (Kingman Reg Med Cntr). A4

**7:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**7:30PM** Just For Today, 2625 Landon Dr. Bullhead City **86429** (Desert Shores Community Baptist Church) A4, BS, CLM

## **FRIDAY (California) – NONE**

## **FRIDAY (Utah)**

**12:00PM** NA Rox, 559 North 1060 East, St. George **84790** (Dixie Alano Club) A5, LS

**6:30PM** H.O.P.E – Hold On Pain Ends, 56 E 200 South (Presbyterian Church) Richfield **84701**. A5, BS

**7:30PM** Newcomer Meeting (1.25hr), 474 West 200 North, Rm 208, St George **84770** (SW Behavioral Health Ctr.) A5, NC, JFT

**8:00PM** Live & Let Live, 1067 S Main St, Cedar City **84720** (Keep Coming Back Meeting Hall) A5, OD

## **SATURDAY (Nevada)**

**9:00AM** AM Miracles, 4600 S Nellis Blvd - Big Room **89121** (Triangle Club) A3, BS

**9:00AM** Saturday Morning Recovery, 6200 Lone Mountain Rd Bldg C Rm 120, **89130** (Canyon Ridge Christian Church) A1, JFT

**9:30AM** Addicts Living In Recovery, (1.25hr) 1329 S Commerce St. **89104** (Keeping It Real) A2

**10:00AM** Man to Man, 1401 N Decatur Blvd Suite 4 **89108** (3M Club) A2, MO, SPK

**10:00AM** Sisters Taking Steps (1.25hr) 1431 E Charleston Blvd. Ste 9, **89101**. A3, WO

**10:00AM** Learning to Walk The Steps 3990 Schiff Dr. Rm 3 **89103** (Serenity Club) NC, A2

**10:45AM** Morning Cup of Recovery, 6115 S. Rainbow Blvd, Ste. 107. **89118** (The Meeting Space), A2

**11:00AM** In Times of Illness, 1061 Second St (First Steps Club), Pahrump **89048** A2, LS

**12:00PM** Not High At Noon (1.5hr) 3990 Schiff Dr, Rm 3 **89103** (Serenity Club) A1, NC

**12:00PM** Si Nos Recuperamos (2hr) 1500 E Sahara Ave Suite C1, 89104. A2

**12:00PM** Steps to Freedom, 101 S Rancho Room 6, **89106** (First Christian Church) A1

**12:10PM** Welcome Home Group, 329 N 11<sup>th</sup> Street **89101** (TIE Club) A2

**2:30PM** House of Recovery, 1401 N Decatur Blvd Suite 4, **89108** (3M Club) A2

**2:30PM** Letting Go Group, 1329 S Commerce St, **89101** (Keepin It Rea) A2, JFT or SPK

**4:00PM** Lost and Found – **CLOSED 5.19**

**5:00PM** Drugs No More, 350 N Moapa Valley Blvd, Overton **89040** (Moapa Valley Library) A2

**5:30PM** Accepting Changes, 329 North 11<sup>th</sup> Street **89101** (TIE Club) A2, CPC

**5:30PM** Moving On Group (1.5hr) 4800 Alpine Place **89107** (The Rooms) A2, TD

**6:00PM** Gifts of Recovery, 1061 Second St (First Step Club), Pahrump **89048**. A2

**6:00PM** Henderspuns (1.2 hr) 46 Magnesium St, Henderson, **89015** (51 Club) A3

**6:00PM** Saturday Night Surrender, 3100 North Tenaya Ave **89128** (Mountain View Hospital) A1, TD

**6:00PM** Ultimate High Group, (1.25hr) 1401 N Decatur Blvd Ste 4 **89108** (3M Club) A2, JFT

**6:30PM** Addicts Together, 900 East Karen Ave, Suite 202. **89109**. A2 LGBTQ, JFT

**7:00PM** New Found Freedom, 544 Avenue H. Boulder City **89005** (SafeNest) A3

**7:00PM** Si Nos Recuperamos (Spanish) (2hr) 1500 E. Sahara Ave, Ste C **89104** A2, C

**7:15PM** Serenity Seekers, 5149 Kell Lane, **89156** (Bungalow Club) A2

**7:30PM** Boys 2 Men, 1061 Second Street, Pahrump **89048** (First Step Club) A2, MO, BS

**7:30PM** Saturday Night Unloaded, 2 Pecos Rd, Henderson **89074** (Christ the Servant Church) A3, LS

**9:00PM** Stand 4 Something or Fall 4 Anything (1.25hr) 4800 Alpine Pl **89107** (The Rooms) A2, CLM

**11:00PM** Sleepless Nights, 4800 Alpine Place **89107** (The Rooms) A2, SPK

## **SATURDAY (Arizona)**

**8:00AM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**12:00PM** Lake Havasu Group, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, P

**7:00PM** Attitude TO Gratitude, 1325 Ramar Rd., Bullhead City, **86442** (Hope United Methodist Church) A4

**7:00PM** Recovery on the River, 35 S Acoma Blvd, Lake Havasu City **86403**. A4, 2nd Sat of month = SPK

**7:00PM** Kingman Group, 1739 E Beverly, Wellness Center Cerbat Rm., Kingman **86409** (KRCM Wellness Center). A4

## **SATURDAY (California) - NONE**

## **SATURDAY (Utah)**

**10:00AM** Circle of Sisters, 559 North 1060 East, St George **84790** (Dixie Alano Club) A5, WO

**10:00AM** Men's Meeting, 559 North 1060 East, St George, **84790** (Dixie Alano Club) A5, MO

**4:00PM** Stress Less, 68 West 400 South, Legion Hut, Kanab **84741**. A5

**8:00PM** Bridging the Gap (1.5hrs) 559 North 1060 East, St George **84770** (Dixie Alano Club) A5, BT

**9:30PM** Glimmer of Hope, 203 E. Cobblecreek Dr., Cedar City **84721** (Keep Coming Back Meeting Hall) A5, LS

**Miles Between Some Cities Served (approximate).**

Kingman, AZ to Bullhead City, AZ	40 miles	Las Vegas, NV to Cedar City, UT	171 miles
Kingman, AZ to Mesquite, NV	185 miles	Las Vegas, NV to St. George, UT	120 miles
Kingman, AZ to Cedar City, UT	274 miles	Mesquite, NV to Las Vegas, NV	81 miles
Kingman, AZ to Needles, CA	63 miles	Mesquite, NV to Pahrump, NV	143 miles
Lake Havasu, AZ to Bullhead, City, AZ	64 miles	Mesquite, NV to Needles, CA	281 miles
Lake Havasu, AZ to Kingman, AZ	62 miles	Pahrump, NV to Lake Havasu, AZ	205 miles
Lake Havasu, AZ to Mesquite, NV	235 miles	Pahrump, NV to Bullhead City, AZ	152 miles
Lake Havasu, AZ to Cedar City, UT	324 miles	Pahrump, NV to Kingman, AZ	152 miles
Las Vegas, NV to Boulder City, NV	25 miles	Pahrump, NV to Cedar Center, UT	231 miles
Las Vegas to Bullhead City, AZ	102 miles	St George, UT to Cedar City, UT	53 miles
Las Vegas, NV to Pahrump, NV	65 miles	St George, UT to Mesquite, NV	40 miles
Las Vegas, NV to Lake Havasu, AZ	150 miles	St George, UT to Kingman, AZ	223 miles
Las Vegas, NV to Kingman, AZ	103 miles	St George, UT to Pahrump, AZ	180 miles

**C.A.N**



**ST. GEORGE, UTAH**



