

**SUNDAY / DOMINGO**

**10:00AM 1HR Living in the Solution**, 785 Musick St., Red Bluff, CA, 96080 **(O)**

**NOON 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,WC,BK,LC)**

**7:00PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,WC)**

**7:00PM 1HR Red Bluff NA Group**, 785 Musick Ave., Red Bluff, CA, 96080 **(O)**

**7:00PM 1HR Willows Unity Group**, Birthday night last sunday, 926 Sycamore Street, Willows, CA, 95988 **(O,To)**

**MONDAY / LUNES**

**11:00AM 1.5HR Time for Change Group**, 1439 Lincoln St., Red Bluff, CA, 96080 **(O,D,To)**

**NOON 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,BT,WC)**

**5:55PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,D,JT,WC)**

**7:00PM 1HR Corning NA Group**, St. Andrews Episcopal Church, Speaker meeting on 2nd and 4th Monday, 820 Marin St., Corning, CA, 96021 **(O,D)**

**7:00PM 1HR Orland Mustard Seed Group**, First Christian Church, 635 A Street, Orland, CA, 95963 **(C,D,To,WC)**

**7:00PM 1HR Red Bluff NA Group**, 785 Musick Ave., Red Bluff, CA, 96080 **(O)**

**7:00PM 1.5HR Serenity at Seven Group**, Anderson Church of Christ, 3434 North St., Anderson, CA, 96007 **(C,RF,SB)**

**7:00PM 1HR Willows Unity Group**, 926 Sycamore Street, Willows, CA, 95988 **(O)**

**TUESDAY / MARTES**

**10:00AM 1HR Living in the Solution**, 785 Musick St., Red Bluff, CA, 96080 **(O)**

**NOON 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,WC)**

**5:30PM 1HR Willows Unity Virtual Group**, Willows, CA, 95988 **(O,VM)** Zoom ID: 107-370-215 Password: 4cRq9Z

**7:00PM 1HR Corning NA Group**, St. Andrews Episcopal Church, 820 Marin St., Corning, CA, 96021 **(O,D)**

**7:00PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,WC)**

**7:00PM 1HR Red Bluff NA Group**, 785 Musick Ave., Red Bluff, CA, 96080 **(O)**

**7:00PM 1HR Time for Recovery Group**, Assembly of God Church, 3320 Brush Street, Cottonwood, CA, 96022 **(O,D,To)**

**7:00PM 1HR Willows Unity Group**, 926 Sycamore Street, Willows, CA, 95988 **(O)**

**WEDNESDAY / MIÉRCOLES**

**9:30AM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,WC)**

**11:00AM 1.5HR Time for Change Group**, 1439 Lincoln St., Red Bluff, CA, 96080 **(O,D,To)**

**NOON 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT)**

**5:00PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,WC,BK)**

**7:00PM 1HR Corning NA Group**, St. Andrews Episcopal Church, 820 Marin St., Corning, CA, 96021 **(O,D)**

**7:00PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,So,WC)**

**7:00PM 1HR Red Bluff NA Group**, 785 Musick Ave., Red Bluff, CA, 96080 **(O)**

**7:00PM 1HR Willows Unity Group**, 926 Sycamore Street, Willows, CA, 95988 **(O)**

**THURSDAY / JUEVES**

**10:00AM 1HR Living in the Solution**, 785 Musick St., Red Bluff, CA, 96080 **(O)**

**NOON 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,WC)**

**NOON 1HR Willows Unity Group**, 926 Sycamore Street, Willows, CA, 95988 **(O,D)**

**7:00PM 1HR Back To Basic Group**, Vineyard Church, 738 Walnut Street, Red Bluff, CA, 96080-3704 **(O,WC,NS)**

**7:00PM 1HR Corning NA Group**, St. Andrews Episcopal Church, 820 Marin St., Corning, CA, 96021 **(O,D)**

**7:00PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,D,To,WC)**

**7:00PM 1HR Time for Recovery Group**, Assembly of God Church, 3320 Brush Street, Cottonwood, CA, 96022 **(O,SD,To)**

**7:00PM 1HR Willows Basic Recovery**, 311 S. Villa Street, Willows, CA, 95988 **(C,D,To)** Zoom ID: 107-370-215 Password: 4cRq9Z

**FRIDAY / VIERNES**

**11:00AM 1.5HR Time for Change Group**, 1439 Lincoln St., Red Bluff, CA, 96080 **(O,D,To)**

**NOON 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,WC)**

**5:55PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,JT,WC)**

**7:00PM 1HR Corning NA Group**, St. Andrews Episcopal Church, Birthday Night last Friday and Bingo first Friday., 820 Marin St., Corning, CA, 96021 **(O,D)**

**7:00PM 1HR Red Bluff NA Group**, 785 Musick Ave., Red Bluff, CA, 96080 **(O)**

**7:10PM 1HR Orland Mustard Seed Group**, First Christian Church, 635 A Street, Orland, CA, 95963 **(O,D)**

**8:00PM 1HR Willows Unity Group**, 926 Sycamore Street, Willows, CA, 95988 **(CL,To)**

**SATURDAY / SÁBADO**

**10:00AM 1HR Living in the Solution**, Business Meeting at 1:30 on 3rd Saturday, 785 Musick St., Red Bluff, CA, 96080 **(O)**

**NOON 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,WC,GP)**

**5:30PM 1HR Willows Unity Virtual Group**, Willows, CA, 95988 **(O,VM)** Zoom ID: 107-370-215 Password: 4cRq9Z

**7:00PM 1HR Orland Back to Basics Group**, 717 5th Street, Orland, CA, 95963-1706 **(O,D,To,TW,WC)**

**7:00PM 1HR Red Bluff NA Group**, No Meeting on Last Saturday of month., 785 Musick Ave., Red Bluff, CA, 96080 **(O)**

**7:00PM 1HR Time for Change Group**, Last Saturday of month, 1439 Lincoln St., Red Bluff, CA, 96080 **(O,D,To)**

**7:00PM 1HR Willows Unity Group**, 926 Sycamore Street, Willows, CA, 95988 **(O,D,To)**

**MEETING FORMAT LEGEND**

BK	Book Study	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	GP	Guiding Principles
JT	Just for Today	LC	Living Clean
NS	No Smoking	O	Open
RF	Rotating Format	SB	Smoke Break
SD	Speaker/Discussion	So	Speaker Only
TW	Traditions Workshop	To	Topic
VM	Virtual Meeting	WC	Wheelchair

**HELPLINES**

Shasta/Trinity Area	800-764-1081
Greater Butte Area	877-669-1669
Area de Habla Hispana de Norte California	855-667-2262

**SERVICE MEETINGS**

**River Cities Area Service Committee** (ASC) meets 3rd Sunday at 1:15 PM at 785 Musick St., Red Bluff, CA



**RIVER CITIES AREA OF  
NARCOTICS ANONYMOUS**

**MEETING LIST**

**MAY 2022**

**24 HOUR HELPLINE**

"Coming Soon"

<https://rivercities-na.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: 51

**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