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.
- We made a decision to turn our will and our lives over to the care of God as we understood Him.
- We made a searching and fearless moral inventory of ourselves.
- We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 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.
- We made direct amends to such people wherever possible, except when to do so would injure them or others.
- 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.

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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 and 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.

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A listing in this directory is not meant to imply endorsement or approval of the group's practice of the principles and traditions of Narcotics Anonymous. The groups listed in this directory are included at their request. Narcotics Anonymous does not endorse, finance, or lend the N.A. name to any related facility or outside enterprise.

Narcotics Anonymous_®



MEETING DIRECTORY

EASTERN INLAND EMPIRE July

Meeting Codes:

- C) Closed; for addicts only
- (O) Open; all are welcome
- (S) Smoking
- (NS) No Smoking
- (H) Handicapped accessible
- (P) Participation
- (CH) Children Welcome

24-HOUR HELPLINE

(800) 397-2333 (909) 370-3568

Visit the Eastern Inland Empire Web Site at:

www.eietodayna.org

www.todayna.org

SUNDAY

FONTANA (O-P)7:00 A.M
16577 Upland Ave. "Sunrise Attitude Adjustment"
RIVERSIDE (O-P-H)7:00 A.M
3891 Ridge Rd., 92501 "Morning Fix"
FONTANA (BBQ 1st Sunday) 2:00 P.M
Seville Park, "2:00 Recovery"
RIVERSIDE (O-P-Kid Friendly) 2:00 P.M
3504 Mission Inn. Ave., "Shakes to Cakes"
MORENO VALLEY (O-S-H-P) 3:00 P.M
21516 Dracea & Old Hwy 215, "Awakenings"
FONTANA (O-P-TOPIC-Kid Friendly) 5:00 P.M
16557 Upland Ave. (St. Lukes), "Carry the Message"
NORCO (O-S-CH-HC)
1769 Western Avenue, Room 108 "Higher Power Hour"
FONTANA (O-P-CH)
16557 Upland Ave. (St. Lukes), "Leaders Choice"
SAN BERNARDINO (O,P,H, 3rd Sunday Spkr.) 7:00 P.M
939 N. D St. "Home Away from Home"
RIVERSIDE (C-NS-No Children-P-Women) 5:00 P.M
5770 Arlington Ave, "In Times of Illness" 1st Sunday each Month
RIVERSIDE (C-NS-CH-P-H)
5770 Arlington Ave, "Seeking Our Serenity"
<u> </u>

MONDAY

RIVERSIDE (O-P-H)
3891 Ridge Rd., 92501 "Morning Fix"
COLTON (O-P-S-H)
1076 S. Santo Antonio Ste B, "Morning Wake Up"
FONTANA (O-P-S-N/CH-H)NOON
16577 Upland Ave., "Noon NA Meeting"
COLTON (O-P-H)NOON
1076 S. Santo Antonio Ste. B, "Noon Brown Baggers"
RIVERSIDE (O-P-H-CH)NOON
4070 Jackson St., St. Michaels Church, "Cup of Hope"
RIVERSIDE (1HR, BOOK STUDY) 6:30 P.M.
3575 University, "The Last Door"
COLTON (O-P-S-CH)
1106 La Cadena, "Keep Coming Back"
SAN BERNARDINO (O-P-S)
903 E. 3rd. Street, "Cornerstone Recovery"
RIVERSIDE (O-P-S-CH-Speaker 3rd Monday) 7:00 P.M.
at the "Plum House" 3882 12th St. "Road to Recovery"
MORENO VALLEY(O-P-BKST)
12660 Indian St. "Get A Grip"
CORONA (O-P-H-Speaker 1st Monday)7:30 P.M.
280 E. Ontario Ave. (Peace Lutheran) "Recovery is a Way of Life"
FONTANA (O-P-H-Child Friendly)
9260 Mango, "Freedom To Change"

TUESDAY

COLTON (O-P-S-H)	9:00 A.M.
1076 S. Santo Antonio Ste B, "Morning Wake Up"	
FONTANA (O-P-S-N/CH-H)	NOON
16577 Upland Ave., "Noon NA Meeting"	
COLTON (O-P-H)	NOON
1076 S. Santo Antonio Ste. B, "Noon Brown Baggers	n .
RIVERSIDE (O-P-H-CH)	
4070 Jackson St., St. Michaels Church, "Cup of Hope	"
FONTANA (O-P-Speaker 4th Tuesday)	. 6:00 P.M.
17046 Marigold Ave. Kaiser CDRP, "Old School"	
FONTANA (O-P)	. 7:00 P.M.
16577 Upland, "Recovery Happens Here"	
MORENO VALLEY (O-P)	. 7:00 P.M.
12660 Indian Ave, "Keep Comming Back"	
RIVERSIDE (O-P-CH-H)	. 7:00 P.M.
4495 Magnolia Ave., "Simple Choices"	
RIVERSIDE (O-NS-NO CHILDREN)	. 7:30 P.M.
5770 Arlington Ave. (Wesley Methodist), "Just For To	oday"
CORONA (O-P-S-TAG)	
280 E. Ontario Ave. (Peace Lutheran) "New Beginning	<u>gs</u> "
	-

WEDNESDAY

RIVERSIDE (O-P-H)
3891 Ridge Rd., 92501 "Morning Fix"
RIVERSIDE (O-P-NO CHILDREN) 8:00 A.M.
1777 Atlanta Ave. (Parole Office), "From Chains to Change"
COLTON (O-P-S-H)
1076 S. Santo Antonio Ste B, "Morning Wake Up"
FONTANA (O-P-S-N/CH-H)NOON
16577 Upland Ave., "Noon NA Meeting"
COLTON (O-P-H)NOON
1076 S. Santo Antonio Ste. B, "Noon Brown Baggers"
RIVERSIDE (O-P-H-CH)NOON
4070 Jackson St., St. Michaels Church, "Cup of Hope"
PERRIS/MEAD VALLEY (BOOK STUDY) 6:00 P.M.
19450 Clark, Building B "NA Bookstudy"
RIVERSIDE (BK STUDY-MEN-NS)7:30 P.M.
5900 Brockton Ave., "Men In Recovery"
RIVERSIDE (O-LGBTS)7:30 P.M.
3504 Mission Inn Ave. "Friends of Dorthy"
(First Congretional Church)
FONTANA (O-P)
16577 Upland (at Chantry) "God Shot"
RIVERSIDE (O-P-CH-YOUTH)
5770 Arlington Ave, "The Basic Meeting, Youth Encouragement"

THURSDAY

RIVERSIDE (O-P-H)	6:30 A.N
3891 Ridge Rd., 92501 "Morning Fix"	
COLTON (O-P-S-H)	9:00 A.N
1076 S. Santo Antonio Ste. B, "Morning Wake Up"	
FONTANA (O-P-S-N/CH-H)	NOO
16577 Upland Ave., "Noon NA Meeting"	
COLTON (O-P-H)	NOOI
1076 S. Santo Antonio Ste. B, "Noon Brown Baggers"	
RIVERSIDE (O-P-H-CH)	NOOI
4070 Jackson St., St. Michaels Church, "Cup of Hope"	

PERRIS (O-P-BOOK TOPIC)	. 6:30 P.M.
375 E. Ramona Expressway, "Clean Living" (CRA Gar	neroom)
RIVERSIDE (O-P-S-H)(PLEASE NO CHILDREN).	6:30 P.M.
5860 Arlington Ave. "Just An Addict" (Parking in dirt E. sid	de of the bldg
MORENO VALLEY (Topic Discussion-Spkr 2nd Thur)	7:30 P.M.
12660 Indian St., "Clean & Serene At Last"	
RIVERSIDE (O-P)	7:00 P.M.
3347 La Rue St. "Over The Tracks"	
RIVERSIDE (O-P-S-CH-H)	7:30 P.M.
3882 12th, at the Plum House "Mugs Not Drugs"	
FONTANA (O-TOPIC-CHIPS)	7:00 P.M.
16577 Upland "Meetings Meetings Meetings"	
PERRIS (O-NS-NC-H)	8:00 P.M.
24201 Orange Ave., "Experience, Strength & Hope"	

FRIDAY

TRIDAT		
RIVERSIDE (O-P-H)		
3891 Ridge Rd., 92501 "Morning Fix"		
COLTON (O-P-S-H) 9:00 A.M.		
1076 S. Santo Antonio Ste B, "Morning Wake Up"		
FONTANA (O-P-S-N/CH-H)NOON		
16577 Upland Ave., "Noon NA Meeting"		
COLTON (O-P-H-1ST FRI SPEAKER)NOON		
1076 S. Santo Antonio Ste. B, "Noon Brown Baggers"		
RIVERSIDE (O-P-H-CH)NOON		
4070 Jackson St., St. Michaels Church, "Cup of Hope"		
FONTANA (OPEN-STICK TOPICNS)		
16577 Upland Ave. @ St. Luke's "Weekend Pass"		
SAN BERNARDINO (O-P-S)		
903 E. 3rd St, "Cornerstone of Recovery"		
MORENO VALLEY (TOPIC-TAG) 7:00 P.M.		
March AFB Building 962 "Wheel of Recovery"		
RIVERSIDE (O,P,NS)		
3504 Mission Inn Ave. "Finally Friday"		
(First Congretional Church)		
RIVERSIDE (O-H-P)		
5770 Arlington Ave, "Kid Friendly Meeting of NA"		
SAN BERNARDINO (O-P-NS-H)		
1354 N. G St, "Friday Night Live"		
CORONA (O-P, 1st & 2nd Candlelight, 3rd & 4th Wheel of Recovery).7:30 P.M.		
510 W. Foothills Parkway, "Friday Night Candlelight"		

SATURDAY

COLTON (O-P-NS-CH-H)
1076 S. Santo Antonio Ste. B, "No Matter What"
RIVERSIDE (O-P-H)
3891 Ridge Rd., 92501 "Morning Fix"
MORENO VALLEY (O-BOOKSTUDY) 10:00 A.M.
21516 Dracea, Corner of Dracea & Old Hwy 215, "Jump Start"
SAN BERNARDINO (O-P)
1605 N. Sierra Way, "RCSMP Meeting"
RIVERSIDE (P)
FONTANA (O-P-H-S-CH)
16577 Upland Avenue, "Young Recovery in the Hood"
RIVERSIDE (O-P-NS-Children Welcome) 2:00 P.M.
7620 Cypress, (Alano Club) "Reality Check"
FONTANA (O-P-Book Study)
16577 Upland Ave. "Back to the Basics"
RIVERSIDE (O-P-CH-H)6:30 P.M.
4495 Magnolia Avenue 92501 "Hope Not Dope"
SAN BERNARDINO (O-P)
785 N. Arrowhead (St. Paul's Church), "New Beginnings"
RIVERSIDE (O-P-CH- SPK last Sat. of month) 7:30 P.M.
891 Blain St. (Lutheran Church) "Addicts in Recovery"
COLTON (O-P-S-H)
1076 S. San Antonio, "Lets Smile For Awhile"
NORCO (O-H-S-P-STICK TOPIC)
3625 Corona, "Message Of Recovery"
PERRIS (TOPIC, SPEAKER FIRST SATURDAY) . 7:30 P.M.
375 E. Ramona Expressway, "Stay No Matter What" (CRA Gameroom)
FONTANA (O-P-2HRS)
16577 Upland Ave. " <u>Curb Side Cross Talk"</u>
Care State Cress Tain

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.

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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.

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En Español **(888) NA-AHORA**

Telephone Numbers