

AREA BUSINESS MEETINGS

Phone Numbers

MEETING LIST

1st & 3rd Saturday at 3:00 PM

Call Travis for August

3rd Sunday at 3:00 PM

Literature Subcommittee

Harm Reduction Center of S O

832 Highland St. Roseburg

3rd Sunday at 3:00 PM

Public Relations Subcommittee

Harm Reduction Center of S O

832 Highland St. Roseburg

PR/H&I Orientation @ 2:30 PM

3rd Sunday at 4:00 PM

Hospitals and Institutions Subcommittee

Harm Reduction Center of S O

832 Highland St. Roseburg

3rd Sunday at 5:00 PM

Activities Subcommittee

Harm Reduction Center of S O

832 Highland St. Roseburg

4th Tuesday at 7:00 PM

Area Service Committee

Douglas County Court House

Rm. 310

Horizontal lines for phone numbers



www.uvana.org

INFORMATION AND HELPLINE

(541) 957-1489

PO BOX 163

WINCHESTER, OR 97495

July-August 2010

*“Is there a surrender I need to make today?
I will remember my first surrender and remind
myself that I don’t need to fight anymore.”*

JFT Ed June 23

*“Just for today, you never have to use
again!”*

Basic Text, 6th Ed. page xxiii

Sunday

Primetime – 7 to 8:30 PM

St. George's Episcopal Church
1024 SE Cass St. Roseburg (O,SB,W)

Clean & Free – 6:30 PM

Evergreen Park
Howland & Cedar Roads
Myrtle Creek (O,BS)
(last Sunday of the month – Bar-B-Q
At 5:30 – before the meeting)

Monday

Need-a-Nooner – 12 PM

First Presbyterian Church
823 SE Lane St. Roseburg (O,W)

Grateful Heads – 7 PM

Drug Education Center
109 E Central Ave. Sutherlin (O,W)
(building with red door)

Tuesday

Need-a-Nooner – 12 PM

See Monday's address (O,W)

Happy Valley – 7 PM

Green Comm. Church (In the back)
3776 Carnes Rd. Green (O,W)

Second Chance – 7 PM

Westside Christian Church (Men's)
2712 W Harvard Blvd. Roseburg (C,M,W)

Wednesday

Need-a-Nooner – 12 PM

See Monday's address (O,W)

From the Heart – 7 PM

Westside Christian Church (Women's)
2712 W Harvard Blvd. Roseburg (O,Wm)

Learning to Live Again – 7 PM

Blue Ridge Apartments
Rec Room (Next to Office)
317 SW Hart St., Winston (O,W)
Park on SW Civil Bend by the cemetery

Thursday

Need-a-Nooner – 12 PM

See Monday's address (O,W)

New Way – 7:00 PM

First Presbyterian Church
823 SE Lane St. Roseburg (O,W)

Grateful Heads – 7:00 PM

See Monday's address (O,W)

Friday

Need-a-Nooner – 12 PM

See Monday's address (O,W)

Road to Recovery – 7 PM

United Methodist Church
131 4th St. Dillard (O,W)

Saturday

Saturday Book Study – 10 to 11:30 AM

St. George's Episcopal Church
1024 SE Cass St. Roseburg (C,BS)

Recovery Rocks!! – 6:30 PM

United Methodist Church
131 4th St. Dillard (O,W)

All meetings 1 hour except as noted.

Legend

O=Open C=Closed BS=Book Study
SB=Smoke Break W=Wheelchair
SS=Step Study Wm=Women's
M=Men's

It is never too early to establish a personal program of daily action. Taking daily action is our way of taking responsibility for our recovery. Instead of picking up that first drug, we do the following:

- **Don't use, no matter what**
- Go to an NA meeting
- Ask your Higher Power to keep you clean today
- Call your sponsor
- Read NA literature
- Talk to other recovering addicts
- Work the Twelve Steps of Narcotics Anonymous
- **Don't use, no matter what**

If this meeting list is more than three months old call the helpline, 957-1489 for current meeting information. Or go online to www.uvana.org