

## SUNDAY

**6:30PM Clean & Free**, Myrtle Creek Community Center, Side entrance, 435 Northwest 2nd Avenue, Myrtle Creek, **(O,BT,D,WC,BK)**

**7:00PM Prime Time**, Redeemer's Anex, Wheelchair accessible on Jackson Street, one block west at 729, 729 Southeast Main Street, Roseburg, **(O,CL,To,WC)**

## MONDAY

**NOON A Spiritual Awakening**, -Westside Christian Church, Education Building, 2712 W Harvard Ave, Roseburg, **(O,D,WC,CW)**

**6:30PM N.T.D.N.T.**, Deer Creek Village Community Room, Wayne Crooch Room 18, 2843 NE Douglas Ave, Roseburg, **(O,To,WC,CW)** *4th Monday Book study*

**7:00PM Grateful Heads**, United Methodist Church, Basement, 181 East 2nd St., Sutherlin, **(O,BT,D,WC)**  
*Basic Text Study*

## TUESDAY

**7:00PM Happy Valley**, Westside Christian Church, 2712 West Harvard Avenue, Roseburg, **(O,D,WC)**

*Dessert Potluck Every 2nd Tuesday*

## WEDNESDAY

**7:00PM Learning To Live Again**, Faith Lutheran Church Elca, Library, 820 West Kenwood Street, Roseburg, **(O,WC,CW)**

## THURSDAY

**7:00PM New Way**, Westside Christian Church, 2712 West Harvard Avenue, Roseburg, **(O,To,WC)** *1st Thurs Flip & Tag Meeting*

## FRIDAY

**NOON A Spiritual Awakening**, -Westside Christian Church, Education Building, 2712 W Harvard Ave, Roseburg, **(O,CW)**

**7:00PM Live!**, First Presbyterian Church, 823 SE Lane Ave, Roseburg, **(O,CW)**

## SATURDAY

**6:00PM Saturday Night Serenity**, Westside Christian Church, 2712 West Harvard Avenue, Roseburg, **(O,WC,CW)**

## MEETING FORMAT LEGEND

BK	Book Study	BT	Basic Text
CL	Candlelight	CW	Children Welcome
D	Discussion	O	Open
To	Topic	WC	Wheelchair

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 12 STEPS OF NARCOTICS ANONYMOUS
- DON'T USE NO MATTER WHAT

For events and meeting lists go to [www.uvana.org](http://www.uvana.org) or call the helpline 541-957-1489

**AREA BUSINESS MEETINGS**

**AREA SERVICE COMMITTEE**

7pm 4TH Tuesday of each Month  
Westside Christian Church 2712 W Harvard Ave,  
Roseburg, OR

**H&I/PR**

12:30PM 2nd Sunday Of Each Month  
Roseburg SR. Center 2712 W Harvard Ave,  
Roseburg, OR

**ACTIVITIES**

4:30PM 3rd Sunday Of Each Month  
Roseburg SR. Center 1614 SE Stephens St. Roseburg,  
OR

**MEN'S RETREAT SUBCOMMITTEE**

5:30PM 3rd Sunday Of Each Month  
St. George Episcopal Church 1024 SE Cass St.  
Roseburg, OR

**WOMEN'S RETREAT  
SUBCOMMITTEE**

6pm 1st Friday of each Month  
Abby's Pizza 2585 NE Diamond Lake Blvd. Roseburg,  
OR

**PHONE LIST OF CLEAN CONNECTIONS**

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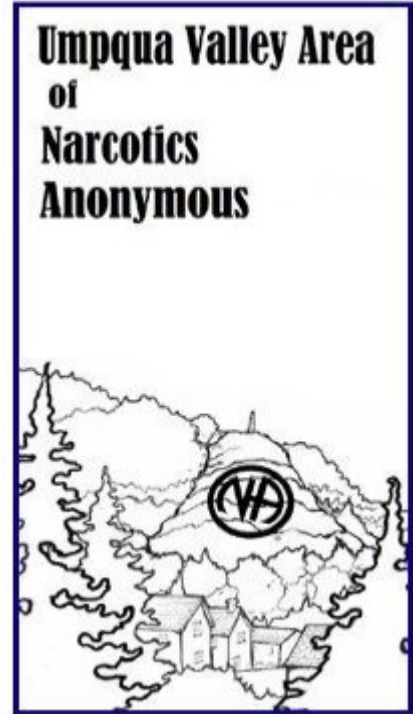
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**UMPQUA VALLEY AREA  
NARCOTICS ANONYMOUS  
MEETING LIST**



**YOU ARE NOT ALONE  
WE CAN HELP  
541-957-1489  
HELPLINE**



**NA PHONE LINE  
541-957-1489**