



**THUMB AREA
MEETING LIST
OCTOBER 2018**

**24 HOUR HELPLINE
800-230-4085**

**Thumb Area Service Committee
<http://michigan-na.org/thumb-area>**

**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: 8

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.**

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