

SUNDAY / DOMINGO
7:00AM 1HR saNAtized Just for Today Zoom Online/Phone Meeting , Zoom Meeting ID 9097950464 Password 987654, California, (O,JT,VM) (I)
8:30AM 1.5HR Addicts from the Asphalt , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,D,Sm,WC) (Yucaipa)
11:30AM 1.5HR Ravishing Renegades , Women Only, 325 Alabama Street Suite 5, Redlands, California, 92373 (O,W,LS) (Redlands)
7:00PM 1.5HR Broken Window , ARK Church of the Nazarene, Room 15, 1307 East Citrus Avenue, Redlands, CA, 92374 (O,D,CW) (Redlands)
7:00PM 1HR Simply Sunday , St. Alban Episcopal Church Potluck Last Sunday at 6pm, 12692 5th Street., Yucaipa, CA, 92399 (O,D,WC,NS) (Yucaipa)
7:30PM 1.5HR NA Mentone Bonfire , 1340 Olivine Avenue, Mentone, CA, 92359 (O,Sm,WC) (Mentone)
MONDAY / LUNES
7:00AM 1HR Morning Miracles , Center for Spiritual Living, In the Kinder Hall, 2404 North Golden Avenue, San Bernardino, California, 92404 (O) (San Bernardino)
7:00AM 1HR saNAtized Just for Today Zoom Online/Phone Meeting , Zoom Meeting ID 9097950464 Password 987654, Redlands, California, (O,JT,VM) (Redlands)
8:30AM 1HR Addicts from the Asphalt , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,D,Sm,WC) (Yucaipa)
9:30AM 1HR Addicts in the Attic Online/Phone Zoom Meeting , Zoom Meeting ID 87096210567 Password 987654, California, (O,D,VM) (I)
6:30PM 1.5HR Anonymous Stag , 325 Alabama Street Suite 5, Redlands, California, 92373 (O,M,NC,NS) (Redlands)
7:00PM 1.5HR Cornerstone , Cornerstone Church-Nazarene, 903 East 3rd Street, San Bernardino, California, 92410 (O) (San Bernardino)
7:00PM 1.5HR Keep Coming Back and Stay , Mental Health Systems, 1076 San Antonio Drive, Colton, California, 92324 (O,B,D,Sm,CW) (Colton)
7:00PM 1HR Ladies Night Book Study , Yucaipa Church of God, 12477 13th Street, Yucaipa, CA, 92399 (O,W,BK,CW) (Yucaipa)
7:30PM 1.5HR Monday Night Live , Redlands Unity Club, 1307 Brookside Avenue, Redlands, CA, 92373 (O,D,To,NS) (Redlands)
TUESDAY / MARTES
7:00AM 1HR Morning Miracles , Center for Spiritual Living, In the Kinder Hall, 2404 North Golden Avenue, San Bernardino, California, 92404 (O) (San Bernardino)
7:00AM 1HR saNAtized Just for Today Zoom Online/Phone Meeting , Zoom Meeting ID 9097950464 Password 987654, California, (O,JT,VM) (I)
8:30AM 1HR Addicts from the Asphalt , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,D,Sm,WC) (Yucaipa)
9:30AM 1HR Addicts in the Attic Online/Phone Zoom Meeting , Zoom Meeting ID 87096210567 Password 987654, California, (O,D,VM) (I)

6:00PM 1HR Tuesday Night Spot , Empowered Living Community Church, 2347 North Sierra Way, San Bernardino, California, 92405 (O) (San Bernardino)
7:00PM 1.5HR Keep Coming Back , IVRS, Book Study Leader Share Only, 939 North D Street, San Bernardino, California, 92410 (O,CS,BK) (San Bernardino)
7:00PM 1.5HR Old School Men's Stag Spiritual Principle a Day Meeting , Suite B, 5395 North F street, San Bernardino, California, 92407 (O,M,SPAD) (San Bernardino)
7:00PM 1.5HR The Zoo , The ARK Church, East side of rear parking lot Goodwin Hall ., 1307 E Citrus Avenue, Redlands, California, 92374 (O,D,WC,NS) (Redlands)
7:00PM 1.5HR Together We Can , Bethany Presbyterian Church, 1773 North Riverside Avenue, Rialto, California, 92376 (O,WC,LS) (Rialto)
7:30PM 1.5HR TNT , Faith Lutheran Church BRING YOUR OWN CHAIR, Meeting is outside, bring your own chair., 12449 California Street, Yucaipa, CA, 92399 (O,WC,NS) (Yucaipa)
WEDNESDAY / MIÉRCOLES
7:00AM 1HR Morning Miracles , Center for Spiritual Living, In the Kinder Hall, 2404 North Golden Avenue, San Bernardino, California, 92404 (O) (San Bernardino)
7:00AM 1HR saNAtized Just for Today Zoom Online/Phone Meeting , Zoom Meeting ID 9097950464 Password 987654, California, (O,JT,VM) (I)
8:30AM 1HR Addicts from the Asphalt , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,D,Sm,WC) (Yucaipa)
9:30AM 1HR Addicts in the Attic Online/Phone Zoom Meeting , Zoom Meeting ID 87096210567 Password 987654, California, (O,D,VM) (I)
12:30PM 1HR Women Recovering , Inland Behavioral Health Services, 1963 North E Street, San Bernardino, California, 92405 (O,W) (San Bernardino)
7:00PM 1.5HR Experience, Strength and Hope , Building is across from the round table pizza entrance. Guest speaker last Wednesday of the month., 27995 Highland Ave., Highland, CA, 92346 (C,D,NC,WC,NS) (Highland)
7:00PM 1.5HR Mountain High Meeting , Blue Jay Village Alano Club, Looking at Rite Aid it's to the far left of it., 27219 CA-189, Blue Jay, Ca, 92317 (O,SPAD) (Blue Jay)
7:00PM 1.5HR Women Do Recover , No Children Allowed, Women Only, 325 Alabama Street Suite #5, Redlands, California, 92373 (O,NC,W) (Redlands)
7:30PM 1.5HR Does Anybody Care , Redlands Unity Club, 1307 Brookside Avenue, Redlands, CA, 92373 (O,SP,WC) (Redlands)
7:30PM 1.5HR Stick Topic Meeting , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,WC,NS) (Yucaipa)
THURSDAY / JUEVES
7:00AM 1HR Morning Miracles , Center for Spiritual Living, In the Kinder Hall, 2404 North Golden Avenue, San Bernardino, California, 92404 (O) (San Bernardino)
7:00AM 1HR saNAtized Just for Today Zoom Online/Phone Meeting , Zoom Meeting ID 9097950464 Password 987654, California, (O,JT,VM) (I)
8:30AM 1HR Addicts from the Asphalt , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,D,Sm,WC) (Yucaipa)

9:30AM 1HR Addicts in the Attic Online/Phone Zoom Meeting , Zoom Meeting ID 87096210567 Password 987654, California, (O,D,VM) (I)
5:00PM 1HR True Recovery , 1525 North D Street, San Bernardino, California, 92405 (O,OE) (San Bernardino)
6:00PM 1.5HR Let it Begin with Me , Belong Church - Please Bring a Chair, front of church no children allowed, 324 West 40th Street, San Bernardino, CA, 92407 (C,BT,D,NC,W,WC,BK,NS) (San Bernardino)
6:30PM 1.5HR Message of Hope , Rialto Bible Fellowship, 101 North Olive Avenue, Rialto, California, 92376 (O) (Rialto)
7:00PM 1.5HR No Fronts , The ARK Church, East side of rear parking lot Goodwin Hall ., 1307 East Citrus Avenue, Redlands, CA, 92374 (O,D,To,WC,CW) (Redlands)
7:30PM 1.5HR Clean & Serene , Jerry L Pettis Memorial Veterans Hospital, Enter rear door by ER second floor room 2B-149, 11201 Benton Street, Loma Linda, California, 92357 (O,D,WC,NS) (Loma Linda)
7:30PM 1.5HR Couch Potato , Faith Lutheran Church BRING YOUR OWN CHAIR, 12449 California Street, Yucaipa, Ca., 92399 (O,To,NS) (Yucaipa)
FRIDAY / VIERNES
7:00AM 1HR Morning Miracles , Center for Spiritual Living, In the Kinder Hall, 2404 North Golden Avenue, San Bernardino, California, 92404 (O) (San Bernardino)
7:00AM 1HR saNAtized Just for Today Zoom Online/Phone Meeting , Zoom Meeting ID 9097950464 Password 987654, California, (O,JT,VM) (I)
8:30AM 1HR Addicts from the Asphalt , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,D,Sm,WC) (Yucaipa)
9:30AM 1HR Addicts in the Attic Online/Phone Zoom Meeting , Zoom Meeting ID 87096210567 Password 987654, California, (O,D,VM) (I)
7:00PM 1.5HR New Beginnings , Inland Valley Recovery Services, 939 North D Street, San Bernardino, CA, 92410 (O,D,WC,NS) (San Bernardino)
7:30PM 1.5HR Friday Night Book Study Meeting , No Pets Allowed, 27397 Baseline Street, Highland, California, 92346 (O,BK) (Highland)
7:30PM 1.5HR It's An Inside Job Dealers Choice , First United Methodist Church, 1 East Olive Avenue, Redlands, CA, 92373 (IW,JT,SG,To,Tr,WC,BK,LS,SPAD) (Redlands)
7:30PM 1.5HR TGIF - Thank God it's Friday , Faith Lutheran Church BRING YOUR OWN CHAIR, Meeting is outside, bring your own chair., 12449 California Street, Yucaipa, CA, 92399 (O,D,WC,NS) (Yucaipa)
9:00PM 1.5HR Friday Mando N.A. , IVRS, 939 North D Street, San Bernardino, CA, 92410 (O,JT,WC) (San Bernardino)
SATURDAY / SÁBADO
7:00AM 1HR Morning Miracles , Center for Spiritual Living, In the Kinder Hall, 2404 North Golden Avenue, San Bernardino, California, 92404 (O) (San Bernardino)
7:00AM 1HR saNAtized Just for Today Zoom Online/Phone Meeting , Zoom Meeting ID 9097950464 Password 987654, California, (O,JT,VM) (I)
8:30AM 1.5HR Addicts from the Asphalt , Suite G, 13340 California Street, Yucaipa, CA, 92399 (O,D,Sm,WC) (Yucaipa)

9:30AM 1HR Addicts in the Attic Online/Phone Zoom Meeting , Zoom Meeting ID 87096210567 Password 987654, California, (O,D,VM) (I)
6:00PM 1.5HR Last Call for Recovery , IVRS, 939 North D Street, San Bernardino, California, 92410 (O,SP,WC) (San Bernardino)
7:00PM 1.5HR Hard Won Experience , The Unity Club, 1307 Brookside Avenue, Redlands, CA, 92373 (O,WC,NS) (Redlands)
9:00PM 1.5HR Do It In The Dark , Mental Health Systems, 1076 San Antonio Drive, Colton, CA, 92324 (O,CL,D,WC) (Colton)
11:00PM 1.5HR Bermuda Triangle , Bethany Presbyterian Church, 1773 North Riverside Avenue, Rialto, CA, 92376 (O,D,Sm,To,WC) (Rialto)

[illegible]

**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.**



(909) 795-0464
www.iefoothillsna.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: 62