

SUNDAY / DOMINGO

7:00AM 1HR Early Risers, (C,D,JT,VM) *Zoom ID: 862-5870-0838, Password: 1UpEarly!*
10:00AM 1.5HR A Mind Full of Recovery, Bend, OR, 97701-6015 **(O,RF,So,To,VM,LS)**
Zoom ID: 652-140-9866, Password: 447646

6:00PM 1.5HR Sick and Awakened Literature, Rebel's Roost, 703 North Main Street, Prineville, OR, 97754-1140 **(O,BT,IP,WC)** *Zoom ID: 761-003-419 Password: 123456*
7:00PM 1.5HR Basic Serenity, Turning Points, 389 SW Scalehouse Ct, Suite 120, Bend, OR, 97702 **(O,St)**

7:00PM 1.5HR To Reinvent A Perspective (T.R.A.P.), Redmond Alano Club, 4th & Antler, 337 W Antler Ave., Redmond, OR, 97756 **(O)**

7:00PM 1.5HR Ultimate High Group, The Door Church, 16430 3rd Street, La Pine, OR, 97739 **(O)**

MONDAY / LUNES

7:00AM 1HR Early Risers, (C,D,JT,VM) *Zoom ID: 862-5870-0838, Password: 1UpEarly!*
NOON 1HR The Nooner, 358 NE Marshall Ave, Bend, OR, 97701 **(NC,NS,NEC)**

6:00PM 1HR Early Risers After Dark, OR, **(C,JT,VM)** *Zoom ID: 854 3832 8800, Password: 1UpLate!*

6:00PM 1HR Out of The Crossfire, First Presbyterian Church, 230 NE 9th Street, Bend, OR, 97702 **(O)**

6:30PM 1HR Rock Bottom Hope, United Methodist Church, Rear Entrance by Children's Playground, 49 NE 12th Street, Madras, OR, 97741 **(To,Tag)** *No smoking/ Rear entrance by children's playground*

7:00PM 1.5HR Freedom from Addiction, LIFE: A Foursquare Church, 74 S Alvord Ave., Burns, OR, 97720 **(O)**

7:00PM 1.25HR Keep it Lit, The Door church, 16430 3rd Street, La Pine, OR, 97739 **(CL)**

7:00PM 1.25HR Primary Purpose, Alano Club, Upstairs, 4th & Antler, 337 West Antler Avenue, Redmond, OR, 97756-1845 **(O,BT,CL)** *Zoom ID: 388-775-772, Password: Carrymsg21*

7:30PM 1HR Sick and Awakened, Rebel's Roost, 703 North Main Street, Prineville, OR, 97754-1140 **(O,D,WC,LS)** *Zoom ID: 594-174-313 Password: 123456*

10:00PM 1HR Early Risers After Dark, (C,VM) *Zoom ID: 854 3832 8800, Password: 1UpLate!*

TUESDAY / MARTES

7:00AM 1HR Early Risers, (C,D,JT,VM) *Zoom ID: 862-5870-0838, Password: 1UpEarly!*

5:30PM 1HR Living and Enjoying Life, First Presbyterian Church, 230 NE 9th St., Bend, OR, 97702 **(O)**

7:00PM 1.5HR Don't be Late, The Door, 16430 3rd St, La Pine, OR, 97739 **(O,D,To,WC)**

7:00PM 1.5HR Just for Today, Church of Christ, 554 Northwest Newport Avenue, Bend, OR, 97701 **(O,JT)**

7:30PM 1.5HR Sick and Awakened, Living with purpose, Rebel's Roost, 703 North Main Street, Prineville, OR, 97754-1140 **(O,D,WC)**

WEDNESDAY / MIÉRCOLES

7:00AM 1HR Early Risers, (C,D,JT,VM) *Zoom ID: 862-5870-0838, Password: 1UpEarly!*

7:00PM 1.25HR Choosing Freedom, First Presbyterian Church, 230 NE 9th Street Bend OR, Bend, OR, 97702

7:00PM 1HR Found Souls, The Door, 16430 3rd St, La Pine, OR, 97739 **(O) 3rd Wednesday Potluck Speaker Meeting 6pm - 8pm**

7:00PM 1.5HR Hoodlums Haven, Turning Points, 389 SW Scalehouse Ct, Suite 120, Bend, OR, 97702 **(O,M,SD,So,WC)**

7:00PM 1.5HR Keep it Real, Christmas Valley Community Hall, behind store, 87345 Holly Lane, Christmas Valley, OR, 97641-2400 **(O,D,WC,BK)**

7:00PM 1HR Sick and Awakened, Rebel's Roost, 703 North Main Street, Prineville, OR, 97754-1140 **(D,To,WC)** *Zoom ID: 288-502-433 Password: 123456*

7:30PM 1HR Just For Today, Alano Club, 337 W Antler Ave, Redmond, OR, 97756 **(O)**

7:30PM 1.25HR Rainbow Bloc, The Base (Downstairs), MED, 5 NW Franklin Ave, Bend, OR, 97701 **(O,B,LGBT)**

THURSDAY / JUEVES

7:00AM 1HR Early Risers, (C,D,JT,VM) *Zoom ID: 862-5870-0838, Password: 1UpEarly!*

6:00PM 1HR Early Risers After Dark, OR, **(C,JT,VM,LS)** *Zoom ID: 854 3832 8800, Password: 1UpLate!*

7:00PM 1.5HR Don't be Late, The Door, 16430 3rd St, La Pine, OR, 97739 **(O,BT,WC)**

7:00PM 1.5HR Girls Night Out, Trinity Episcopal Church, 469 NW Wall St., Bend, OR, 97701 **(O,RF,W,WC)**

7:00PM 1.25HR Happy Joyous & Free, Turning Points, 389 SW Scalehouse Ct, Suite 120, Bend, OR, 97702 **(O,D,To,WC)**

7:00PM 1HR We Got The Power! (S&A), Rebel's Roost, 703 North Main Street, Prineville, OR, 97754 **(O)**

FRIDAY / VIERNES

7:00AM 1HR Early Risers, (C,So,VM) *Zoom ID: 862-5870-0838, Password: 1UpEarly!*

7:00PM 1.5HR Above the Influence, Alano Club, 4th & Antler, 337 West Antler Avenue, Redmond, OR, 97756-1845 **(O,D,SD,To,WC)**

7:00PM 1.5HR Thank God it's Friday, Nativity Lutheran Church, 60850 Brosterhous Rd, Bend, OR, 97702 **(O,To)**

7:00PM 1HR Unloaded, The Door, 16430 3rd St, La Pine, OR, 97739 **(O,B,To,WC,CW,GP)**

7:30PM 1HR Sick and Awakened, Rebels roost, 703 North Main street, Prineville, OR, 97754 **(SD)**

SATURDAY / SÁBADO

7:00AM 1HR Early Risers, (C,D,JT,VM) *Zoom ID: 862-5870-0838, Password: 1UpEarly!*

9:00AM 1HR Meeting Makers Make It, Rebel's Roost, 730 N Main St. Prineville, OR 97754, Prineville, OR, 97754 **(M)**

3:00PM 1HR Meeting Makers Make It, Rebel's Roost, 730 N Main St. Prineville, OR 97754, Prineville, OR, 97754 **(W)**

5:00PM 1.5HR Saturday Night Basic Text, Church of Christ, 554 Northwest Newport Avenue, Bend, OR, 97701 **(O,BT,D,WC)**

5:30PM 1HR Sick and Awakened, Rebel's Roost, 703 North Main Street, Prineville, OR, 97754-1140 **(O,CL,WC,YP,OE,CW)** *Zoom ID: 294-829-987 Password: 123456*

7:00PM 1.5HR Saturday Night Live, The Door, 16430 3rd Street, La Pine, OR, 97739-8002 **(O,BT,WC)**

7:00PM 1.5HR So Fresh & So Clean, Turning Points, 389 SW Scalehouse Ct suite 120, Bend, OR, 97702 **(O,D,WC,YP)**

MEETING FORMAT LEGEND

B	Beginners	BK	Book Study
BT	Basic Text	C	Closed
CL	Candlelight	CW	Children Welcome
D	Discussion	GP	Guiding Principles
IP	Informational Pamphlet	JT	Just for Today
LGBT	LGBTQ+	LS	Literature Study
M	Men	NC	No Children
NEC	No Electronic Cigarettes	NS	No Smoking
O	Open	OE	Open-Ended
RF	Rotating Format	SD	Speaker/Discussion
So	Speaker Only	St	Step
Tag	Tag Meeting	To	Topic
VM	Virtual Meeting	W	Women
WC	Wheelchair	YP	Young People

SERVICE MEETINGS

Area Service Committee Meets at 2:00 pm
 On the first Sunday of the month at
 the Redmond Alano Club
 337 W. Antler Ave. (4th & Antler)

Public Relations Subcommittee meets at 12:15 pm
 On the first Sunday of the month at
 the Redmond Alano Club
 337 W. Antler Ave. (4th & Antler)



CENTRAL OREGON HIGH DESERT AREA

MEETING LIST

FEBRUARY 2024

24 HOUR HELPLINE

541-416-2146

<https://cohdana.org>

<https://na.org>

PO Box 125, Redmond, OR 97756

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.

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.**

Basic Text, page 65

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: 47