

**EAST TENNESSEE RIDGES OF
RECOVERY**



**MEETING LIST
DECEMBER 2024**

Narcotics Anonymous

Serving Dandridge, Jefferson City,
Morristown, New Market-Newport,
Rogersville

1-877-295-7707 www.etror.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: 2