

SUNDAY

8:30AM - Came To Believe (O, D, WC)
club 1944 30th St, Golden Hills, CA, 92102 *Came To Believe*

9:00AM - Living the Dream (O, JT, WC)
center 4649 Hawley Blvd, San Diego, CA, 92116 *33rd Street at Meade Avenue.*

NOON - Noon at the Park (O, D, \$)
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

NOON - Normal Heights Noon Meeting (O, D, WC, \$)
rec rm; enter back gate 4531 36th St, Normal Heights, CA, 92116

5:00PM - The Journey Continues (O, WC, LC)
Life Community Center 6244 El Cajon Blvd., San Diego, CA

6:30PM - Spiritual Freedom (O, WC, L, \$)
coffee house 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

7:00PM - SerenitySeekers (O, D, \$)
4286 49th St, City Heights, CA, 92115

7:30PM - New Beginnings (O, JT, WC, \$)
hosp rear (@ Meadowlark dr (rear parking lot)) 7850 Vista Hill Ave, San Diego, CA, 92123 *Entrance and parking on Meadowlark Drive at Vista Hill Avenue*

8:00PM - Principals B 4 Personalities (O, D, GL, \$)
club 1730 Monroe Ave, University Heights, CA, 92116 *Club*

8:15PM - Living in Recovery (O, D, WC)
church (Spk 3rd Sun) 4177 Marlborough Ave, San Diego, CA, 92105 *enter off Orange Ave*

MONDAY

8:30AM - Here and Now (O, D)
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

9:00AM - Hang in There (O, D, \$)
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

NOON - High Noon (O, D, WC, \$)
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

NOON - Noon at the Park (O, D, \$)
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

1:30PM - Afternoon Delight (O, TO, \$)
club 1944 30th St, South Park, CA, 92102

4:00PM - You Shuld Have Been There (O, D, WC, \$)
buzz in 72 17th St & Imperial SW corner, San Diego, CA, 92101

6:00PM - Men Of Hope (O, D, M, WC)
L.I.F.E Community Center 6244 El Cajon Blvd #22, San Diego, CA, 92115

6:30PM - It Works, How and Why (C, IW, ST, \$)
center (@ Maple) 2602 First Ave, San Diego, CA, 92101 *at Maple St*

6:30PM - Monday Night Special (O, D)
club 1944 30th St, South Park, CA, 92102 *At Grape Street*

6:30PM - Signs of Life (C, TO)
center (Spk 4th Mon) 4649 Hawley Blvd, Normal Heights, CA, 92116

7:15PM - Monday Nite 11th Step (C, D, WC, L)
L.I.F.E. Community Center (11th Step) 6244 El Cajon Blvd. Suite 22, San Diego, CA, 92115

8:00PM - Round Robin (O, D, GL)
club 1730 Monroe Ave, San Diego, CA, 92116 *Club*

10:00PM - Insomniaddicts (O, D)
L.I.F.E Cmmunity Center 6244 El Cajon Blvd. #22, San Diego, CA, 92115

TUESDAY

8:30AM - Here and Now (O, D)
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

9:00AM - Hang in There (O, D, \$)
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

NOON - High Noon (O, D, \$)
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

NOON - Noon at the Park (O, D, \$)
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

4:00PM - Central Area Basic Text Study (O, BT, \$)
coffee shop 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

4:00PM - Just for Tuesday (O, D, WC, \$)
buzz in 72 17th St & Imperial SW Corner, San Diego, CA, 92101 *SE Corner*

4:00PM - The Wall (O, D, \$)
comm ctr 4649 Hawley Blvd, Normal Heights, CA, 92116

5:30PM - Ladies Night (O, TO, W, \$)
L.I.F.E. Center 6244 El Cajon Blvd #22, San Diego, CA

6:00PM - Loving The Me I See (O, W, \$)
#220 6760 University Avenue, San Diego, CA, 92115

TUESDAY (CONT)

6:30PM - Recovery Discovery (O, D, WC)
2410 E St, Golden Hills, CA, 92102

6:45PM - New Way Of Life (O, D)
club 1944 30th St, South Park, CA, 92102 *At Grape Street*

7:30PM - Tuesday Nite New Beginnings (O, D, WC, SB, \$)
hosp rear (@ Meadowlark Dr) 7850 Vista Hill Ave, Linda Vista, CA, 92123
Entrance and parking on Meadowlark Drive at Vista Hill Avenue

7:45PM - Mammoth Meeting (O, D)
comm rm 640 16th St, San Diego, CA, 92101

9:00PM - Spiritual Tendencies (O, D)
Live and Let Live Alano Club 1730 Monroe Ave. #B, San Diego, CA, 92116

WEDNESDAY

8:30AM - Here and Now (O, D)
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

9:00AM - Hang in There (O, D, \$)
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

NOON - High Noon (O, D, WC, \$)
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

NOON - Noon at the Park (O, D, \$)
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

1:30PM - Afternoon Delight (O, TO, \$)
club 1944 30th St, South Park, CA, 92102

4:00PM - What It's Like Now (O, JT, WC, \$)
buzz in 72 17th St & Imperial SW corner, San Diego, CA, 92101

5:30PM - Women of Strength (O, D, W)
L.I.F.E Community Center 6244 El Cajon Blvd. #22, San Diego, CA, 92115

5:45PM - Coffee With Jimmy K. (C, D, WC, L)
(Side of Coffee Shop) 2804 Adams Avenue, San Diego, CA, 92116 *Side of Coffee Shop*

6:45PM - Wednesday Night Men's (C, M)
club 1944 30th St, South Park, CA, 92102 *At Grape Street*

7:00PM - Solutions Group (O, D, \$)
church 3030 Thorn St, San Diego, CA, 92104

7:15PM - Stepping Into The Solution (C, BT, ST, WC)
L.I.F.E Community Center 6244 El Cajon Blvd #22, San Diego, CA, 92115

8:00PM - Stay As You Are (O, D, TO, WC)
Next to Coffee Shop 4590 Park Blvd, San Diego, CA, 92116

8:15PM - Hope Without Dope (O, D, GL, WC, \$)
Alano Club (Corner of Monroe and Park Blvd) 1730 Monroe Avenue, San Diego, CA, 92116 *At the corner of Park Blvd and Monroe Ave. Alano Club*

THURSDAY

8:30AM - Here and Now (O, D)
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

9:00AM - Hang in There (O, D, \$)
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

NOON - High Noon (O, D, WC, \$)
back bldg 3636 Ruffin Rd, Kearny Mesa, CA, 92123

NOON - Noon at the Park (O, D, \$)
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

3:00PM - Living Clean Book Study (LC)
4590 Park Blvd, University Heights, CA, 92116

4:00PM - Off The Hook (O, \$)
ring buzzer 4 back rm 72 17th St, San Diego, CA, 92101

5:00PM - Humble Beginnings (O, D, WC)
Life Community Center 6244 El Cajon Blvd. #22, San Diego, CA, 92115

6:30PM - Into The Solution (O, D, WC)
club 1944 30th St, South Park, CA, 92102 *At Grape Street*

6:30PM - Old Timers Speakers (O, SO, \$)
coffee house 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

8:15PM - Cold Turkey (O, D, \$)
Club behind coffee shop 950 Orange Ave, Coronado, CA, 92118 *enter alley between 9th & 10th St*

8:15PM - Thursday Night Stoners (O, GL, TO)
ctr 3767 Central Ave, San Diego, CA, 92105

FRIDAY

8:30AM - Here and Now (O, D)
Chapel facing 33rd Street (Mon-Fri) 3295 Meade Ave, Normal Heights, CA, 92116

9:00AM - Hang in There (O, D, \$)
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

FRIDAY (CONT)

NOON - High Noon (O, D, WC, \$)
back bldg (Mon-Fri) 3636 Ruffin Rd, Kearny Mesa, CA, 92123

NOON - Noon at the Park (O, D, \$)
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

1:30PM - Afternoon Delight (O, TO, \$)
club 1944 30th St, South Park, CA, 92102

4:00PM - Downtown Hope (O, D, WC, \$)
Southwest Corner (Buzz In) 72 17th Street & Imperial Avenue SW Corner, San Diego, CA, 92101

6:00PM - Believe in Amigos (O, D, \$)
Back yard of House (Smoking O.K.) 741 11th Avenue, San Diego, CA, 92101

6:30PM - Sleeping Monkey (O, WC, \$)
rec center 4380 Landis St, San Diego, CA, 92105 *Speaker 4th Friday*

7:00PM - Hoodlum's Haven (C, CL, M, SD, \$)
rear door; south side 3060 54th St, San Diego, CA, 92105 *Speaker 1st Friday*

7:00PM - Miracles On Menlo (O, D, WC, \$)
4126 Menlo Avenue, San Diego, 92105

7:00PM - So Fresh So Clean (O, CL, YP, \$)
5107 Waring Rd, Allied Gardens, CA, 92120

7:15PM - Thank God We're Clean (O, D, WC, \$)
hosp; rear pkg lot 7850 Vista Hill Ave, Linda Vista, CA, 92123 *Entrance and parking on Meadowlark Drive at Vista Hill Avenue (Mesa Vista Hospital)*

7:30PM - Alumni Speakers (O, B, GL, SO, WC)
Recovery Center 3767 Central Ave, San Diego, CA, 92105

7:30PM - T.G.I.F. (O, SO, TO, \$)
church upstairs (speaker last Fri) 4773 Marlborough Dr, Kensington, CA, 92116

8:00PM - NA Meeting (D, M)
back room 4161 Marlborough Ave, San Diego, CA, 92116

8:15PM - Men With A Message (M, \$)
4161 Marlborough Ave., San Diego, CA, 92105

SATURDAY

9:00AM - Hang in There (O, D, \$)
club (Mon-Sat) 1944 30th St, South Park, CA, 92102

10:00AM - Saturday Morning Live (C, D, TO, \$)
church (spk 1st Sat) 2905 Landis St, San Diego, CA, 92104

NOON - Noon at the Park (O, D, \$)
park (Mon-Sun) Oregon @ Howard St, North Park, CA, 92104

12:30PM - Nirvana (O, BT, WC, \$)
bldg in park club 3111 6th Ave, San Diego, CA, 92103 *Building/Recreation Center in the park. Street parking.*

2:00PM - How and Why (O, GL, IW, \$)
club 1730 Monroe Ave, San Diego, CA, 92116 *Club*

5:00PM - Saturday Night Countdown (O, TO, \$)
coffee house 4590 Park Blvd, University Heights, CA, 92116 *At the corner of Madison & Park Boulevard. Next to coffee house.*

5:00PM - Shoulda Coulda Woulda (O, D, W, WC, \$)
in rear hosp (@ Meadowlark Dr) 7850 Vista Hill Ave, Linda Vista, CA, 92123
Entrance and parking on Meadowlark Drive at Vista Hill Avenue

6:00PM - Gathering in the Gardens (O, D, \$)
office bldg west side 5107 Waring Rd, Allied Gardens, CA, 92120 *Allied Gardens portion of Central Area*

6:30PM - Nameless Men's (O, D, M, \$)
club 1944 30th St, San Diego, CA, 92102 *At Grape Street*

7:00PM - Sharing From Heart (O, D, \$)
5855 Streamview Dr., San Diego, CA, 92105 *Speaker 3rd Sat.*

8:30PM - Welcome Home (O, D, WC, \$)
park in lot (@ Meadowlark Dr) 7850 Vista Hill Ave, Linda Vista, CA, 92123
Entrance and parking on Meadowlark Drive at Vista Hill Avenue

Any addict is welcome at any meeting at any time!

Legend

O Open for the general public to attend
 C Closed meeting for addicts only or those who may have a drug problem

B	Beginners	BT	Basic Text
C	Closed	CL	Candlelight
D	Discussion	GL	Gay/Lesbian/Transgender
IW	It Works - How and Why	JT	Just for Today
L	Literature Study	LC	Living Clean Book Study
M	Men	O	Open
SB	Smoke Break	SD	Speaker/Discussion
SO	Speaker Only	ST	Step
TO	Topic	W	Women
WC	Wheelchair	YP	Young People
§	Stamp		

Note: Child care is NOT provided by Narcotics Anonymous!

**"Take my will and my life.
 Guide me in my recovery.
 Show me how to live."**

Cualquier adicto es bienvenido en cualquier reunión en cualquier momento!

Simbología

O Reuniones abiertas al público en general
 C Reuniones cerradas, sólo para adictos o para quienes crean tener un problema de drogas

B	Para el recién llegado	BT	Texto Básico
C	Cerrado	CL	Luz de vela
D	Discusión	GL	Gay/Lesbiana
IW	Funciona - Cómo y Porqué	JT	Solo por Hoy
M	Hombres	O	Abierta
SB	Rotura del humo	SD	Orador/Discusión
SO	Solamente Orador	ST	Paso
TO	Tema	W	Mujeres
WC	Silla de Ruedas	YP	Jovenes
§	Sello		

Nota: cuidado de niños no es proporcionada por Narcóticos Anónimos!

**"Toma mi voluntad y mi vida.
 Guíame en mi recuperación.
 Enséñame cómo vivir."**

GSR Orientations 1/2 hour prior to ASC

ASC: Michelle V. 858-568-1293 **4th Sat 9:30am**
 6244 El Cajon Blvd Suite 22 San Diego, CA 92115

H&I: Catherine C. 619-634-4559 **3rd Wed 6:00pm** 4689
 Felton St Normal Hgts

Activities: Jenn (619-301-6062) **2&4th Sun 5:30pm** 4689
 Felton St Normal Hgts

Public Info: Roy D. 619-888-8911 **2nd Mon 7:00pm** 4689
 Felton St Normal Hgts

Vice Chair: Sheri C. 619-796-9339

RCM: Peter 805-450-0074

Outreach: Mike S (619-253-6391) **4th Sat 9:15 am (b4 ASC)** 2719 Howard St North Park

Lit Sales: Pauline 858-444-7045

Phone List

**My Gratitude speaks when I care and
 when I share with others the NA Way.**

CENTRAL AREA

**Meeting Schedule (88 weekly)
 Printed on: NOVEMBER 22, 2017**



Regional Contact Info: 24 Hr Phonelines
 WebServant@sandiegona.org English (619) 584-1007
 www.sandiegona.org Toll Free (800) 479-0062
 Espanol (619) 546-0774
 North County (866) 331-1958

Regional Service Office: 4689 Felton St., San Diego, CA. 92116
 Mailing Address: P.O. Box 16505 San Diego, CA. 92176
 Business: (619) 584-1010 Fax Line: (619) 584-6269

World Service Office: P.O. Box 9999, Van Nuys, CA. 91409
 www.na.org (818) 773-9999 FAX: (818) 700-0700

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**