

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, \$)
NW Corner (Use Handicapped Entrance on Market Street) 1550 Market Street, 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, \$)
NW Corner (Use Handicapped Entrance on Market Street) 1550 Market Street, San Diego, CA, 92101

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

2:00PM - "We Can Do It" (D, W, WC)
(Childcare Provided) 8665 Gibbs Drive Suite 150, San Diego, Ca, 92123

4:00PM - What It's Like Now (O, JT, WC, \$)
NW Corner (Use Handicapped Entrance on Market) 1550 Market Street, 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

10:00PM - Insomniacs (O, D)
L.I.F.E. Community Center (Suite 22) 6244 El Cajon Blvd, San Diego, Ca

FRIDAY

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

FRIDAY (CONT)

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 - Downtown Hope (O, D, WC, \$)
NW Corner (Use Handicapped Entrance on Market) 1550 Market Street, 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

8:00PM - Week's End NA (O, CL, D, GL, M, \$)
(Church Downstairs) 3725 30th Street, San Diego, Ca, 92104

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 (91 weekly)
Printed on: FEBRUARY 19, 2018**



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**