

SUNDAY

8: 30AM 1HR Our Continuing Journey - A Secular Meeting, Brentwood, CA, 94513 **(O,BK,VM)** <https://zoom.us/j/88000137796> Password: secularna

10: 00AM 1. 5HR Ask it Basket, Unit D, 1045 Shary Court, Concord, CA, 94518 **(O,D,SD,WC,AB,QA,HY,SB)** *Birthday chips on the 4th Sunday of the month* <https://zoom.us/j/9255109925> password: 925925

10: 00AM 1HR Serenity Sunday Ask It Basket, Antioch Alano Club, 710 West 1st Street, Antioch, CA, 94509 **(O,SD,WC,SB)**

11: 20AM 1HR Sunday Fun Day, Antioch Alano Club, Alano Club Meeting Room, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,SD,WC)**

6: 00PM 1. 5HR Girls Kick Ass, Good Shepherd Lutheran Church, 4000 Clayton Road, Concord, CA, 94520 **(C,RF,So,W,WC,BK,CM)** *Birthday chips on the FIRST meeting of the month*

6: 00PM 1. 25HR Rollingwood Recovery, Alano Club, 2426 Church Ln., San Pablo, CA, 94806 **(O,SD,WC)**

6: 30PM 1HR It Works How & Why, Antioch Alano Club, Next to the Alano Club, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,WC,BK)**

7: 45PM 1. 25HR Work the Steps or Die, Good Shepard Lutheran Church, 4000 Clayton Rd., Concord, CA, 94521 **(O,WC,BK)** *Masks required, this meeting replaces the 8pm book study*

MONDAY

11: 20AM 1HR Basic Text Story Time, Antioch Alano Club, Next to the Alano Club, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,BT,SD,WC,BK)** *Masks Required Indoors*

NOON 1HR BETHEL BAPTIST NOONER, NEVER ALONE, 3578 Clayton Rd, Concord, CA, 94519 **(O,LS)** *selected NA literature - main bldg upstairs*

5: 00PM 1. 5HR Pathway To Victory, Alano Club, 2426 Church Lane, San Pablo, CA, 94806 **(O,SD,WC,YP)**

6: 00PM 1. 5HR Contra Costa Recovery at Work (RAW), Concord Veterans Hall Association, 2290 Willow Pass Rd., Concord, CA, 94520 **(O,WC,LS)** *Bring Your Books! Birthdays 4th Mon.*

6: 30PM 1. 25HR Real Deal, First Baptist Church, 1802 Alhambra Ave, Martinez, CA, 94553 **(O,RF,SD,WC,BK)** *Meets in the Chapel. No food or drinks allowed. No meeting on Thanksgiving.*

6: 30PM 1HR Women in Recovery, Hillcrest Congregational Church, Parlor Room, through fellowship hall, 404 Gregory Lane, Pleasant Hill, CA, 94523 **(O,LGBT,RF,W,WC,BK,NB)** *Birthdays/Topic are on the 3rd Monday. JFT-1st, 2nd, 4th, & 5th Mondays*

7: 00PM 1. 25HR East County Originals, St Anna's Episcopal Church, Corner of East 13th & Marie, 301 East 13th Street, Antioch, CA, 94509-1909 **(O,SD,WC,SB,CM)** *Birthday chips on the every meeting of the month!*

7: 00PM 1HR Free Will, Rodeo Freewill Baptist church, 500 1st Rodeo, Rodeo, CA, 94572 **(O,RF,WC)** *Birthday chips on the 3rd Monday - Masks*

7: 00PM 1HR One Promise One Message, First Southern Baptist Church, 18 Oneil Court, Oakley, CA, 94561 **(O,SD,WC)** *Birthday chips on the 3rd meeting of the month.*

7: 00PM 1. 5HR Point of Recovery, Ambrose Community Center, Fellowship Service Center, 3105 Willow Pass Road, Bay Point, CA, 94565 **(O,RF,SD,WC,BK,NS,SB,CM)**

TUESDAY

11: 20AM 1HR Just For Today, Antioch Alano Club, Next to the Alano Club, 710 West 1st Street, Antioch, CA, 94509 **(O,JT,To,WC)**

NOON 1HR BETHEL BAPTIST NOONER, Mix it Up Too, 3578 Clayton Rd, Concord, CA, 94519 **(O,SD)** *main bldg upstairs*

6: 00PM 1. 5HR Clearing the Wreckage Womens' Meeting, The entrance is located in the rear of the building, 2426 Church Lane, San Pablo, CA, 94806 **(O,W,BK)**

6: 00PM 1HR Welcome to NA Workshop, Meets the 1st and 3rd Tuesday every month, CA, 94597 **(O,B,WC,QA,VM)** *New to NA? We'll answer all your questions! On Demand Video-> <https://youtu.be/8GPiXN-uhwE> <https://zoom.us/j/84619709842> Zoom ID: 846-1970-9842*

6: 00PM 1HR Welcome to NA Workshop, Meets the 2nd Tuesday every month, Community of Christ Church, 1786 2nd ave., walnut creek, CA, 94597 **(O,B,WC,QA)** *New to NA? We'll answer all your questions! On Demand Video-> <https://youtu.be/8GPiXN-uhwE>*

6: 30PM 1. 25HR Underground, Veterans Hall, Meeting is in the basement. Entrance in the back of the Veteran's Hall, 2290 Willow Pass Road, Concord, CA, 94520 **(O,CL,SD,WC,CM)** *Clean Time Anniversary Celebrated on the Last Tuesday of the Month*

7: 00PM 1. 5HR Carry on for John, St. Anna's Episcopal Church, 301 E. 13th St., Antioch, CA, 94509 **(O,M,SD,WC,NS,ME,SB,CM)** *Birthday chips 3rd Tues! Masks Required in meeting room*

7: 00PM 1. 25HR Hybrid - Danville: Alcohol is a Drug, Peace Lutheran Church, 3201 Camino Tassajara, Danville, CA, 94506 **(O,CL,RF,SD,WC,BK,HY,CM)** *Birthday chips every week <https://us04web.zoom.us/j/7993627005> Meeting ID: 799 362 7005*

7: 30PM 1HR LGBT and Friends Too, CA, 94520 **(LGBT,VM,TC)** <https://zoom.us/j/9434300048> Meeting ID: 943-4300-048 Password: serenity

7: 30PM 1. 5HR Workin' the Steps, Community of Christ Church, 1786 2nd Ave., Walnut Creek, CA, 94597 **(C,D,St,WC,HY)** <https://zoom.us/j/955857270> 955 857 270

8: 00PM 1HR Just For Today - Hybrid, The Hut, 711 St. Mary's Rd., Lafayette, CA, 94549 **(O,D,JT,HY)** Zoom ID: 112 201 749 Password: 4hS12g

WEDNESDAY

11: 20AM 1HR How & Why, Antioch Alano Club, Alano Club Meeting Room, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,WC,BK)**

NOON 1HR BETHEL BAPTIST NOONER, Get It Off Your Chest & Into The Solution, 3578 Clayton Rd, Concord, CA, 94519 **(O,D,To)** *1st Weds KeyTags*

NOON 1HR Virtual Get It Off Your Chest & Into The Solutuion, CA, 94519 **(O,D,To,VM)** <https://zoom.us/j/84887066729> password: nooner

6: 00PM 1HR Vintage recovery, East Contra Costa Fellowship Hall, Next to Lather & Rinse Salon (other side of Brentwood Blvd to La Costa Taqueria), 8375 Brentwood blvd., Brentwood, CA, 94513 **(O,BT,RF,SD,WC,BK,CM,Tag)** *Smoking in designated area, Anniversaries Celebrated 3rd Wednesday*

6: 30PM 1HR NA Women Rock!, First Southern Baptist Church, 18 Oneil Court, Oakley, CA, 94561-5766 **(C,RF,SD,W)** *Masks required for those unvaccinated*

7: 00PM 1. 5HR Grupo Luz de Esperanza, Iglesia Episcopal de Santa Ana, 301 E. 13th St., Antioch, CA, 94509, Antioch, CA, 94509 **(O,ES,RF)** *Birthday chips every meeting*

7: 00PM 1HR Higher Powered, 710 West 1st Street, Antioch, CA, 94509 **(O,SD,WC)**

7: 00PM 1HR No Matter What, Lafayette United Methodist Church, 955 Moraga Rd, Lafayette, CA, 94549 **(O,JT,HY)** <https://zoom.us/j/834999861> 834 999 861

7: 30PM 1. 5HR Dear John, Good Shepherd Lutheran Church, 4000 Clayton Road, Concord, CA, 94520 **(O,SD,WC,NS,CM)** *Birthday chips on the 3rd meeting of the week*

THURSDAY

11: 20AM 1HR Just For Today, Antioch Alano Club, Alano Club Meeting Room, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,RF,SD,WC)**

NOON 1HR BETHEL BAPTIST NOONER, Noon Day Dawning, 3578 Clayton Rd, Concord, CA, 94519 **(O,LS)** *selected NA Literature*

5: 30PM 1. 25HR Drifter's, Antioch Alano Club, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,SD,WC)**

7: 00PM 1. 25HR Keep Coming Back, United Methodist Church, 809 Second Street, Brentwood, CA, 94513-1116 **(O,SD,WC,CM)** *Birthday chips on the 3rd Thursday of the month. Open Thanksgiving*

7: 00PM 1HR Short & Sweet, United Methodist Church (Chapel), 1543 Sunnyvale Ave, walnut creek, CA, 94597 **(O,JT,RF,WC,NS)** *Meets in the Chapel. Please use upper parking lot, don't use the lower one. No food or drinks allowed. No meeting on Thanksgiving.*

FRIDAY

11: 20AM 1HR Living Clean, Antioch Alano Club, Alano Club Meeting Room, 710 West 1st Street, Antioch, CA, 94509-1109 **(D,WC,BK)**

NOON 1HR BETHEL BAPTIST NOONER, Mixing It Up, 3578 Clayton Rd, Concord, CA, 94519 **(O,RF)**

NOON 1HR Virtual Mixing It Up, Concord, CA, 94519 **(O,D,VM)** <https://zoom.us/j/84887066729> password: nooner

6: 30PM 1. 25HR Keeping It Real, Church of Nazarene, Fellowship Hall Behind The Church, 5305 Kirker Pass Road, Pittsburg, CA, 94565 **(O,SD,WC)** *Clean Time Celebrated on the 3rd Week of the Month*

7: 00PM 1. 5HR Grupo Si Se Puede, Mens Meeting, Pueblo Del Sol, 2090 Commerce Avenue, Concord, CA, 94520-4902 **(O,D,ES,JT,M,SD,To,WC,HY)** *Birthday chips on the last meeting of the month Zoom ID: 840-045-1728 Contraseña: 765627*

7: 30PM 1. 5HR Cruiser's, New Life Free Will Baptist Church, 11 Worrell Road, Antioch, CA, 94509-4915 **(O,SD,WC)** *Birthday chips on the last meeting of the month*

7: 30PM 1. 5HR Friday Night Live, Upstairs Room, 875 Howe Road, Martinez, CA, 94553-3441 **(O,SD,YP,SB)** *Anniversaries 2nd Week of Month*

7: 30PM 1. 5HR Good Timer's, 404 Gregory Lane, Pleasant hill, CA, 94523 **(O,SD,CM)** *Birthday chips on the 3rd meeting of the month*

7: 30PM 1. 5HR Let's Get Real, 2426 Church Lane, San Pablo, CA, 94806-3729 **(C,SD)** *Birthday chips on the 3rd meeting of the week*

10: 00PM 1. 25HR Howe Road, Upstairs Room, 875 Howe Road, Martinez, CA, 94553-3441 **(O,SD,SB)** *Birthday chips on the last meeting of the month*

11: 59PM 1HR Just For Tomorrow, 875 Howe Road, Martinez, CA, 94553-3441 **(C,JT)**

SATURDAY

7: 00AM 1. 25HR The Triangle of Self-Obsession Men's Meeting, San Pablo Alano Club, 2426 Church Lane, San Pablo, CA, 94806 **(M,RF,CM)** *Chips Last Saturday; 1st-Speaker;2nd-JFT;3rd-Spiritual Principles;4th-Living Clean;5th-Triangle of Self Obsession*

7: 45AM 1. 5HR Early Serenity Men's, Danville Congregational Church, 989 San Ramon Valley Blvd, Danville, CA, 94526 **(O,JT,M,RF,SD,WC,NS,HY,CM)** *Birthday chips on the last meeting of the month <https://zoom.us/j/291682935>*

10: 15AM 1HR Anything Goes, 710 W 1st Street, Antioch, CA, 94509 **(O,SD,W,WC)**

11: 20AM 1HR Stay on the Path, Antioch Alano Club, Alano Club Meeting Room, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,SD,WC)**

6: 00PM 1. 5HR Living Clean 24/7, Free Will Baptist Church, 500 First Street, Rodeo, CA, 94572 **(O,SD,WC)**

6: 00PM 1. 25HR Message of Hope, Bethel Baptist Church, Ranch House, 3578 Clayton Road, Concord, CA, 94519-2448 **(O,D,To,WC)** *Birthday chips first meeting of the month*

6: 30PM 1HR Saturday Night Live, Antioch Alano Club, 710 West 1st Street, Antioch, CA, 94509-1109 **(O,RF,WC)** *Birthday chips on the first meeting of the month*

7: 15PM 1. 25HR LGBT & Friends Too, 399 Wiget Ln, Room 506, Walnut Creek, CA, 94598 **(O,LGBT,WC,HY)** <https://zoom.us/j/9434300048> Meeting ID: 943-4300-048 Password: serenity

8: 00PM 1. 5HR No Laughing Matter, 875 Howe Rd, Martinez, CA, 94553 **(O,CL,SD,SB)**

10: 00PM 1. 5HR Howe Road, Upstairs Room, 875 Howe Rd, Martinez, CA, 94553 **(O,SD,SB)**

MEETING FORMAT LEGEND**PHONE NUMBERS**

AB	Ask-It-Basket	B	Beginners
BK	Book Study	BT	Basic Text
C	Closed	CL	Candlelight
CM	Chip Meeting	D	Discussion
ES	Español	HY	Hybrid Meeting
JT	Just for Today	LGBT	LGBTQ+
LS	Literature Study	M	Men
ME	Meditation	NB	Non Binary
NS	No Smoking	O	Open
QA	Question and Answer	RF	Rotating Format
SB	Smoke Break	SD	Speaker/Discussion
So	Speaker Only	St	Step
TC	Temporarily Closed Facility	Tag	Tag Meeting
To	Topic	VM	Virtual Meeting
W	Women	WC	Wheelchair
YP	Young People		

**CONTRA COSTA AREA****MEETING LIST
18 MAY 2024****24 HOUR HELPLINE**
1 (925) 685-HELP (4357)<https://ContraCostaNA.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: 75**NA Helplines in California (Partial List)**

Alameda County	(510) 444-4673
Contra Costa County	(925) 685-HELP (4357)
Marin County	(877) 612-7837
Napa / Solano	(866) 642-3848
Sacramento	(877) 623-6363
San Francisco	(415) 621-8600
Sonoma County	(707) 324-4062

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*

Latest Printable Schedule

<https://nameetinglist.org/norcal-contracosta/?current-meeting-list=3>