

SUNDAY

10:00AM 1.5HR It Works How & Why Group, Oakland, CA, 94612

(O,St,Tr,TW,WC,VM) Meeting ID: 779 454 525 Passcode: 12Steps

10:00AM 1HR Sunday Morning Wake Up Group, Lutheran Church of the Cross, Room 210 upstairs, Chips 2nd week, 1744 University Avenue, Berkeley, CA, 94703-1514

(O,BK,LS)

1:00PM 1HR Outer Circle Group (June thru Sept), Roberts Crown Memorial State Beach, Meets ONLY June-September, At the end of Otis Drive - located to the right of the bathrooms on grass, look for the volleyball court, Otis Drive & Westline Drive, Alameda, CA, 94501 **(O,CS,D,SD,So,CW)**

3:00PM 1.5HR Double Trouble Group, Chips last week, 1041 W Midway ave, Alameda, CA, 94501 **(O,D,SD,WC)**

6:30PM 1.25HR Ask It Basket Group, Good Shepherd Episcopal Church in Parish House, 2nd Sunday We celebrate with cake, key tags and medallions for multiple years., 1823 9th Street at Hearst, Berkeley, CA, 94710 **(O,D,WC,AB,QA,HY)** Meeting ID: 319 720 644 Passcode: 1Letgo

6:30PM 1.25HR Reach for Recovery, Masks are required, 1660 Freisman rd, Livermore, CA, 94588 **(SD,WC,CM)**

8:00PM 1.25HR Unloaded Group, Saint James Episcopal Church, 37051 Cabrillo Terrace, Fremont, CA, 94536-5721 **(O,D,SD,So,CM)**

MONDAY

NOON 1.5HR Keep It 100 Meeting, CORE, 100 Hegenburger Road, Oakland, CA, 94621 **(SD,WC)**

NOON 1.25HR Newark Noon Group, Newark, CA, 94560 **(O,BT,WC,VM)** Meeting ID: 448 977 113 Passcode:

NOON 1.25HR Nooners Group in person, Chips Every day during the last week, 1931 Center St, Berkeley, CA, 94704 **(O,St)**

NOON 1HR Nooners Group online, Berkeley, CA, 94703-1514 **(O,St,WC,VM)** Meeting ID: 657 921 912 Passcode: 4Hope

5:30PM 1.5HR NA Meeting, The Savoy, Need to check in at front desk, 1424 Jefferson, Oakland, CA, 94612 **(SD,WC,NS)**

6:00PM 1.5HR Diamond in the Rough, 1041 W Midway ave, Alameda, CA, 94501 **(D,RF,SD,To,W,WC,BK,CM)**

6:30PM 1HR in the Literature, 13055 Aurora Dr, San Leandro, CA, 94577 **(RF,Tr,BK,LS)**

7:00PM 1.5HR Grupo Lunes Latino, St. Jarlath Church, 3210 Fruitvale Ave, Oakland, CA, 94602 **(O,BT,CH,ES,JT,RF,SD)**

7:00PM 1.25HR Work the Steps or Die Group, Chips 3rd week, enter on 8th St, 924 Gilman Street, Berkeley, CA, 94704 **(O,D,WC,YP)**

7:30PM 1HR Freedom to Recover, Saint James Episcopal Church, Chips on 3rd week, 37051 Cabrillo Terrace, Fremont, CA, 94536 **(O,RF,WC,CM)**

7:30PM 1.25HR Rainbow of Recovery Group, Hayward, CA, 94541 **(RF,VM,TC,G,L)** Meeting ID: 918 4457 8598 Passcode: RoR

TUESDAY

NOON 1.5HR Courage to Change, Olivet Church, Parking in back, 1607 8th street, Oakland, CA, 94607 **(O,D,SD)**

NOON 1.25HR Newark Noon Group, Newark, CA, 94560 **(O,St,WC,VM)** <https://zoom.us/j/448977113>

NOON 1.25HR Nooners Group in person, Chips everyday during last week, 1931 Center St, Berkeley, CA, 94704 **(O,Tr,TW)**

NOON 1HR Nooners Group online, Berkeley, CA, 94703-1514 **(O,Tr,TW,WC,VM)** Meeting ID: 657 921 912 Passcode: 4Hope

5:00PM 1.5HR Welcome Home, CORE, 100 Hegenburger Road, Oakland, CA, 94621 **(SD,WC)**

6:30PM 1HR City Center Keys to Freedom, 2nd week Newcomer Workshop, Chips 4th week, 38631 Fremont Blvd, Fremont, CA, 94536 **(BT,JT,RF,SG,WC,BK,LS,CM)**

6:30PM 1HR Mulford Gardens Group, Mulford Gardens, 13055 Aurora Drive, San Leandro, CA, 94577-3160 **(O,D,RF,SD,So,BK,LS)**

7:00PM 1HR 11th Step Meditation Group, Berkeley, CA, 94704

(O,CL,D,JT,WC,ME,VM) Meeting ID 854 5229 6277 Passcode: 11HSTEP

7:00PM 1.25HR Backroads, 4481 East ave, Livermore, CA, 94550 **(JT,WC,AB,CM)**

7:00PM 1HR It Works Group, Immanuel Lutheran Church, Room 209, upstairs, at Chestnut, 1910 Santa Clara Avenue, Alameda, CA, 94501-2634 **(O,RF)**

7:00PM 1.25HR It's an Inside Job, 475 Medford, Hayward, CA, 94541 **(WC)**

7:00PM 1.25HR Reading Rainbow Group, Oakland LGBT center, ring doorbell for access, Masks and social distancing rules Chips every week, 3207 Lakeshore Avenue, Oakland, CA, 94610 **(O,D,LGBT,SD,So,BK,G,L,LS)**

7:15PM 1.25HR Reading Rainbow Online, CA, 94610

(O,D,LGBT,SD,So,BK,VM,G,L,LS) Meeting ID: 918 1496 8050 Passcode: Recovery

7:30PM 1.5HR The Ties that Bind Group Back to Basics book study, 1041 W Midway, Alameda, CA, 94501 **(BT,WC,BK)**

7:30PM 1.5HR Tuesday Night Candlelight Group, Lutheran Church of the Cross, Chips 1st week., 1744 University Avenue, Berkeley, CA, 94703-1514 **(O,CL,D,SD,So,WC)**

WEDNESDAY

NOON 1.5HR Keep It 100 Meeting, CORE, 100 Hegenburger Road, Oakland, CA, 94621 **(D,WC,LS)**

NOON 1.25HR Newark Noon Group, Newark, CA, 94560 **(O,WC,LC,VM)** Meeting ID: 448 977 113 Passcode:

NOON 1.25HR Nooners Group in person, Chips every day of last week, 1931 Center St, Berkeley, CA, 94704 **(O,JT)**

NOON 1HR Nooners Group online, CA, 94703 **(O,JT,WC,VM)** Meeting ID: 657 921 912 Passcode: 4Hope

NOON 1HR The New Nooner, Chips Last week, 38631 Fremont Blvd, Fremont, CA, 94536 **(WC,LS,CM,SPAD)**

5:30PM 1.5HR NA Meeting, The Savoy, Need to check in at front desk, 1424 Jefferson, Oakland, CA, 94612 **(SD,WC,NS)**

6:00PM 1.5HR Courage to Change, 8480 Edes ste. 1200, Oakland, CA, 94621 **(SD,WC)**

6:00PM 1HR Highway to Freedom, The Freedom and Movement Center, at the side entrance on 44th, 4400 Market street, Oakland, CA, 94608 **(SD,WC)**

6:00PM 1.5HR Oakland Living Clean Book Study, Oakland, CA, **(O,BK,LC,VM)** Zoom meeting ID: 507 026 9582 Passcode: 3ywbVP

7:00PM 1HR Girls Night Out Group, Alameda, CA, 94501 **(O,W,CW,VM)** Meeting ID: 826 4575 7811 Passcode: GNO

7:00PM 1HR Living Clean For All Online, Oakland, CA, 94606 **(O,LGBT,WC,BK,VM,G,L,LS)** Meeting ID: 914 3273 7941 Passcode: 12How

7:00PM 1HR Men in Recovery Group, Unitarian Universalist Church, 1606 Bonita Avenue, Berkeley, CA, 94709-2022 **(O,D,M)**

7:00PM 1.5HR Nuevo Comienzo (en español) Group, Rm. 14-17, Somo un grupo de adictos que ayudamos a otros todos bienvenidos, 2500 Merced St., San Leandro, CA, 94577 **(O,ES,WC,VM,CM)** Meeting ID: 924 2145 7812 Passcode: 1212

7:30PM 1.25HR Addicts-R-Us Group, Unity Church, Chips 3rd week, 20121 Santa Maria Avenue, Castro Valley, CA, 94546-4223 **(O,D,BK,LS)**

7:30PM 1.5HR Wednesday Night Special Group, Phillips Temple CME Church, Fellowship Hall, Chips 4th week, at 63rd St, 3332 Adeline Street, Berkeley, CA, 94703-2709 **(O,D,SD,So,WC)**

THURSDAY

11:00AM 1HR Living Clean Just for Today, Casa Ubuntu at Eastmont Mall, 7200 Bancroft suite 267, Oakland, CA, 94605 **(JT,To)**

NOON 1.5HR Courage to Change, Olivet Church, Parking in back, 1607 8th street, Oakland, CA, 94607 **(O,D,SD,So)**

NOON 1.25HR Newark Noon Group, Newark, CA, 94560 **(O,D,SD,So,WC,VM)** Zoom ID: 448 977 113 Passcode:

NOON 1.25HR Nooners Group in person, Chips everyday of last week., 1931 Center St, Berkeley, CA, 94704 **(O,BK,LS)**

NOON 1HR Nooners Group online, Berkeley, CA, 94703-1514 **(O,WC,BK,VM,LS)** Zoom Meeting ID: 657 921 912 Password: 4Hope

6:30PM 1HR Deep Dive into the Basics: the Steps, Richmond, CA, 94804

(BT,To,BK,VM) Zoom Meeting ID: 897 6767 9250 Password is: 12

6:30PM 1HR Somewhere We Belong Group, First United Methodist Church, Wesley Room, park on the street, 1600 Bancroft Avenue, San Leandro, CA, 94577-5204 **(O,SD)**

6:30PM 1HR The Local Womens Meeting, St James Episcopal Church, 37051 Cabrillo Terrace, Fremont, CA, 94536 **(W)**

7:15PM 1.25HR Local Men's Group, First Methodist Church, Chips 3rd week, 2950 Washington Boulevard, Fremont, CA, 94539 **(C,D,M,SD,So,WC,HY)** Meeting ID: 402 330 7184

7:45PM 1.5HR Hella Clean, Lutheran Church of the Cross, Chips given every week, 1744 University Avenue, Berkeley, CA, 94703-1514 **(O,CL,D,SD,YP,CM)**

FRIDAY

NOON 1.25HR Newark Noon Group, Newark, CA, 94560 **(O,SG,WC,VM)** Meeting ID: 448 977 113 Passcode:

NOON 1.25HR Nooners Group in person, Chips everyday of last week, 1931 Center St, Berkeley, CA, 94704 **(O,BK,LS)**

NOON 1HR Nooners Group online, Berkeley, CA, 94703-1514 **(O,WC,BK,VM,LS)** Meeting ID: 657 921 912 Password: 4Hope

7:00PM 1.5HR Friday Night Live, 1041 W Midway ave, Alameda, CA, 94501 **(SD,WC,CM)**

7:00PM 1HR Living Clean For All Group, Lake Merritt United Methodist Church, Masks Optional, refreshments available, Close to Lake Merritt BART Station, 1330 Lakeshore Avenue, Oakland, CA, 94606-1611 **(O,LGBT,WC,BK,G,L,LS)**

7:00PM 1HR Living Clean For All Online, Oakland, CA, 94606 **(O,LGBT,WC,BK,VM,G,L,LS)** Meeting ID: 914 3273 7941 Passcode: 12How

7:00PM 1.25HR Steppin Young Group, Cornerstone Room U1, Chips 1st & 3rd weeks, 348 North Canyons Parkway, Livermore, CA, 94551-9185 **(O,D,SD,So,WC,CM)**

7:00PM 1.25HR Women/Trans/Non-Binary Group, Good Shepherd Episcopal Church, Chips 1st, 4th & last weeks, at Hearst Street, 1823 9th Street, Berkeley, CA, 94710-2102 **(O,D,W,WC,HY)** Zoom ID: 858227024 PW: Recovery

7:00PM 1HR You Gotta Want It Group, St Columba Church, 6401 San Pablo, Oakland, CA, 94608 **(O,D,SD,So,WC,HY)** Meeting ID: 979 4991 5892 Passcode: ygwi

7:15PM 1.5HR Friday Night Group, Epiphany Lutheran Church, Chips 3rd week, in gymnasium, parking lot next to gym, 16248 Carolyn St, San Leandro, CA, 94578 **(O,D,SD,So,WC)**

9:00PM 1HR Freak & Tweek Group, Saint James Episcopal Church, Room C, at Thornton, 37051 Cabrillo Terrace, Fremont, CA, 94536-5721 **(C,CL,D,WC)**

SATURDAY

8:30AM 1.5HR AM-NA Group, Second Chance, Room 2, Chips every week, Between Newark Boulevard & Cherry, 6330 Thornton Avenue, Newark, CA, 94560-3734 **(O,JT,LC)**

10:00AM 1.25HR End of the Road Group, Berkeley, CA, 94703

(O,LGBT,WC,BK,GP,VM,G,L) Meeting ID: 959 0125 1219 Passcode: 2letgo

10:00AM 1.25HR Surviving the Odds Group, 1600 Bancroft Ave., San Lorenzo, CA, 94577 **(M,SD,HY)** Meeting ID: 876 4105 8708 Passcode: 333333

1:30PM 1.5HR Alameda Promise of Freedom, 1041 W Midway ave, Alameda, CA, 94501 **(O,SD)**

2:00PM 1.5HR One page at a time, Childcare provided, 107 Jackson St, Hayward, CA, 94544 **(BT,BK,CW,CC,LS)**

3:00PM 1.5HR No Matter What Group, Oakland, CA, 94611 **(O,D,SD,So,WC,VM)**

Meeting ID: 988 9884 8580 Passcode: Recovery

5:00PM 1.5HR Saturday In Action, Chips on Last Saturday, 9670 Empire Rd, Oakland, CA, 94603 **(SD,CM)**

7:00PM 1.5HR Garage Group, Village Baptist Church, Chips 1st week, 1535 Bockman Rd, San Lorenzo, CA, 94580 **(O,D,SD,So,WC)**

7:00PM 1HR Open to All Group, Good Shepherd Episcopal Church, at Hearst Street, in the Parish House in the back of the property, 1823 9th Street, Berkeley, CA, 94710-2102 **(O,BK,LS)**

7:30PM 1.25HR One Primary Purpose Group, Lutheran Church of the Cross, In K Hall Chips 4th week, 1744 University Avenue, Berkeley, CA, 94703-1514 **(O,BT,D,WC,BK,LS)**

9:00PM 1.25HR Get with the Lit or Die, Saint James Episcopal Church, 37051 Cabrillo Terrace, Fremont, CA, 94536 **(RF,SD,WC,BK,LS)**

MEETING FORMAT LEGEND

AB	Ask-It-Basket	BK	Book Study
BT	Basic Text	C	Closed
CC	Child Care Available	CH	Closed Holidays
CL	Candlelight	CM	Chip Meeting
CS	Children under Supervision	CW	Children Welcome
D	Discussion	ES	Español
G	Gay	GP	Guiding Principles
HY	Hybrid Meeting	JT	Just for Today
L	Lesbian	LC	Living Clean
LGBT	LGBTQ+	LS	Literature Study
M	Men	ME	Meditation
NS	No Smoking	O	Open
QA	Question and Answer	RF	Rotating Format
SD	Speaker/Discussion	SG	Step Working Guide
SPAD	A Spiritual Principle a Day	So	Speaker Only
St	Step	TC	Temporarily Closed Facility
TW	Traditions Workshop	To	Topic
Tr	Tradition	VM	Virtual Meeting
W	Women	WC	Wheelchair
YP	Young People		

HELPLINES

Contra Costa County NA 925-685-4357
 Greater San Jose 408-998-4200

SERVICE MEETINGS

PHONE NUMBERS



**Alameda County Narcotics
Anonymous**

**MEETING LIST
OCTOBER 2024**

**24 HOUR HELPLINE
1 (510) 444-HOPE**

Some meetings on our schedule are currently online. To join a Zoom meeting, start the Zoom application and enter the "Meeting ID and Password". You can also join a zoom meeting from any phone, including a landline, by calling 650-724-9799, then entering the "Meeting ID and Password".

<https://naalamedacounty.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**

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

Meetings Weekly: 80