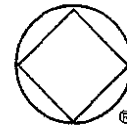


Saturday Meetings

9:30	AM	O/12S/12T/H/NS 00082687	"Sat. Solutions Step Study" 4080 Centre St., upstairs 2 nd floor, Rm #205	San Diego 92104
10:00	AM	C/NS/T/S1 00178806	"Saturday Morning Live" 3288 El Cajon Blvd., rm 3 upstairs	Normal Heights 92104
12:30	PM	O/B/H/NS/X 00019096	"Nirvana" 3111 6 th Ave., bldg in park - Club	San Diego 92101
1:30	PM	O/T/G	No Name 1816 Howard Ave.	Hillcrest 92103
2:00	PM	O/G/H/W/NS 00178807	"How and Why" 1730 Monroe Ave., Club	Univ. Heights 92116
5:00	PM	O/D/W/NS/H 00006412	"Shoulda Coulda Woulda" 7850 Vista Hill Ave. @ Meadowlark Hosp rear parking lot	Linda Vista 92123
5:00	PM	O/T 00082685	"Saturday Night Countdown" 4590 Park Blvd., Coffee House	Univ. Heights 92116
6:00	PM	O/D	"Gathering in The Gardens" 4880 Zion Ave., Church	92120 Allied Gardens
6:30	PM	C/D/M	"Nameless Men's" 1944 30 th Street, club	92102 Golden Hills
6:30	PM	O/D 0	"Open Discussion" 72 17 th Street	92101 San Diego
8:00	PM	O/D/G 00082686	"Positive NA" 1816 Howard Ave	Hillcrest 92103
8:30	PM	O/D/H 00010482	"Welcome Home" 7850 Vista Hill Ave. @ Meadowlark Dr., Hosp. Ed bldg.	Linda Vista 92123



San Diego, Imperial Counties Region,
Central Area
Of Narcotics Anonymous
Phone Numbers



Narcotics Anonymous Meeting Schedule



FEB 2010

World Service Office "WSO"		
Business Phone (818) 773-9999	Fax (818) 700-0700	Web Site URL www.NA.org
Regional Service Office "RSO" 4689 Felton St. Normal Heights		
Business Phone (619) 584-1010	24 Hour Phoneline (619) 584-1007 (800) 479-0062	Web Site URL www.SanDiegoNA.org

Legend

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

Meeting Formats:

- B Basic Text Study
- BE Beginner Group
- CL Candlelight
- D General Discussion
- HW It Works Text Study
- L Literature Study
- S Speaker
- T Topic Discussion
- 12S Step Study
- 12T Tradition
- 12C 12 Concepts of Service
- J Just for Today
- ∅ Not in Regional Schedule

Special Information:

- ES Espanol
- G Gay or Lesbian Oriented
- H Handicapped Accessible
- HI Hearing Impaired
- M Men Oriented
- NS Non Smoking
- SB Smoke Break Provided
- W Woman Oriented
- Y Youth Oriented
- BL Bilingual
- 5 5th & 10th Step
- X Groups that need support

Note: Any addict may attend any meeting, regardless of how it's listed.

Notice:

Meetings listed are subject to change between printings. Should you visit a meeting that no longer exists, contact the RSO at 619-584-1007

NA is not affiliated with the meeting location(s).
Childcare is not a service provided by Narcotics Anonymous

Central Area Service Meetings

Activities:

5:30	PM	2 nd & 4 th Sun.	4689 Felton St. (RSO)	Normal Heights
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Area Service Committee (ASC):

9:30	AM	4 th Sat.	2789 Howard St., Rec Center	North Park
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H&I:

6:00	PM	3 rd Wed.	4689 Felton St. (RSO)	Normal Heights
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Outreach:

7:00	PM	3 rd Thurs.	4689 Felton St. (RSO)	Normal Heights
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Public Information:

7:00	PM	2 nd & 4 th Mon.	4689 Felton St. (RSO)	Normal Heights
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Merchandise:

6:00	PM	1 st Tues	4689 Felton St. (RSO)	Normal Heights
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Just For Today

Tell yourself:

JUST FOR TODAY, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY, I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, I will try to get a better perspective on my life.

JUST FOR TODAY, I will be unafraid. My thoughts will be on my new associations, people who are not using and have found a new way of life. So long as I follow that way, I have nothing to fear.

My Gratitude Speaks... When I Care
And When I Share With Others The NA Way

Daily Meetings

9:00	AM	O/D 00006445	"Hang In There" 1944 30 th St. @ Grape. (Mon-Sat)	Golden Hills 92102
9:00	AM	O/D/H/NS 00178619	"Here and Now" 4590 Park Blvd., Coffee House (Mon-Fri)	Univ. Heights 92116
12:00	PM	O/D 00010518	"Noon at the Park" Oregon @ Howard St., Park (every day at noon)	North Park 92104
4:00	PM	O/D/NS 00017138	"The Wall" 3295 Meade Ave. (M-F) Church	Normal Heights 92116

Sunday Meetings

8:30	AM	O/D/H/NS 00092651	"Come To Believe" 1944 30 th St. @ Grape, Club	Golden Hills 92102
9:00	AM	O/J/H/NS 00019890	"Living The Dream" 4649 Hawley Blvd	Normal Hts 92116
10:00	AM	C/D/W 00179023	"Girls Just Wanna Be Clean" 1816 Howard Ave	Univ. Heights 92116
10:00	AM	O/D/C/W #	"Sunday Women's Meeting" 3594 4 th Ave.	San Diego 92101
4:00	PM	O/D 00178733	"We Can Do It" 950 Orange Ave. alley	Coronado 92118
4:30	PM	O/H/2S/NS 00178736 #	"It works How & Why" 6179 University Ave	Talmadge 92115
6:30	PM	O/H/L/NS 00088883	"Spiritual Freedom" 4590 Park Blvd., Coffee House	Univ. Heights 92116
7:00	PM	O/D 00082650	"Serenity Seekers" 4989 El Cajon Blvd.	Talmadge 92115
7:30	PM	O/H/J 00082652	"New Beginning" 7850 Vista Hill Ave. @ Meadowlark rear Hospital	Linda Vista 92123
8:00	PM	O/D/G/NS 00019691	"Principles B4 Personalities" 1730 Monroe Ave. Club	Univ. Heights 92116
8:15	PM	O/D/NS/H S3 00019692	"Living In Recovery" 4177 Marlborough Ave. back of Church (speaker on the 3 rd Sunday)	San Diego 92105

Monday Meetings

1:30	PM	O/D/H 00157475	"Afternoon Delight" 1816 Howard Ave.	Hillcrest 92103
6:30	PM	C/T 00016369	"Signs of Life" 4649 Hawley Blvd. (4 th Monday is speaker mtg-no cakes)	Normal Heights 92116
6:30	PM	C/B/L/H/X	"Learn it to Live It" 72 17 th St., (17 th & Imperial) "buzz in"	North Park 92104
6:30	PM	O/D 00082693	"Monday Night Special" 1944 30 th St., Club	Golden Hills 92102
7:00	PM	O/D 00178745	"Right To Freedom" 4286 49 th St.	Talmadge 92115
7:00	PM	C/D/H/L/NS 00178746	"4 th Step Meeting" 3770 Alta Dena Dr., 2 nd floor Church	Kensington 92105
7:00	PM	O/T/H 00178750	"Mon. Nite on Fairmount" 3571 Fairmount Ave.	City Heights 92105
8:00	PM	O/D/G/NS 00082657	"Round Robin" 1730 Monroe Ave., Club	Univ. Heights 92116

Tuesday Meetings

12:30	PM	O/D/H/J 00092372	"Just For Tuesday" 6154 Mission Gorge Rd., suite 120	Mission Gorge 92120
1:30	PM	O/BE/D/H	"Downtown Hope: 1420 3rd 3 rd & Ash @ Lutheran Church	San Diego 92101
2:00	PM	O/D/W/H/B -203455	"Women with Voices" 5605 El Cajon Blvd	Talmadge 92115
4:00	PM	C/B/W	"Central Area. Woman's Basic Text Study" 4590 Park Blvd., coffee house	Univ. Hts 92116
4:00	PM	O/Taped Spkr/NS #	"Notorious Addicts" 72 17 th St. buzz in	San Diego 92101
5:00	PM	O/D/H/NS 00082667	"Tuesday Night Nitro" 1944 30 th St. @ Grape	San Diego 92102
6:00	PM	O/D 00157475	"Uptown Recovery" 1816 Howard Ave	Hillcrest 92103
6:00	PM	O/D	"....." 1531 Tyler Rec Hall	Univ. Hts 92116
6:30	PM	O/B	"....." 640 16 th Street	San Diego 92101
6:30	PM	O/D/H 00010753	"Recovery Discovery" 2410 E St.	Golden Hills 92102
6:45	PM	C/T/NS 00178753	"New Way Of Life" 1944 30 th @ Grape	Golden Hills 92102
7:00	PM	O/S 00010483	"Speakers NA" 2325 30 th St., garage	Golden Hills 92102
7:00	PM	O/S 00178754	"Stand Up and Speak Out" 4989 El Cajon Blvd.	Talmadge 92115
7:00	PM	C/B/H	"....." 2896 Melbourne Dr.	Serra Mesa 92123
7:30	PM	O/BE/H/NS 00178755	"Tuesday Night New Beginnings" 7850 Vista Hill Ave. @ Meadowlark Hospital - rear parking lot	Linda Vista 92123
8:00	PM	O/D/T/NS #	"W.A.R." 4340 Van Dyke Ave.	City Heights 92105
8:15	PM	O/D/NS	"It Only Takes Two" 4989 El Cajon Blvd.	San Diego 92115

Wednesday Meetings

1:30	PM	O/D 00157475	"Afternoon Delight" 1816 Howard Ave.	Hillcrest 92103
4:00	PM	O/D	"New Adventures" 72 17 th St. (17 th & Imperial) "buzz in"	San Diego 92101
5:00	PM	O/12S/H	"Step Study" 1944 30 th @ Grape St., Club	San Diego 92102
6:00	PM	O/D 00082673	"H.O.W.L." 1816 Howard Ave	Hillcrest 92103
6:00	PM	O/T 00157193	"Recovery Is Life" 6179 University Ave.	Talmadge 92104
6:45	PM	C/M 00088880	"Wednesday Night Men's" 1944 30 th @ Grape St., Club	Golden Hills 92102
7:00	PM	O/D 00017140	"Solutions Group" 3030 Thorn St., Church	North Park 92104
7:00	PM	O/12S	"New Horizons" 825 7 th Ave.	San Diego 92101
7:00	PM	O/CLJ/NS	"Just For Today" 3660 Fairmont Ave.	City Hts 92105
8:00	PM	O/D/G 00082653	"Hope Without Dope" 1730 Monroe Ave., Club	Univ. Heights 92116

Thursday Meetings

1:30	PM	O/BE/D/H	"Downtown Hope" 1420 3rd 3 rd & Ash @ Lutheran Church	San Diego 92101
2:00	PM	O/BE/D/H/ 00178764	"Afternoon Solutions" 5605 El Cajon Blvd.	Talmadge 92115
4:00	PM	O/D	"Notorious Addicts" 72 17 th St. (17 th & Imperial) "buzz in"	San Diego 92101
6:00	PM	O/D	"Prayer & Meditation" 1816 Howard Ave.	Hillcrest 92103
6:30	PM	O/NS/S 00018799	"Old Timers Speakers" 4590 Park Blvd. @ Madison, Coffee House	Univ. Heights 92116
6:30	PM	O/H/W 00178787	"Anonymous Anonymous" 3036 Chamoune Ave., in rear	City Heights 92105
7:00	PM	O/B 00178791	"Almost Regular" 2325 30 th St., garage	Golden Hills 92102
7:00	PM	O/D/NS 00004201 #	"It Only Takes Two" 4989 El Cajon Blvd.	Talmadge 92115
8:15	PM	O/G/T 00010754	"Reflections" 3767 Central Ave., Center	City Heights 92105
8:15	PM	O/D 00178795	"Cold Turkey" 950 Orange Ave., Club	Coronado 92118

Friday Meetings

8:00	AM	O/T	"Real Recovery" 4880 Zion Ave.	Allied Gardens 92120
1:30	PM	O/D 00157475	"Afternoon Delight" 1816 Howard Ave.	Hillcrest 92116
6:30	PM	O/H 00010478	"Sleeping Monkey" 4380 Landis St. ASL Interpreter	City Heights 92105
7:00	PM	C/CLM/NS 0020689	"Hoodlums Haven" 3060 54 th St. Church (rear door, southside)	San Diego 92105
7:00	PM	O/Y/D/CL	"So Fresh & So Clean" 6179 University Ave. Spkr last Friday	San Diego
7:15	PM	O/D/H 00006411	"Thank God We're Clean" 7850 Vista Hill Ave. @ Meadowlark Hospital - rear parking lot	Linda Vista 92123
7:30	PM	S/T/O 00179016	"T.G.I.F." 4773 Marlborough Ave., Church upstairs	Kensington 92116
7:30	PM	O/G/S 00178801	"Alumni Speakers" 3767 Central Ave., Center	City Heights 92105
7:30	PM	O 00178803	"Girl's Night Out" 6154 Mission Gorge Rd. Suite 120	Mission Gorge 92120
7:45	PM	O/D 00178804	"Friday Night Reprise" 4989 El Cajon Blvd.	Talmadge 92115
8:00	PM	CL/D/G/H/M 00082684	"Weeks End NA" 1816 Howard Ave	Hillcrest 92103
8:00	PM	O/B/H/W/G 00178805	"Clean A. I. R." 1730 Monroe Ave., Club, back room	Univ. Heights 92116

CHANGES TO SCHEDULE:

If you need to make a change to this schedule, your Group Service Representative (GSR) can submit the change directly to the Schedule Coordinator at the monthly Central Area Service Committee (ASC) meeting. The schedule change forms are available at the ASC meeting. The meeting is on the 4th Saturday of every month at 9:30 am at 2789 Howard St., at the Rec Center. All changes will be reflected in the next month's schedule, and passed on to the Regional Schedule Coordinator for submission to the Regional Schedule. Currently we have approximately 100 meetings every week in the Central Area, and we average about 20-30 GSR's at each month's ASC meeting. Does your meeting have a voice?