

Sunday	
10:00 a.m. BS/2 nd	Berkeley – <i>Sunday Morning, 10 am. Wake-up (60m)</i> 1744 University Ave. (McGee), Room 210 (Upstairs)
10:00 a.m. STS/1 st	Oakland – <i>It Works How and Why</i> Kaiser Hospital, 3801 Howe Street. (At 40th St.) Fabiola Bldg. in basement, Room G27
1:00 p.m.	Alameda (WA) – <i>Outer Circle</i> (1 hour) June-Sept Crown Memorial Beach,@ Otis near bath house.
1:00 p.m. GL/ 3rdT	Fremont - The Third Tradition (60min) 37471 Glenmoor Dr.
3:00 p.m. SD/Last	Oakland (WA)- <i>Double Trouble Group – 105 minutes</i> E. Oakland Recovery Center 7200 Bancroft Ave, Suite # 176 (Eastmont Mall)
4:00 p.m. SD/All	Newark – <i>Expect a Miracle</i> Second Chance Inc., 6330 Thornton (Cherry)
6:00 p.m. SD/4 th	Hayward – (WA) <i>Thru Crew Meeting</i> (Kaiser Hosp.) 273003 Sleepy Hollow Ave S (W. Tennyson), Rm M2
6:30 p.m. D/1 st /3 rd	Berkeley (WA) – <i>Ask-It-Basket (75 min)</i> Good Shepherd Church – 9 th & Hearst
6:30 p.m. S,TD ALL	Livermore (WA) – <i>Reach for Recovery</i> (60 min) Stanford Hospital 1111 Stanley, in Café 1 (WA)
7:00 p.m. JFT/TD/i	Alameda (WA) - <i>Rough Edge</i> (1 hour) Episcopal Church 1700 Santa Clara Bldg. in courtyard
7:00 p.m. LS/i/4 th	Oakland – <i>The No B.S. Meeting</i> College Ave. Presbyterian Church, 5951 College Ave
8:00 p.m. SD/ALL	Fremont – <i>The Unloaded</i> St. James Episcopal, 37051 Cabrillo Terr (Thornton)

Monday	
12:00 p.m. BS	Newark (WA) – <i>Newark Noon-</i> 1 st Presbyterian 35450 Newark Blvd. (Cedar) in Church library (75 min)
12:00 pm SS /Last	Berkeley (WA) - <i>The Nooners-</i> (1 hour) 1744 University Ave. (McGee), K Hall No parking in church lot
12:00 p.m. D	Oakland – <i>400 Broadway</i> – (90 mins) 400 Broadway (4 th St.), in the basement Note: metal detector at entrance
5:30 p.m. SD	Oakland (WA) – <i>Message of Hope</i> East Oakland Recovery Center 7200 Bancroft Ave, Suite # 176, (Eastmont Mall)
5:30 p.m. SD	Oakland - <i>The Harrison Heroes</i> - (90min) 1415 Harrison St. (Harrison Hotel)
7:00 p.m. S/TD/3 rd /YP	Berkeley (WA) – <i>Work The Steps or Die (75 mins)</i> 924 Gilman (enter on 8 th St.)
7:00 p.m. SD/BS	Oakland - <i>Lunes Latino</i> 1315 Fruitvale Ave Spanish Speaking
7:30 p.m. LS	Alameda – <i>Sicker than Most</i> (60 min) Immanuel Lutheran 1910 Santa Clara Ave. (Chestnut) Rm 209

7:30 p.m. G/LSD 1,3,5 JFT 4 S/T 2	Hayward – <i>Rainbow of Recovery (75 min)</i> 22577 Bayview Ave. Chips:4th
7:30 p.m. S/T	Fremont (WA) – <i>Stepping Fearlessly</i> (1 hour) 38801 Blacow Rd. (at Brophy Dr)
7:30 p.m. BS/SD	Oakland (WA) – <i>The Downtowners</i> The Savoy, 1424 Jefferson, 1 st Floor, left of elevator
7:30 p.m. SD/1 st	San Leandro (WA) Monday Night Live Kaiser Hospital 2500 Merced Rm A12 -1st floor
8:30 p.m. TD	Oakland – <i>Tag Yer It!</i> – (1 hour) Near Kelly Moore Paint, 479 42 nd St (Telegraph)

Tuesday	
8:00 a.m. SD	Oakland -- <i>Rested Minds</i> E. Oakland Recovery Center 7200 Bancroft Ave, Suite # 176, (Eastmont Mall)
12:00 pm TS/ Last	Berkeley (WA) - <i>The Nooners-</i> (1 hour) 1744 University Ave. (McGee), K Hall no parking in church lot
12:00 p.m. SS/D	Newark (WA) – <i>Newark Noon</i> (75 min) Library: 1 st Presbyterian, 35450 Newark Blvd. (Cedar)
12:00 p.m. SD	Oakland – <i>400 Broadway</i> – 90 Minutes 400 Broadway (4 th St.), in the basement note: metal detector at entrance
5:30 p.m. BS/GL	Oakland (WA) – <i>Just For Today</i> (Open to all) E. Oakland Recovery Center 7200 Bancroft Ave, Suite # 176, (Eastmont Mall)
6:30 p.m. SD/B rotate	San Leandro – <i>Mulford Garden</i> (60 mins) 13055 Aurora Dr. (Off 880 Marina Blvd. West)
7:00 p.m. SD/Last	Oakland – <i>Back to Life</i> (WA) (60 min) Kaiser CDRP Rm#5 969 Broadway 2nd floor (10th St).
7:00 p.m. STS	Alameda – <i>It Works</i> (Rm 209) (60 minutes) Immanuel Lutheran, 1910 Santa Clara (Chestnut)
7:00 p.m. TD/JFT/i	Berkeley (WA) – <i>1st Step Meditation</i> (1 hour) 7 th Day Adventist Church, 2236 Parker St.
7:00 p.m. SD ALL	Livermore (WA) - <i>Backroads</i> , 557 Olivina Ave (at Portola) take first driveway
7:00 SD	Oakland – <i>Livin' Right Tuesday Night</i> 5726 International Blvd., Red Church in the basement
7:15 p.m. GL/SD L/All	Oakland – <i>Reading Rainbow – 75 mins.</i> LGBTQ Center 3701 Lakeshore Ave. Enter on Rand.
7:30 p.m. LC/ ALL	Fremont (WA) – <i>Living Clean w/ Chronic Pain</i> 60min <i>33801 Blacow Rd. (At Brophy Dr.)JudgementFree Zone</i>
7:30 p.m. SD/2 nd	Fremont (WA) - <i>Seeking Recovery</i> 1 st United Methodist Church, 2950 Washington Blvd.
8:00 p.m. SD/i/1 st	Berkeley (WA) – <i>Tuesday Night Candlelight</i> 1744 University Ave. (McGee) K Hall
8:00 p.m. 2 nd	Hayward – <i>Ladies Night Out</i> 107 Jackson St., 2 ⁿ SD Second Chance (<i>Wks 1 & 4 SD, 2 & 3 LS</i>) (75Min)
8:00 p.m. S	Pleasanton -2 <i>Speakers, 1 Candle (75 min)</i> (WA) <i>Inklings Coffee Shop on Main St. 1st Tues. only</i>

Wednesday	
11:00 a.m. BS	Oakland - <i>Living Clean Just for Today 7200 Bancroft Suite 267 (Eastmont Mall)</i> (WA)
12:00 pm JFT/TD/ LAST	Berkeley (WA) - <i>The Nooners-</i> (1 hour) 1744 University Ave. (McGee), K Hall no parking in church lot
12:00 p.m. LC	Newark (WA) – <i>Newark Noon</i> (WA) 75 min Library 1 st Presbyterian Church 35450 Newark Blvd. (Cedar)
12:00 p.m. LS/1 st	Oakland – <i>400 Broadway</i> – 90 Minutes 400 Broadway (4 th St.), in the basement note: metal detector at entrance
6:00 p.m. S/D	Oakland - <i>California My Way</i> 3501 San Pablo Ave. (WA)
6:45 p.m. SD/TD/JFT LS/weekly	Oakland – Reunión en Español - <i>Nuevo Comienzo</i> 75 minutes (WA) – Spanish Speaking Kaiser CDRP 2 nd Floor, Rm #9, 969 Broadway @9th
7:00 p.m. W (Kid Friendly)	Alameda – <i>Girls' Night Out</i> First Congregational Church, 1912 Central Ave. (Chestnut) Down ramp in basement (Children Welcome)
7:00 p.m. M/TD	Berkeley – <i>Men in Recovery</i> (1 hour) Unitarian Universal Church 1606 Bonita (Cedar St.)
7:00 p.m. BS/SD	Oakland (WA) – <i>Our Common Welfare</i> 9800 MacArthur Blvd.. BS 1 st &3 rd /SD 2 nd &4 th Bldg Closed on Holidays
7:00 p.m. W/L, 1 st , 3 rd SD 2 nd , 4 th	Oakland (WA) – <i>Sistahs Recovering Together</i> 5726 International Blvd, Red Church in the . (Near Seminary Ave)
7:00 p.m. SD/YP /All	Pleasanton – <i>Good Vide Tribe</i> (WA) Trinity Lutheran Church, 1225 Hopyard Rd. (On Golden, parking in front lot by portables only)
7:30 p.m. SD/, 4 th	Berkeley (WA) – <i>Wednesday Night Special</i> Phillips Temple C.M.E. Church Fellowship Hall 3332 Adeline (63 rd)
7:30 p.m. LC/ D 1 st 2 nd S/D 3 rd –5 th	Berkeley - <i>Recovery on Campus</i> (1 hr) (WA) Barrows Hall Rm 475, U.C. Campus. South side of campus off Barrows Lane off Bancroft Way.
7:30 P.M.. W/SD/CM/i/3 rd	Fremont Womens Meeting <i>37471 Glenmoor Dr. (Non Smoking)</i>
7:30 p.m. SD/3 rd C	Castro Valley – <i>Addicts-R-Us</i> 20121 Santa Maria Avenue
7:45 p.m. SD/4 th	Union City (WA) – <i>Windows to Recovery</i> (90min) Kaiser Medical Center 3555 Whipple Rd Bldg. B, 3 rd floor
8:00 p.m. CM/JFT/4 th	Fremont (WA) – <i>The Antidote</i> St. James Episcopal, 37051 Cabrillo Terr.(Thornton)
Thursday	
8:00 a.m. SD	Oakland – <i>Rested Minds</i> E. Oakland Recovery Center 7200 Bancroft Ave, Suite # 176, (Eastmont Mall)

12:00 pm BS Last	Berkeley (WA) - <i>The Nooners- Living Clean</i> (1 hour) 1744 University Ave. (McGee), K Hall no parking in church lot
12:00 p.m. SD	Newark (WA) – <i>Newark Noon</i> (WA) 75 min Library 1 st Presbyterian, 35450 Newark Blvd. (Cedar) Library
12:00 p.m. SD	Oakland – <i>400 Broadway</i> – 90 Minutes 400 Broadway (4 th St.), in the basement (note: metal detector at entrance)
6:00 p.m. STS	Oakland - <i>Understanding & Application</i> (WA) 7200 Bancroft Ave. STE 176 (E Oakland Recovery Ctr)
6::00 p.m. SD	Fremont -Reaching for Recovery (60 min) 37471 Glenmoore Dr.
6:30 pm JFT/SD/SS	San Leandro - <i>Somewhere We Belong</i> (60min) 1 st United Methodist, 1600 Bancroft Avenue Wesley Room, Park on Street
6:30 p.m. SD/SS	Richmond - <i>The Basics- Steps & Traditions in the Richmond Annex</i> (60 min) 5732 Jefferson Ave
7:00 p.m. SD/4 th	Alameda – <i>B.A.D. Group</i> Immanuel Lutheran, 1910 Santa Clara St. (Chestnut) Room 209
7:00 p.m. SD1,4,5	Hayward – <i>Courage to Change</i> (75 mins) 475 Medford Ave. L 2nd,3rrd chips 2nd
7:00 p.m. 1 st and 3 rd	Oakland (WA) – <i>Newcomer Orientation</i> – (1 hour) Kaiser CDRP, 969 Broadway @ 10 th St., 2 nd floor, Rm 7 Cancelled for Nov. & Dec. due to holidays
7:30 p.m. TD/i/JFT	Berkeley – <i>Hakuna Matata</i> (75 min) 1744 University Ave. (McGee), Rm 210 Upstairs
7:30 p.m. M/SD/CM/3 rd	Fremont – <i>The Local Men's Meeting</i> (WA) (60 min) 1 st United Methodist Church 2950 Washington Blvd.
8:00 pm L /All	San Leandro – <i>Recovery at Work (RAW)</i> (WA) Kaiser Hosp.2500 Merced Room A13 1st floor

Friday	
10:a.m. SD/TD	Berkeley - <i>Keep Coming Back</i> (1 hour) (WA) Drop-In Center 3234 Adeline St (at Harmon St)
12:00 p.m. L/D / Last	Berkeley (WA)- <i>The Nooners-</i> (1 hour) 1744 University Ave. (McGee), K Hall no parking in church lot
12:00 p.m. SWG/ALL	Newark (WA) – <i>Newark Noon</i> (WA) 75min Library 1 st Presbyterian, 35450 Newark Blvd. (Cedar) Library
12:00 p.m. STCS	Oakland – <i>400 Broadway</i> – 90 Minutes 400 Broadway (4 th St.), in the basement note: metal detector at entrance
2:00 p.m. LS	Oakland (WA) – <i>Another Chance</i> - (60 min) Veteran's Outpatient Clinic, 525 21 st Street (Closed for Federal Holidays)
6:00 p.m. SD	Oakland (WA) – <i>The Knucklehead Meeting</i> E. Oakland Recovery Center 7200 Bancroft Ave, Suite # 176, (Eastmont Mall)
7:00 p.m. W/D/ S 1st/ 4th or last	Berkeley (WA) – <i>Women's Meeting</i> (75 mins) Good Shepherd Church – 1823 9 th St. (At Hearst)

7:00 p.m. **Oakland (WA) – You Gotta Want it.** (75 mins)
SD/2nd
St. Columba's Church, 6401 San Pablo Ave - Enter on Ocean

7:00 p.m. **Oakland (WA) – Living Clean For All** (60 mins)
BS/LGBT
Lake Merritt United Methodist Church,
1330 Lakeshore Ave.

7:15 p.m. **Hayward (WA) – Old School Meeting (WA)**
SD 4th
Kaiser Hospital 27303 Sleepy Hollow Ave S
(W. Tennyson), Rm M2

7:15 p.m. **San Leandro (WA) – Friday Night Grace,**75 min.(WA)
SD, 4th
Grace Baptist Church.
16105 Mateo St. (162nd behind Thrift Town)

8:00 p.m. **Livermore – Steppin' Young –** (1 hour) - ASL (WA)
SD/1st/3rd
Trinity Baptist, 557 Olivina Ave. (2nd Driveway)

8:00 p.m. **Oakland – Friday Night Live**
SD/4th
Summit Hosp. 3100 Summit St. (Hawthorn)
1st Floor Cafeteria.

10:00 p.m. **Fremont – Freak & Tweak** (75 min) (WA)
CM/TD/M
ALL
St James Episcopal, 37051 Cabrillo Terrace
Cross St, Thornton, Room C

Saturday

8:30 a.m. **Newark – AM-NA – 75 minutes (WA)**
JFT/LC/all
Second Chance 6330 Thornton (Cherry) Rm #2

10 a.m. **Berkeley (WA) – End of the Road –** (75 minutes)
GL/TG/JFT
1744 University Ave. (McGee), F Hall

10:00 a.m. **Livermore (WA) – Saturday Morning Serenity (WA)**
JFT/All
Trinity Baptist Church, 557 Olivina Ave. Bldg. C.
1st Driveway

10:00 a.m. **San Lorenzo-Surviving the Odds** (1hr 15min)
M/SD
180Lewelling Blvd.

1:30 p.m. **Oakland (WA) – The No Matter What Club** E. Oakland
SD
Recovery Center 7200 Bancroft (Eastmont Maul)

3:00 p.m. **Oakland (WA) – No Matter What**
SD/1st
Kaiser Hospital, 3801 Howe Street (At 40th St.)
Fabiola Bldg. in basement, Room G27

4:00pm **Newark - The Eleventh Step**
SWG
Second Chance 6330 Thornton (Cherry) Suite B

5:00pm **Alameda- Recovery on the Island –** (75 mins)
BS
1910 Santa Clara Rm 209 Upstairs Cross Street.
Chestnut

7:00 p.m. **Berkeley (WA) – Open to All** (1 hour)
BS
Good Shepherd Episcopal Church, 1823 9th St.
(Hearst) Parish House in the rear

7:00 p.m. **Berkeley – One Primary Purpose** (75 minutes)
JSD/4th
1744 University Avenue (at McGee) 210 Upstairs

7:00 p.m. **Dublin (WA) – Saturday Night Serenity (Pizza)**
L/JFT last
St. Phillips Lutheran Church, 8850 Davona (70 mins)

8:00 p.m. **Newark (WA) – Get to Steppin'** (60 mins)
S/T/All
Second Chance, 6330 Thornton Ave., Suite B

8:00 p.m. **San Lorenzo (WA) – The Garage (WA)**
SD/1st
945 Paseo Grande, Room 9

9:00 p.m. **Oakland – Living Well** (60 mins)
SD/TD/i
College Ave Presbyterian Church, 5951 College Ave

10:00 pm **Fremont (WA) – Get Dialed In** (75 min)
SD/i/3rd
St. James Episcopal Church, Main Room
37051 Cabrillo Terrace, Cross St Thornton

Meeting Legend

D = Discussion
TD= Topic/Discussion
SD= Speaker/Discussion
GL= Gay/Lesbian
CM = Closed Mtg (addicts only)
SM = Speaker Meeting
ASL = Amer. Sign Language
SW= Step Writing Group
TG = Transgender

M = Men's meeting
W = Women's meeting
i = Candlelight Meeting
New = Newcomer's Meeting
SP = Spanish Speaking Mtg
(WA) = Wheelchair Access
YP = Young People's Mtg

GNC = Gender Nonconforming

1st, 2nd, 3rd, 4th. All, Last = Week of the month, medallion/keytags/chips
Study Meetings: xS (ex: BS, SS, LS, etc.)
T = Tradition
B = Book
C = Concept
LC=Living Clean
All Narcotics Anonymous Meetings in Alameda County are "Open" unless otherwise noted – Anyone may attend. Most meetings are 90 minutes long except where otherwise noted.

S = Step
L = Literature
SWG = Step Working Guide
JFT = Just For Today

Other NA Contacts

Area de Habla Hispana	855-667-2262	www.norcana.org
Contra Costa County	925-685-4357	www.contracostana.org
Greater San Jose	408-998-4200	www.sina.org
San Mateo/Peninsula	650-802-5950	www.peninsulana.org
San Francisco	415-621-8600	www.sfn.org
Marin	415-456-1292	www.mcfna.org
Santa Cruz	831-429-7436	www.scnapi.org
Modesto/Central Valley	888-942-9922	www.svgna.com
Tracy/Stockton	209- 464-9262	www.cvnna.org
Southern Cal. RSO	626-359-0084	www.todayna.org
Northern Cal RSO	707-422-9234	www.norcalna.org
NA World Services	818-773-9999	www.na.org

Area Service Committees & Subcommittee Meetings

East Bay North

Area Service Committee (ASC) meets the 4th Sunday of the month at 12 p.m. 1744 University (McGee), Berkeley, new GSR Orientation at 11 a.m.

Mission Peak

Area Service Committee (ASC) meets the 1st Sunday of the month, 2 p.m., 945 Paseo Grande, San Lorenzo,

East Bay Central

Area Service Committee (ASC) meets the 3rd Saturday of the month at 10am, at the Plymouth United Church of Christ, 424 Monte Vista Avenue, Oakland (cross street is Oakland Avenue, off 580). Free parking onsite. AC Transit Bus #11 stops at the corner. New GSRs Orientation at 9:30am.

Outreach Subcommittee –Contact Annica E(925) 285-5972 for more info

Tri-Area Shared Services

Hospitals & Institutions (H&I) 7:00 p.m., 3rd Monday of the month, 432 Estudillo Ave, San Leandro, CA (New members come at 6:30 p.m.)

Public Relations Subcommittee, 5 p.m. 4th Sunday of the month, 451 Davis St. (Off of Clark St.) Saint Leander's School, San Leandro.

Unity Day subcommittee meets 1st & 3rd Thursdays 7:00 p.m. at 180 Lewelling blvd. San Lorenzo

FOR H&I USE ONLY

Narcotics Anonymous Alameda County Tri-Area

P.O. Box 28022 Oakland, CA 94604-8022

To Contact Us: support@naalamedacounty.org



Meeting Directory

www.444hope.org

FOR MOST CURRENT INFO USE WEBSITE

(Revised 11-15-18)

24 Hr. Helpline #

510-444-HOPE (4673)

855-667-2262 (Español)

Meetings that have changed are in **Bold**
Meetings that are new are marked with this prefix***
To change or correct meeting information on the schedule, please contact your area PR liaison (MP) or Outreach Chair (EBN, EBC)

Anyone interested in being a phonline volunteer please come to the PR meeting listed on the back or email the address above.

Phone Numbers
