

SUNDAY

10:00 AM - Sunday Spiritual (O, TO, WC, \$)
Wells Park 1153 East Madison Avenue, El Cajon, CA, 92021

10:15 AM - KISS (O, TO, WC)
Lemon Grove Park Alton @ Washington St, Lemon Grove, CA, 91945

10:30 AM - Super Stoked (O, D, WC, \$)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

3:30 PM - Step This Way (C, BT, IW, WC)
Lemon Grove Alano Club 6901 Central Avenue, Lemon Grove, CA, 91945

5:00 PM - Together We Can (O, D, WC)
Church 490 Farragut Circle, El Cajon, CA, 92020

7:00 PM - Circle of Life (O, SD, WC, \$)
Suite 101 Rear Entrance 1400 North Johnson Avenue, El Cajon, CA, 92020

7:00 PM - Clean Team (O, TO, WC, \$)
Institute 7050 Parkway Drive, La Mesa, CA, 91942

7:30 PM - Better Late Than Never (O, TO, WC)
Church 8360 Lemon Avenue, La Mesa, CA, 91941

8:00 PM - SOS (O, D, WC)
Step by Step Serenity & Beyond Shop (Spker 1st Sunday) 8790 Cuyamaca Street, Santee, CA, 92071

8:00 PM - Sunday Night Step Study (O, IW, ST, TR, WC, \$)
Lakeside Hotel 9940 River Street, Lakeside, CA, 92040

MONDAY

9:00 AM - Morning Miracles (O, D, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

NOON - Brown Baggers (O, TO, WC, \$)
Wells Park 1153 East Madison Avenue, El Cajon, CA, 92021 *1st and East Madison Avenue.*

NOON - Hope at Noon (O, D, JT, WC, \$)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

4:00 PM - Where the Growth Begins (C, IW, ST, W, WC)
Step by Step Serenity Shop 8790 Cuyamaca Street Suite D, Santee, California, 92071

6:00 PM - Girls Night Out (O, TO, W, WC)
Library 201 E Douglas Avenue, El Cajon, CA, 92020

6:00 PM - Mountain High (O, D, WC)
Freedom Ranch 1777 Buckman Springs Road, Campo, CA, 91906

7:00 PM - Monday Night Blues (O, TO, WC, \$)
Church 490 Farragut Circle, El Cajon, CA, 92020

7:30 PM - Monday Night 2+2 (C, IW, ST, TR, WC, L)
upstairs, church 8350 Lake Murray Boulevard, San Diego, CA, 92119

8:00 PM - Rejects Recovered (O, D, TO, WC)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

TUESDAY

9:00 AM - Morning Miracles (O, D, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

TUESDAY (CONT)

NOON - Brown Baggers (O, TO, WC, \$)
Wells Park 1153 East Madison Avenue, El Cajon, CA, 92021 *1st and East Madison Avenue.*

NOON - Hope at Noon (O, D, JT, WC, \$)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

7:30 PM - Caring & Sharing (C, CL, TO, WC, \$)
Church 8360 Lemon Avenue, La Mesa, CA, 91941

8:00 PM - Just for Today (O, B, D, JT, WC)
El Cajon Alano Club 938 E Washington Avenue, El Cajon, CA, 92020

WEDNESDAY

9:00 AM - Morning Miracles (O, D, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

NOON - Brown Baggers (O, TO, WC, \$)
Wells Park 1153 East Madison Avenue, El Cajon, CA, 92021 *1st and East Madison Avenue.*

NOON - Hope at Noon (O, D, JT, WC, \$)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

6:00 PM - Mountain High (O, D, WC)
Freedom Ranch 1777 Buckman Springs Road, Campo, CA, 91906

6:30 PM - Wednesday Night at the Grove (O, TO, WC)
Lemon Grove Alano Club 6901 Central Avenue, Lemon Grove, CA, 91945

6:45 PM - Twisted Sisters (C, D, W, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

7:30 PM - Living Clean, The Journey Continues (O, L, \$)
Rear Entrance 1400 North Johnson Avenue Suite 101, El Cajon, CA, 92020

8:00 PM - Quality Time (O, D, TO, WC)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

THURSDAY

9:00 AM - Morning Miracles (O, D, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

NOON - Brown Baggers (O, TO, WC, \$)
Wells Park 1153 East Madison Avenue, El Cajon, CA, 92021 *1st and East Madison Avenue.*

NOON - Hope at Noon (O, D, JT, WC, \$)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

1:00 PM - Sister's In Recovery (O, D, W, WC)
Parent Care East Treatment Center 4490 Williams Ave., La Mesa, CA, 91941

6:00 PM - Living the Miracle (O, D, W, WC)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

6:30 PM - Giving it Away (O, TO, WC)
Church 9573 Los Coches Road, Lakeside, CA, 92040

7:30 PM - Just for Today (C, D, JT, WC)
Nativity of The Blessed Virgin Mary Catholic Church (Utility Room) 20047 Viejas Grade Rd, Alpine, California, 91901

THURSDAY (CONT)

7:30 PM - Recovery First (C, D, M, WC, \$)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

8:00 PM - Thursday Night Speakers Meeting (O, SD, WC, \$)
Church 1430 Melody Lane, El Cajon, CA, 92019

FRIDAY

9:00 AM - Morning Miracles (O, D, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

NOON - Brown Baggers (O, TO, WC, \$)
Wells Park 1153 East Madison Avenue, El Cajon, CA, 92021

NOON - Hope at Noon (O, D, JT, WC, \$)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

6:00 PM - Mountain High (O, D, WC)
Freedom Ranch 1777 Buckman Springs Road, Campo, CA, 91906

6:30 PM - Friday Night Footsteps (O, D, WC, \$)
Lemon Grove Alano Club 6901 Central Avenue, Lemon Grove, CA, 91945

7:00 PM - Bikers In Recovery (O, D, WC)
Lakeside Hotel 9940 River Street, Lakeside, California, 92040

7:30 PM - Serenity Seekers (O, D, TO, WC)
Church (Enter on 3rd St. Red Door) 8360 Lemon Avenue, La Mesa, CA, 91941

8:00 PM - Friday Strait Shooters (O, D, WC, \$)
Church 490 Farragut Circle, El Cajon, CA, 92020

SATURDAY

8:00 AM - R and G (O, D, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

10:00 AM - Newcomers N Recovery (O, B, D, TO, WC)
Lakeside Hotel 9940 River Street, Lakeside, CA, 92040

10:00 AM - Saturday Morning Men's Stag (C, M, SD, WC, \$)
Lemon Grove Alano Club 6901 Central Avenue, Lemon Grove, CA, 91945

11:00 AM - Weekend Warriors (O, TO, WC)
Wells Park 1153 East Madison Avenue, El Cajon, CA, 92021

4:00 PM - True Grit (O, D, WC)
Lemon Grove Alano Club 6901 Central Avenue, Lemon Grove, CA, 91945

5:00 PM - Game Over (O, D, WC)
Lakeside Hotel 9940 River Street, Lakeside, CA, 92040

7:00 PM - Saturday Night Misfits (O, D, WC)
Step by Step Serenity & Beyond Shop 8790 Cuyamaca Street, Santee, CA, 92071

8:00 PM - Real Recovery (O, SD, WC, SB, \$)
Church 1465 East Madison Avenue, El Cajon, CA, 92019

9:45 PM - Who Is An Addict (O, CL, D, WC)
El Cajon Alano Club 938 E. Washington Avenue, El Cajon, CA, 92020

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	IW	It Works - How and Why
JT	Just for Today	L	Literature Study
M	Men	O	Open
SB	Smoke Break	SD	Speaker/Discussion
ST	Step	TO	Topic
TR	Tradition	W	Women
WC	Wheelchair	§	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	IW	Funciona - Cómo y Porqué
JT	Solo por Hoy	M	Hombres
O	Abierta	SB	Rotura del humo
SD	Orador/Discusión	ST	Paso
TO	Tema	TR	Tradición
W	Mujeres	WC	Silla de Ruedas
§	Sello		

Nota: cuidado de niños no es proporcionada por Narcóticos Anónimos!

**"Toma mi voluntad y mi vida.
Guíame en mi recuperación.
Enséñame cómo vivir."**

AREA SUB COMMITTEE MEETINGS -- All GSR Orientations 1/2 hour prior to ASC

- ASC:** Drew A. (619) 383-5959 **4th Tues 6:00pm** 1365 N. Johnson, Bingo Hall
- Vice Chair:** Steve R. (619) 709-1932
- Treasurer / Secretary:** Heather C. (619) 971-1277 / Rebecca (619) 724-3998
- Activities:** Tom M. (619) 865-5879 **3rd Tue 6:00pm** Denny's on Mollison
- H&I:** HannahLei (619) 889-5970 **2nd Sun 6:00pm** 8790 Cuyamaca St.
- Lit Sales / Lit. Sales Alt:** Wayne (619) 922-1779 / Keri I (619) 251-1156
- Merchandise / T-Shirt:** Jeanette W. (619) 396-8281 **3rd Sun 6:00pm** 8790 Cuyamaca St.
- Public Info:** Paula (619) 328-7985 **1st Thurs 7:00pm** 8329 La Mesa Blvd. La Mesa
- Outreach:** Jim M. (619) 312-5985 **1st Sun 6:00pm** 8790 Cuyamaca St.
- NA Youth:** Vacant **3rd Tues 7:00pm** 4689 Felton St Normal Hgts
- Convention:** Susan R (619) 357-0878 **1st&3rd Sun 6:30pm** 4689 Felton St Nrmal Hgts
- Lit Review:** Vacant
- RCM / RCM 2** John C (619) 698-6289 / Vacant
- Website / Policy** Vacant / Vacant

Phone List

My Gratitude speaks when I care and when I share with others the NA Way.

UNITED EAST COUNTY AREA

Meeting Schedule (58 weekly)

Printed on: MARCH 21, 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

UEC Area Service PO Box 1460 El Cajon, CA 92022
 Committee:
 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