

# NARCOTICS ANONYMOUS

SOUTHERN CALIFORNIA REGIONAL DIRECTORY

## THE TWELVE STEPS OF NARCOTICS ANONYMOUS

- We admitted we were powerless over our addiction - that our lives had become unmanageable.
- Came to believe that a Power greater than ourselves could restore us to sanity.
- Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4. Made a searching and fearless moral inventory of ourselves.
- Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Were entirely ready to have God remove all these defects of character.
- 7. Humbly asked Him to remove our shortcomings.
- Made a list of all persons we had harmed, and became willing to make amends to them all.
- Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Continued to take personal inventory and when we were wrong promptly admitted it.
- Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- Having had a spiritual awakening as the results of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

#### THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

- Our common welfare should come first; personal recovery depends upon N.A. unity.
- For our group purpose there is but one ultimate authority a lowing God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- The only requirement for N.A. membership is a desire to stop using.
- Each group should be autonomous except in matters affecting other groups or N.A. as a whole.
- Each group has but one primary purpose to carry its message to the addict who still suffers.
- 6. An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of momey, property and prestige divert us from our primary purpose.
- Every N.A. group ought to be fully self-supporting, declining outside contributions.
- Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- N.A., as such, ought never be organized; but we may create service boards or committees directly responisble to those they serve.
- Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
- Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
- Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

This meeting directory is for Narcotics Anonymous members only for their use in locating meetings.

CODE: 0 - Open meetings

C - Closed meeting for addicts and alcoholics.

R - Recovery House meeting, subject to their house rules.

H - Hospital (Meetings held in Hospitals)

# 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 N.A. 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 through N.A. 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 who have found a new way of life. So long as I follow that way, I have nothing to fear.

#### MONDAY

ALTADENA Womens Stag 2326 N. El Molino 8:00pm - C

Fontana Steel Workers Hall 9400 S. Sierra Ave. 8:00pm - 0

HERMOSA BEACH Rotary Club Gould and Valley Drive 8:30pm - 0

LA MIRADA St. Christophers Church 15151 Cordova 8:30pm - 0

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 8:30pm - 0

NORTH HOLLYWOOD Surviviors Club 11339 Moorpark 10:30pm - 0

OCEAN BEACH
Ocean Beach Elementary
4714 Santa Monica Blvd.
8:30pm - 0

OXNARD St. Pauls Church 1800 "C" St. - Rear 8:30pm - 0 SANTA MONICA Sunset Park Church 1515 Maple St. 8:00pm - O

STUDIO CITY Unitarian Church 12355 Moorpark 8:30pm - 0

TORRANCE
24030 Hawthorne Blvd.
8:00pm - C
Womens Stag

WEST HOLLYWOOD Our House 1445 N. Gardner 8:30pm - R

## TUESDAY

ECHO PARK
Sunrise Community Center
2022 Sunset Blvd.
8:30pm - R

HERMOSA BEACH St. Cross Church 1818 Monterey Blvd. 8:00pm - C

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 12:00noon - 0

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 6:30pm - 0

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 8:30pm - 0

ORANGE Care Manor 401 S. Tustin 8:00pm - R

PASADENA Impact 1680 N. Fairoaks 8:00pm - R

RIVERSIDE 3610 11th St. 8:00pm - 0 SAN DIEGO Miramar Base C.A.C. Unit 8:30pm - 0

SAN LUIS OBISPO 1814 Osos 8:00pm - 0

SANTA MONICA Unitarian Church 1260 18th St. 8:00pm - 0

VISTA First Christian Church 305 W. California Ave. 8:00pm - 0

#### WEDNESDAY

FONTANA Steel Workers Hall 9400 S. Sierra Ave. 8:00pm - O

GARDENA First Presbyterian Church 1957 W. Redondo Beach Blvd. 8:00pm - O

LOS ANGELES Casa Mara Villa 4907 Brooklyn Ave. 8:30pm - 0

LOS ANGELES Stella Marris 2303 S. Figueroa St. 8:00pm - R

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 12:30pm - 0

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 8:30pm - 0

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 10:30pm - 0

PACODMA 13643 Van Nuys Blvd. 7:30pm - C

RIVERSIDE First Methodist Church 4845 Brocton Ave. 8:00pm - 0 SANTA BARBARA Unitarian Church 1525 Santa Barbara 8:30pm - 0

VAN NUYS
St. Andrews Church
15502 Sherman Way
8:30pm - 0

## THURSDAY

CHINO Chino Vida Nueva 5220 "D" St. 8:30pm - 0

NORTH HOLLYWOOD Community House 8809 Lankershim Blvd. 8:30pm - R

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 12:30pm - 0

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 8:30pm - C Womens Stag

PACIFIC BEACH
Congregational Church
2088 Beryl
8:30pm - 0

PARAMOUNT Methodist Church 6635 Paramount Blvd. 8:30pm - 0

PASADENA Calvery Baptist Church 1555 E. Colorado 8:00pm - 0

SANTA MONICA Unitarian Church 18th and Arizona 8:00pm - C Mens Stag

TARZANA
Tarzana Psychiatric Hospital
18646 Oxnard St.
8:30pm - H

VAN NUYS
Olive View Hospital
7533 Van Nuys Blvd.
8:00pm - H

VENTURA Trinity Lutheran Church 196 N. Ashwood 8:30pm - 0

WESTCHESTER
Convenant Presbyterian
6323 W. 80th St.
8:00pm - C

WESTMIN ISTER
Hope House
7382 Garden Grove Blvd.
8:30pm - R

## FRIDAY

DESERT HOT SPRINGS

Turn-Off 71-175 Aurora Road 8:30pm - R

LOS ANG ELES

House of Uhura 8005 S. Figueroa 8:30pm - R

MANHATTAN BEACH

Trinity Lutheran Church 1101 Rowell St. 8:00pm - C

MONTEREY PARK

St. Pauls Lutheran Church 2009 S. Garfield 8:00pm - 0

NORTH HOLLYWOOD

Cri-Help 11027 Burbank Blvd. 8:30pm - R

NORTH HOLLYWOOD

Survivors Club 11339 Moorpark 8:30pm - 0

NORTH HOLLYWOOD

Survivors Club 11339 Moorpark 12:00 midnight - 0

THOUSAND OAKS
Church of the Oaks
950 Warwick St.
8:30pm - O

VAN NUYS
15225 Victory Blvd. #19
8:30pm - C
Mens Stag

VENICE

Miskon Temple 201 N. Hampton Drive 12:30pm - C

VENICE

Venice United Meth. Church 1020 Victoria Ave. 8:00pm - 0

WEST COVINA

Y. M. C. A 412 Rowland St. 8:00 - 0

## SATURDAY

ECHO PARK

United Methodist Church 1226 N. Alvarado 7:30pm - 0

LAWNDALE

Lawndale Civic Center 14701 Burin 8:00pm - C

MONTEBELLO
Community Center
701 S. Hoefner
8:00pm - 0
Last Sat. of Month

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 8:30pm - 0

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 12:00midnight - 0

OCEANSIDE Metropolitan Comm. Church 113 N. Fremont 8:00pm - 0

PACIFIC BEACH
Congregational Church
2088 Beryl Ave.
8:30pm - 0

VENICE Venice United Meth. Church 1020 Victoria Ave. 8:00pm - 0

# SUNDAY

DOWNEY Imperial Bank 12540 Rives 8:30pm - 0

NORTH HOLLYWOOD Cri-Help 11027 8:00pm - R

NORTH HOLLYWOOD Survivors Club 11339 Moorpark 12:30pm - 0

NORTH HOLLYWOOD Survivors 11339 Moorpark 8:30pm - 0

PASADENA Impact 1680 N. Fairoak 4:00pm - R

TORRANCE St. James School 4625 Garnet 8:00pm - C

## INSTITUTIONAL COMMITTEE PANEL CHAIRMANS

Monday - Patton State Hospital

Charles Bart 797-0634

Tuesday - California Rehab. Center - Mens

Vann H. 1-714-627-6786

Tuesday - S.R.C.C.

Lonnie M. 663-3663

Tuesday - Ventura County Jail

Rhonda D. 1-805-482-7972

Wednesday - El Paso De Robles School for Boys

Rick C. 1-805-544-5233

Thursday - California Rehab. Center - Womens

Carl B. 338-5555

Thursday - Terminal Island

Hank M.

376-2130

# NAMES AND PHONE NUMBERS

#### AREA SERVICE COMMITTEES AND PHONE SERVICE LINES OF N.A.

BAY CITIES AREA SERVICE COMMITTEE P.O. Box 1449 Redondo Beach, Calif. 90278 (213) 372-9666

EASTERN COUNTIES AREA SERVICE COMMITTEE P.O. Box 5855 Whittier, Calif. 90605 (213) 692-1688

L.A/S.G.V. AREA SERVICE COMMITTEE P.O. Box 2716 Pasadena, Calif. 91105

SAN DIEGO AREA SERVICE COMMITTEE (1-7140726-4900)

SAN FERNANDO VALLEY COMMITTEE P.O. Box 595 Sun Valley, Calif. 91352 (213) 786-5110

VENTURA CENTRAL SERVICE COMMITTEE P.O. Box 3793 Ventura, Callf. 93003 (805) 483-4161

WORLD SERVICE OFFICE P.O. Box 622 Sun Valley, Calif. 91352 (213) 764-4880

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