SUNDAY / DOMINGO

7:00AM 1HR Just for Today Morning Meeting, San Pedro, CA, 90731 **(O,D,JT,VM)** *Meeting ID: 569025147 Passcode: recovery*

10:00AM 1.5HR Beginners Steps on the Beach, Down Junipero at the east end of the parking lot, Lifeguard Station #17, East Ocean Boulevard and Junipero Avenue, Long Beach, CA, 90803 **(O,D,St,OUT)**

10:00AM 1.5HR Keeping Hope Alive, Point Fermin Park next to playground, Bring chair, dogs welcome., 807 West Paseo Del Mar, San Pedro, CA, 90731 **(O,D,OUT)**

10:15AM 1.75HR Freedom by the Sea, On the Beach, **Rainy days at Lifeguard Station**, 2nd Street & The Strand, Hermosa Beach, CA, 90254 **(O,D,OUT)**

3:00PM 1.5HR We Don't Use Today, 5881 Cherry Avenue, Long Beach, California, 90805 **(O,D,WC)**

6:30PM 2HR Invitation to Live, Trinity Lutheran Church, Upstairs, 759 Linden Avenue, Long Beach, CA, 90813 **(C,BT,D,SP,St,Tr,LS)** *Meeting ID: 89037574062, Passcode: anyaddict*

6:30PM 1.25HR Relapse Prevention 101 (Hybrid), Sur La Brea Park, Corner of 237th Street & Cabrillo, Cabrillo Avenue & West 236th Street, Torrance, CA, 90501 **(C,D,LC,HY)** *Meeting ID: 285793878 Passcode: RP101*

6:30PM 1.5HR The Lie is Dead, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(CS)**

7:00PM 1HR Better Choices, Cal Heights United Methodist, 3759 Orange Avenue, Long Beach, CA, 90802 **(JT)**

7:00PM 1HR Better Choices (Virtual), Long Beach, CA, **(JT,VM)** *Meeting ID: 6809069798 Passcode: 410479*

7:00PM 1.5HR Wheel of Recovery, McMasters Park, 3624 Artesia Boulevard, Torrance, CA, 90504 **(O,D,WC)**

MONDAY / LUNES

7:00AM 1HR Just for Today Morning Meeting, San Pedro, CA, 90731 **(O,D,JT,VM)** *Meeting ID: 569025147, Passcode: recovery*

9:00AM 1.5HR We Got A Disease!, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,BT,D,BK)**

9:00AM 1.5HR We Got A Disease! (Virtual), Long Beach, CA, 90805 **(O,BT,D,BK,VM)** *Meeting ID: 9270099714 Passcode: wgadna*

NOON 1HR Complete Abstinence, Kaiser Permanente, Room A, 23621 South Main Street, Carson, CA, 90745 **(O,D,JT,WC,SPAD)**

5:15PM 1HR Art C's Memorial Men's Step Study, 835 East 33rd Street, Signal Hill, CA, 90755 **(M,BK)**

5:30PM 1HR Women Stepping Into Recovery, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(D,St,W)**

7:00PM 1.75HR RAW (Recovery At Work Group of NA), BHS, 15519 Crenshaw Boulevard, Gardena, CA, 90249 **(St,BK)**

7:00PM 1.5HR Serenity Hope, MWA, 835 East 33rd Street, Signal Hill, CA, 90755 **(O,To,WC)**

7:00PM 1.5HR Women's Candle Light Meeting, Long Beach, CA, 90808 **(To,W,LC,VM)** *Meeting ID: 9484069680 Passcode: WomenNA*

7:30PM 1.5HR N.A. Crosstalk, El Nido Park, 18301 Kingsdale Avenue, Redondo Beach, CA, 90278 **(O)**

TUESDAY / MARTES

7:00AM 1HR Just for Today Morning Meeting, San Pedro, CA, 90731 **(O,D,JT,VM)** *Meeting ID: 569025147, Passcode: recovery*

9:00AM 1.5HR We Got A Disease!, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,D)**

9:00AM 1.5HR We Got A Disease! (Virtual), Long Beach, CA, 90805 **(O,D,VM)** *Meeting ID: 9270099714 Passcode: wgadna*

11:30AM 1.5HR High Nooners, Union Hall, 231 West C Street, Wilmington, CA, 90744 **(C,D)**

4:00PM 1HR Tuesday Afternoon Serenity, Torrance Lomita Alano Club, 1645 Arlington Avenue, Torrance, CA, 90501 **(O,To,WC)**

7:00PM 1.5HR For Those Who Want To Recover, 15533 Crenshaw Blvd, Gardena, CA, 90249 **(O,WC)**

7:00PM 1.5HR Principles Before Personalities (Hybrid), Mass Liberation, 21519 Menlo Avenue, Torrance, CA, 90502 **(St,W,BK,HY)** *Meeting ID: 5711868792 Passcode: 102371*

7:00PM 1.5HR Step Connection, 2280 Clark Avenue, Long Beach, CA, 90815 **(O,BT,SP,St,WC,BK)**

7:00PM 1.5HR The Primary Purpose Step Study, El Nido Park, 18301 Kingsdale Avenue, Redondo Beach, CA, 90278 **(C,St,WC)**

8:00PM 1.5HR The Last Mile, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,LC)**

WEDNESDAY / MIÉRCOLES

7:00AM 1HR Just for Today Morning Meeting, San Pedro, CA, 90731 **(O,D,JT,VM)** *Meeting ID: 569025147 Passcode: recovery*

9:00AM 1.5HR We Got A Disease!, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,D,IP)**

9:00AM 1.5HR We Got A Disease! (Virtual), Long Beach, CA, 90805 **(O,D,IP,VM)** *Meeting ID: 9270099714 Passcode: wgadna*

NOON 1HR Welcome Home, Kaiser Permanente, Room A, 23621 Main Street, Carson, CA, 90745 **(O,D,WC)**

7:00PM 1HR Freedom Through Change, El Nido Park, Outdoor, bring chair, 18301 Kingsdale Avenue, Redondo Beach, CA, 90278 **(O,D,JT,To,WC,OUT)**

7:00PM 1.5HR Only the Strong Survive, Mass Liberation, 21519 Menlo Avenue, Torrrance, CA, 90502

7:30PM 1HR Inner Peace, Sur La Brea Park, Corner of 237th & Cabrillo, 23610 Cabrillo Avenue, Torrance, CA, 90501 **(O,D,WC)**

7:30PM 1.5HR The Solution, ICFH, 1st and 3rd weeks there is a speaker, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,D,SP,To,WC)**

8:00PM 1HR We are Here, Long Beach, CA, 90814 **(O,VM)** *Phone: 929-238-0613 PIN: 743 409 053#*

THURSDAY / JUEVES

7:00AM 1HR Just for Today Morning Meeting, San Pedro, CA, 90731 **(O,D,JT,VM)** *Meeting ID: 569025147, Passcode: recovery*

9:00AM 1.5HR We Got A Disease!, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,D,LC)**

9:00AM 1.5HR We Got A Disease! (Virtual), Long Beach, CA, 90805 **(O,D,LC,VM)** *Meeting ID: 9270099714 Passcode: wgadna*

12:30PM 1.5HR Giving Back, 5190 Atlantic Avenue, Long Beach, CA, 90805 **(O,D)**

7:00PM 1.5HR Let's Get Real, Riviera United Methodist Church, 375 Palos Verdes Boulevard, Redondo Beach, CA, 90277 **(O,D)**

7:00PM 1.5HR One Love Meeting of NA, First Church of the Nazarene, 2280 Clark Avenue, Long Beach, CA, 90815 **(O,D,SP,1W)** *Backside of church on Rutgers Ave*

7:00PM 1HR Women In Unity, Torrance, CA, 90501 **(W,VM)** *Meeting ID: 903460875 Passcode: unity*

7:30PM 1HR Growth In Recovery, Bixby Knolls Christian Church- Room 115, 1240 East Carson Street, Long Beach, CA, 90807 **(O,To,WC)**

7:30PM 1.5HR Home Again, Wayside United Methodist Church, 25904 Cayuga Avenue, Lomita, CA, 90717 **(O,D,WC)**

7:30PM 1HR The Struggle is Real - Women's mtg, CA, **(W,VM)** *Meeting ID: 8682842408 Passcode:*

FRIDAY / VIERNES

7:00AM 1HR Just for Today Morning Meeting, San Pedro, CA, 90731 **(O,D,JT,VM)** *Meeting ID: 569025147, Passcode: recovery*

9:00AM 1.5HR We Got A Disease!, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,D,IW,St)**

9:00AM 1.5HR We Got A Disease! (Virtual), Long Beach, CA, 90805 **(O,D,IW,VM)** *Meeting ID: 9270099714 Passcode: wgadna*

NOON 1HR Keep It Simple, Kaiser Permanente, Room A, 23621 Main Street, Carson, CA, 90745 **(O,D,JT,WC,SPAD)**

5:00PM 1.5HR Toberman Group, Toberman Neighborhood Center, 131 North Grand Avenue, San Pedro, CA, 90731 **(O)**

7:00PM 1.5HR Friday Night Kaiser Meeting, Kaiser Permanente, Room A - Building #2, 23621 Main Street, Carson, CA, 90745 **(D,To,LS)** *Only water allowed.*

7:30PM 1.5HR Creative Shares Welcome, El Nido Park, 18301 Kingsdale Avenue, Redondo Beach, CA, 90278 **(O,WC)**

7:30PM 1.5HR Grow or Go, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(D,RF,SP)**

8:00PM 1.5HR Rowell Street Meeting, Trinity Lutheran Church, 1101 North Rowell Avenue, Manhattan Beach, CA, 90266 **(O,D,SP)**

8:00PM 1.5HR Rowell Street Meeting (Virtual), Manhattan Beach, CA, 90266 **(O,D,SP,VM)** *Meeting ID: 817014093 Passcode: 106536*

8:00PM 1.5HR Sharing From the Heart, Long Beach Alliance Church, 3331 Palo Verde Avenue, Long Beach, CA, 90808 **(O,D,WC)**

8:30PM 1HR Survivors (Bump your Head), Lakewood Village Community Church, Upstairs Attic - Room Behind the Church, 4515 Sunfield Avenue, Long Beach, CA, 90808 **(O,BT,BK)**

SATURDAY / SÁBADO

7:00AM 1HR Just for Today Morning Meeting, San Pedro, CA, 90731 **(O,D,JT,VM)** *Meeting ID: 569025147 Passcode: recovery*

10:00AM 1.5HR Keeping Hope Alive, Point Fermin Park next to playground., Bring chair, dogs welcome., 807 West Paseo Del Mar, San Pedro, CA, 90731 **(O,D,OUT)**

10:00AM 1.5HR Risking It All, Wilmington Recreation Center - Parking on Bay View Ave, 325 North Neptune Avenue, Wilmington, CA, 90744 **(D,M,SP,WC)**

10:00AM 1.5HR Risking it All Men's Stag, Wilmington, CA, 90744 **(M,SP,WC,VM)** *Meeting ID: 4482225562 Passcode:*

10:00AM 1.5HR Women Do Recover (Hybrid), United Methodist Church, 580 West 6th Street, San Pedro, CA, 90731 **(D,SP,W,WC,HY)** *Meeting ID: 86060956829 Passcode: womenfirst*

2:00PM 1.5HR We Don't Use Today, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,BT)**

5:30PM 1.5HR Welcome to Recovery, El Nido Park, 18301 Kingsdale Avenue, Redondo Beach, CA, 90278 **(O,D,SP,WC)** **NOT MEETING ON MARCH 25TH**

6:00PM 1.5HR Saturday Night Newcomers Kaiser, Carson, CA, 90745 **(O,D,VM)** *Meeting ID: 85231310249 Passcode: 662666*

7:00PM 1.5HR Angels Gate, 807 South Pacific Avenue, San Pedro, CA, 90731 **(O,D,SP)** *Mask required*

7:30PM 1.5HR Saturday Night Recovery (Hybrid), Walteria Park, 3855 West 242nd Street, Torrance, CA, 90505 **(O,D,WC)** *Meeting ID: 297752081 Passcode: 014360*

8:00PM 1.5HR Real Deal 3, Innercity Fellowship Hall, 5881 Cherry Avenue, Long Beach, CA, 90805 **(O,SP,WC)**

MEETING FORMAT LEGEND

1W	First Week	BK	Book Study
BT	Basic Text	C	Closed
CS	Children under Supervision	D	Discussion
HY	Hybrid Meeting	IP	Informational Pamphlet
IW	It Works -How and Why	JT	Just for Today
LC	Living Clean	LS	Literature Study
M	Men	O	Open
OUT	Outside	RF	Rotating Format
SP	Speaker	SPAD	A Spiritual Principle a Day
St	Step	To	Topic
Tr	Tradition	VM	VirtualMeeting
W	Women	WC	Wheelchair

HELPLINES

Area 1 Number 1
Area 2 Number 2

SERVICE MEETINGS

PHONE NUMBERS

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*

Bay Cities Area Meeting Directory MAY 2024

24 Hour Helpline
310-372-9666

https://baycitiesna.com

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

Meetings Weekly: 73