



## SUNDAY

- 10:00-11:15 am**  
C|P|T|NS  
**NA IN THE AM STONERS**  
1111 Garden Street,  
Santa Barbara
- 12:30-2:00 pm**  
C|NS|P|WC  
**LA RECUPERACION ES POSIBLE**  
1111 Garden Street,  
Santa Barbara
- 7:00-8:30 pm**  
O|P|T|NS|SP  
**SUNDAY NIGHT WE DO RECOVER**  
Marine Center Classroom,  
125 Harbor Way,  
Santa Barbara

## MONDAY

- 6:45-7:45 am**  
O|P|NS|WC  
Format: Leader's Choice  
**THE WHEELS FELL OFF**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 8:00-9:00 pm**  
O|P|NS  
**NA IN THE HOUSE**  
New House III, 2434 Bath St.  
Santa Barbara

## TUESDAY

- 6:45-7:45 am**  
O|P|NS|WC  
Format: Leader's Choice  
**THE WHEELS FELL OFF**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 6:30-7:30 PM**  
O|B|NS|L|WC  
**MEAT & POTATOES**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 7:30-8:30 pm**  
O|P|NS|WC  
**OUR MEETING**  
Church-Fellowship Hall,  
909 La Cumbra Road at  
Foothill Road,  
Santa Barbara

## WEDNESDAY

- 6:45-7:45 am**  
O|P|NS|WC  
Format: Leader's Choice  
**THE WHEELS FELL OFF**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 12:00 noon-1:00 pm**  
O|P|NS|WC  
**I CAN'T BUT WE CAN**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 5:45-6:45 pm**  
O|P  
**CARPE DIEM**  
1111 Vallecito, Carpenteria-  
Church behind Rusty's Pizza
- 7:30-8:30 pm**  
O|M|NS|P  
**SPACE COWBOYS**  
227 E Arreallga St.  
Santa Barbara
- 7:30-9:00 pm**  
O|P|NS|WC|SP  
1<sup>ST</sup> & 3<sup>RD</sup> Wed./mo. Are  
Speaker Meetings  
**MOTHER GROUP**  
Church-Garden Room, 21 E.  
Constance Ave. at State St.  
Santa Barbara

## THURSDAY

- 6:45-7:45 am**  
O|P|NS|WC  
Format: Leader's Choice  
**THE WHEELS FELL OFF**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 12 noon-1:00 pm**  
O|P|NS|WC  
**H.O.W.**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 6:30-7:30 pm**  
C|W|D|P|NS|WC  
**WOMEN DO RECOVER**  
Church-Couch Room,  
909 La Cumbra Road at  
Foothill Road,  
Santa Barbara
- 8:00-9:00 PM**  
O|P|NS|WC  
**PARTICIPATION MEETING**  
Church - Couch Room, 909 La  
Cumbre Rd.at Foothill  
Santa Barbara

B = Book Study  
C = Closed –Addicts Only  
CL = Candlelight  
D = Discussion

L = Literature Study  
M = Men's Meeting  
NS = Non Smoking  
O = Open

## FRIDAY

- 6:45-7:45 am**  
O|P|NS|WC  
Format: Leader's Choice  
**THE WHEELS FELL OFF**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 12:00-1:00 pm**  
O|P|NS|WC  
**NEVER ALONE**  
235 E. Cota St. at Garden,  
Upstairs  
Santa Barbara
- 7:00-8:00 pm**  
C|NS|P|WC  
**LA RECUPERACION ES POSIBLE**  
1111 Garden Street,  
Santa Barbara
- 7:30-8:30 PM**  
O|P|NS|CL  
Please note: no pets allowed on  
premises  
**YOUNG PEOPLE'S CANDLELIGHT MEETING**  
Church, Wesley Hall, Garden  
& Anapamu Streets  
305 E. Anapamu St.  
Santa Barbara
- 9:00-10:00 pm**  
O|L|NS  
**SLEEPWALKERS**  
New House II  
227 W. Haley Street  
Santa Barbara

## SATURDAY

- 10:00-11:15 am**  
O|P|S|WC  
**HOPE WITHOUT DOPE**  
Ledbetter Beach  
Cabrillo Blvd & Loma Alta Rd.  
Santa Barbara
- In case of rain, meet at 235 E. Cota St. (at Garden)
- 7:30-9:00 pm**  
O|P|NS|SP  
**UNITY MEETING**  
Marine Center Classroom  
125 Harbor Way  
Santa Barbara

S = Smoking  
SP = Speaker  
SS = Step Study  
P = Participation

T = Topic  
TR = Traditions  
W = Women's Meeting  
WC = Wheelchair Access

## WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.