

# Narcotics Anonymous



**We Care!**  
**MEETING DIRECTORY**

**Inland Empire Foothills Area**



**Nov - Dec 2006**

Redlands, Yucaipa, Mentone,  
and some parts of  
San Bernardino, Highland and  
Running Springs.

**24-HOUR HELPLINE**  
**(909) 795-0464 or (800)TODAYNA**

**Website:**  
[www.IEFoothillsNA.org](http://www.IEFoothillsNA.org)

**I.E.Foothills Address:**  
P.O.Box 1447, Yucaipa, CA 92399  
**So. Calif. Regional Service Office • Phone:** (626)359-0084  
Spanish Helpline • Línea Telefónica en vivo: (888)622-4672

## SUNDAY

**SAN BERNARDINO** (O-Part) *Just For Today*.....**6:30 a.m.**  
1406 Pacific St. (enter on 17th St.) - Judson St. Baptist Church, 1.5 hour mtg.  
**REDLANDS** (O-Part.) Calvary Chapel "*Freedom Living*"...**2 p.m.**  
12765 San Bernardino Ave. *West of Alabama St. in New Sanctuary Rm. 217*  
**YUCAIPA** (O-NS-Part-H) Methodist Church .....**6 p.m.**  
12030 Adams St. (Corner of Acacia & Adams) "*Serenity Sunday*"  
**SAN BERNARDINO** (O-Part-H) .....**7:30 p.m.**  
839 N. Mt Vernon Ave. "*Home Away From Home*"  
**LOMA LINDA** (O-NS-Part-H) "*Addicts R Us*" .....**7:30 p.m.**  
11211 S. Benton Way - Chip Meeting (*VA Hospital 2nd Floor 2NW*)

## MONDAY

**SAN BERNARDINO** (O-Part) *Just For Today*.....**6:30 a.m.**  
1406 Pacific St. (enter on 17th St.) - Judson St. Baptist Church, 1 hour mtg.  
**COLTON**(O-Part-LP) *Circle of Friends*.....**7 p.m.**  
495 La Cadena Ave. (No court cards accepted)  
**YUCAIPA** (O-NS-Topic-Chips-H) Lutheran Church.....**7 p.m.**  
12449 California "*Nitelight*"  
**REDLANDS** (O-Part) Unity Club.....**8 p.m.**  
1307 Brookside Ave. "*Monday Night Madness*" (Chip Meeting)

## TUESDAY

**LOMA LINDA** (O-Part-H) "*Veterans in Recovery*" ..... **6:30 a.m.**  
11211 S. Benton Way (V.A. Hospital 2nd Floor 2 N.W.) 1-hr Mtg.  
**SAN BERNARDINO** (O-Part) *Just For Today*.....**6:30 a.m.**  
1406 Pacific St. (enter on 17th St.) - Judson St. Baptist Church, 1 hour mtg.  
**REDLANDS** (O-Part-H) "*Steps 2 Life*".....**12 p.m.**  
802 W. Colton Ave. Suite "D" (*corner of Colton & Texas*)  
**SAN BERNARDINO** (O-NS-Part-H)..... **6 p.m.**  
324 W. 40th St. "*Family For Recovery*"  
**YUCAIPA** (O-NS-Part-H) Methodist Church.....**7:30 p.m.**  
12030 Adams St. (Corner of Acacia & Adams) "*TNT*"  
**SAN BERNARDINO** (O-NS-Part) "*Men's Stag*".....**7 p.m.**  
3260 North "E" St. (In Rear Building) *Men Only*.  
**SAN BERNARDINO** (C) "*Jacuzzi Mtg*".....**7:30 p.m.**  
1535 E. Date St. (*No court cards signed after 7:45pm*)  
**REDLANDS** (O-NS-P-Chips) Salvation Army.....**8 p.m.**  
838 AltaSt. "*The Zoo*"  
**SAN BERNARDINO** (O-H) "*Together We Can*" .....**8:15 p.m.**  
1881 E. Commercenter Suite. 114 (*Behind Claim Jumper Restaurant*)

## WEDNESDAY

**SAN BERNARDINO** (O-Part) *Just For Today*.....**6:30 a.m.**  
1406 Pacific St. (enter on 17th St.) - Judson St. Baptist Church, 1 hour mtg.  
**SAN BERNARDINO** (O-Part) "*Pumalo Recovery*" .... **6 p.m.**  
25400 Pumalo St. (1 hr. meeting) Pumalo & Taylor St.  
**YUCAIPA** (O-Part) .....**7:30 p.m.**  
34030 Ave. "J" (Calimesa Community Church)  
**HIGHLAND** (C) "*The Lie is Dead*".....**7:30 p.m.**  
6685 Palm (Highland Congr. Church) No Court Cards  
**SAN BERNARDINO** (O-Part) "*Wed. Nite Live*" .....**7:30 p.m.**  
1140 Mill St. (Frazee Community Ctr.)  
**REDLANDS** (O-H) Unity Club-no court cards after break.....**8 p.m.**  
1307 Brookside Ave. "*Does Anybody Care*" (Speaker 2nd Wed)

## THURSDAY

**LOMA LINDA** (O-Part-H) "*Veterans in Recovery*" ..... **6:30 a.m.**  
11211 S. Benton Way (V.A. Hospital 2nd Floor 2 N.W.) 1-hr Mtg.  
**SAN BERNARDINO** (O-P) *Just For Today*.....**6:30 a.m.**  
1406 Pacific St. (enter on 17th St.) - Judson St. Baptist Church, 1 hour mtg.  
**SAN BERNARDINO** (O-NS)Serenity Club.....**12 p.m.**  
3964 N.Sierra Way "*Just for Today Brown Bag*"  
**SAN BERNARDINO** (O-NS-Part) *Women Only*.....**6:30 p.m.**  
3701 North Sierra Way "*Keeping it Simple*" Chip meeting.  
**REDLANDS** (O-NS-Part) "*First Step*" .....**7 p.m.**  
320 W. Union Ave. (Corner Webster & Union)  
**MENTONE** (O-P-NS) "*Knucklehead Meeting*" .....**8 p.m.**  
1367 Tourmaline Ave. (book study meeting, at private residence)  
**SAN BERNARDINO** (C) "*Jacuzzi Mtg*" .....**7:30 p.m.**  
1535 E. Date St. (*No court cards signed after 7:45pm*)  
**YUCAIPA** (O-P-NS) "*Holiday Park*" .....**7:30 p.m.**  
34184 County Line Road (*Holiday Mobile Home Park Clubhouse*)

## FRIDAY

**SAN BERNARDINO** (O-Part) *Just For Today*..... **6:30 a.m.**  
1406 Pacific St. (enter on 17th St.) - Judson St. Baptist Church, 1 hour mtg.  
**REDLANDS** (O-NS-Part) Presbyterian Church .....**12 p.m.**  
320 W. Union Ave. (Corner Webster & Union) "*The Last Resort*"  
**MENTONE** (O-NS-H) Church "*Where's the Beach*" ..... **6:30p.m.**  
1205 Beryl Ave.  
**REDLANDS** (NS) "*Barrio NA*" - Presbyterian Church.....**7 p.m.**  
320 W. Union Ave. (Corner Webster & Union) - w/Speaker Meetings  
on 1st Friday of Jan, April, Aug, and Nov.  
**REDLANDS** (O-Part-H) "*Slow Down*" .....**7:30 p.m.**  
1710 Barton Rd. (BMC Medical Clinic - In Cafeteria)  
**HIGHLAND** (O-NS-Book Study).....**7:30 p.m.**  
27457 E. Baseline, St. Adelaide's Church - On the last Friday of  
each month we celebrate cleantime.  
**YUCAIPA** (O-NS-H-Part.) Catholic Church ..... **8:30 p.m.**  
12687 California (Rear bldg. at right) "*TGIF*"  
**SAN BERNARDINO** (O-Part-S) ..... **10:00 p.m.**  
4113 N. Sierra Way - Arid Club "*Friday Night Gathering*"

## SATURDAY

**SAN BERNARDINO** (O-Part) *Just For Today*.....**6:30 a.m.**  
1406 Pacific St. (enter on 17th St.) - Judson St. Baptist Church, 1.5 hour mtg.  
**SAN BERNARDINO** (O-Part-NS-YP-H) ..... **10 a.m.**  
1777 E. Lynwood Drive (Lynwood Apts) "*The Next Generation*"  
**HIGHLAND**(O-Part) *Highland Rocks*.....**4 p.m.**  
3694 E. Highland Ave. Located at H.G.C.  
**REDLANDS** (NS-O-Part.) Oasis Church .....**6 p.m.**  
304 N. 7th St. "*Save Your Life*"  
**HIGHLAND** (O-NS-H-Topic) "*Saturday Nite Live*" ..**6:30 p.m.**  
27457 E. Baseline Street - Saint Adelaide's Catholic Church  
**YUCAIPA** (O-Part-H) "*Unleashed*" .....**8 p.m.**  
12030 Adams St. (Corner of Acacia & Adams)  
**REDLANDS** (O-Part-H) Unity Club ..... **9 p.m.**  
1307 Brookside "*Do it in the Dark*" 2hr. mtg.

## The Twelve Steps

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We 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.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

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## About Narcotics Anonymous

Addicts helping each other recover are the foundation of NA. Members meet regularly to talk about their experiences in recovery. Members take part in NA meetings by talking about their experiences and recovery from drug addiction. NA meetings are informally structured, held in space rented by the group, and are led by members who take turns opening and closing the meeting.

Most NA meetings are held regularly at the same time and place each week, usually in a public facility. There are two basic types of meetings - those which are open to the general public and those closed to the public (for addicts only). Meetings vary widely in format. Some formats are: participation, speaker, question and answer, topic discussion, and some have a combination of these formats. The function of any meeting is always the same: to provide a suitable and reliable environment for personal recovery.

The core of the NA program is the Twelve Steps. These "steps" are a set of guidelines outlining a practical approach to recovery. By following these guidelines and working closely with other members, addicts learn to stop using drugs and face the challenges of daily living.

## Meeting Codes:

- |             |                             |
|-------------|-----------------------------|
| (C)         | Closed; for addicts only    |
| (H)         | Handicapped accessible      |
| (LP)        | Leader picks meeting format |
| (NC)        | No children allowed         |
| (NS)        | Non-Smoking                 |
| (O)         | Open; all are welcome       |
| (P or Part) | Participation               |
| (S)         | Smoking                     |
| (T)         | Topic meeting               |
| (Chips)     | Clean Time Chips Awarded    |
| (YP)        | Young People's Meeting      |