

~~~~~ SATURDAY (Cont'd.) ~~~~~

- 10:00-11:00 PM RECOVERY RELATED'S NOCTURNAL FIX (1) CL, ☪  
Phoenix Recovery Services  
1601 E. College Way, Mount Vernon
- 10:00-11:00 PM NOT IN VEIN (3) ☪  
Church of the Redeemer  
6210 N.E. 181st Street, Kenmore

**THE TWELVE STEPS**

1. We admitted we were powerless over cocaine and all other mind-altering substances—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. 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.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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 the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

**THE TWELVE TRADITIONS**

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

**+++++ SERVICE MEETINGS +++++**

*Each group is **strongly encouraged** to have a Group Service Representative attend monthly District and Area meetings.*

**AREA – Washington State**

2nd Sunday each month; 4:00 PM  
Evergreen Lanes, 5111 Claremont Way, Everett

**DISTRICT 1 – Bellingham/Mount Vernon**

4th Sunday each month; 6:00 PM  
Mount Vernon Senior Center  
1401 Cleveland Street, Mount Vernon

**DISTRICT 2 – Snohomish County**

2nd Wednesday each month; 7:00 PM  
Evergreen Lanes, 5111 Claremont Way, Everett

**DISTRICT 3 – King/Pierce/Thurston County**

3rd Tuesday each month; 7:00 PM  
Kirkland Congregational Church; Room 21 (upstairs on left)  
106 5th Avenue, Kirkland

**DISTRICT 3 – Hospitals and Institutions Committee**

3rd Sunday each month; 3:30PM  
Alano Club of the Eastside  
12302 NE 8th St, Bellevue

**NAMES & PHONE NUMBERS**

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**WASHINGTON STATE COCAINE ANONYMOUS MEETING DIRECTORY**

**Updated July 10th, 2018**

*Please submit any questions, comments, or concerns regarding the information published in this directory to [caofwaschedules@gmail.com](mailto:caofwaschedules@gmail.com)*



**“We’re Here and We’re Free”™**

**We Welcome You to Cocaine Anonymous!**

Cocaine Anonymous is a Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. \*

So what does “...and all other mind-altering substances” mean? It means that it is the collective experience of the members of Cocaine Anonymous that addiction is a problem not limited to any one substance. It means that C.A.’s Twelve Steps are not drug-specific, and that Cocaine Anonymous is not a drug-specific Fellowship. It means that it doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!\*\*

\*Adapted with permission of the A.A. Grapevine, Inc.

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**For additional information, please call our 24-hour hotline at (425) 244-1150, or visit our website at [www.caofwa.org](http://www.caofwa.org)**

*Groups included in this directory are listed at their request. A directory listing does not constitute or imply approval or endorsement of any group’s approach to, or practice of, the traditional C.A. program. In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.*

|                                              |                                                                               |                       |                                                              |                           |                                                         |
|----------------------------------------------|-------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------|---------------------------|---------------------------------------------------------|
| BB                                           | Big Book Study                                                                |                       | Skagit Valley REACH Center (rear building)                   | 7:30-8:30 PM              | MOMENT OF CLARITY (3) ☯                                 |
| C                                            | Closed to Public ( <i>We welcome anyone seeking freedom from addiction!</i> ) |                       | 1413 East College Way, Mount Vernon                          |                           | Kirkland Congregational Church (basement)               |
| CL                                           | Candlelight                                                                   | 7:30-8:30 PM          | END OF THE LINE (2)                                          |                           | 106 Fifth Avenue, Kirkland                              |
| LS                                           | Literature Study                                                              |                       | Recovery Center Gifts and Coins (use side entrance)          | 7:30-8:45 PM              | ONE PUFF NOT ENOUGH (1) ☯                               |
| MM                                           | Meditation Meeting                                                            |                       | 3602 Colby Avenue, Everett                                   |                           | Vasa Lodge                                              |
| M                                            | Men Only                                                                      | 7:30-8:45 PM          | BUT TWO ALTERNATIVES (3) ☯                                   |                           | 1805 Cleveland Ave, Mount Vernon                        |
| NC                                           | No Children, Please                                                           |                       | Alano Club of the Eastside                                   | 7:30-8:30 PM              | CRACKHEADS ON COLBY (2)                                 |
| SB                                           | Non-Smoking, with smoke break                                                 |                       | 12302 N.E. 8 <sup>th</sup> Street, Bellevue                  |                           | Recovery Center Gifts and Coins (use alley entrance)    |
| W                                            | Women Only                                                                    | 7:30-8:45 PM          | NO CAINE NO PAIN (3) ☯                                       |                           | 3602 Colby Avenue, Everett                              |
| ☯                                            | Meeting room accessible by wheelchair                                         |                       | United Churches of Olympia (use rear entrance)               | 7:30 PM                   | FINAL BLOW (1) CL, SB                                   |
| DISTRICTS (designated next to each meeting): |                                                                               |                       | 110 11 <sup>th</sup> Avenue S.E., Olympia                    |                           | Swinomish Social Service Building                       |
| 1                                            | Bellingham/Mount Vernon                                                       | 7:30 PM               | JUST FRIENDS (1)                                             |                           | 17311 Reservation Road, La Conner                       |
| 2                                            | Snohomish County                                                              |                       | Communion Church (north entrance)                            | 7:30-8:45 PM              | FEEL IT TO HEAL IT (2) W, MM, Childcare Available       |
| 3                                            | King/Pierce/Thurston County                                                   |                       | 1003 South 3 <sup>rd</sup> Street, Mount Vernon              |                           | Edmonds Lutheran Church                                 |
| 4                                            | Spokane                                                                       | 7:30 PM               | SPIRITUAL LINES (2) CL, SB, ☯                                |                           | 23525 84 <sup>th</sup> Avenue West, Edmonds             |
| ----- SUNDAY -----                           |                                                                               |                       |                                                              |                           |                                                         |
| 9:00-10:00 AM                                | BLUES BROTHERS (2) C, M, ☯                                                    |                       | Lynnwood Alano Club                                          |                           | FRIDAY                                                  |
|                                              | Evergreen Lanes (conference room)                                             |                       | 4001 198 <sup>th</sup> Street S.W., Suite 6, Lynnwood        | 12:00-1:00 PM             | RECOVERY RELATED (1) ☯                                  |
|                                              | 5111 Claremont Way, Everett                                                   | 7:30 PM               | WHOOPEE PARTY (3)                                            |                           | Skagit Valley REACH Center (rear building)              |
| 10:00-11:15 AM                               | WOLFPACK (1) C, M                                                             |                       | Emmaus Road Church (basement room)                           |                           | 1413 East College Way, Mount Vernon                     |
|                                              | Conway Fire Department                                                        |                       | 1059 N.E. 96 <sup>th</sup> Street, Seattle                   | 6:00-7:15 PM              | COKE BUSTERS (3) CL                                     |
|                                              | 21020 Greenfield Street, Conway                                               | 8:00-9:00 PM          | REACHING OUT: BONFIRE MEETING (3)                            |                           | Welcome Table Christian Church                          |
| 12:00-1:00 PM                                | RECOVERY RELATED (1) ☯                                                        | (June-August)         | Alki Beach ( <i>Look for C.A. sign as firepit may vary</i> ) |                           | 1322 South Bayview Street, Seattle                      |
|                                              | Skagit Valley REACH Center (rear building)                                    |                       | 1702 Alki Avenue S.W., Seattle                               | 7:00-8:00 PM              | FREEDOM FIGHTERS (1)                                    |
|                                              | 1413 East College Way, Mount Vernon                                           | 8:15-9:15 PM          | THE FOUR FACTS (2) LS, ☯                                     |                           | 1113 11 <sup>th</sup> Street, Bellingham                |
| 7:00-8:00 PM                                 | THE CLUB HOUSE (2) ☯                                                          |                       | Alpine Recovery Services                                     | 7:30-8:30 PM              | FRIDAY NIGHT FIX (2)                                    |
|                                              | Recovery Center Gifts and Coins (use alley entrance)                          |                       | 16404 Smokey Point Boulevard, Suite 109, Arlington           |                           | Alpine Recovery Services (South)                        |
|                                              | 3602 Colby Avenue, Everett                                                    | ----- WEDNESDAY ----- |                                                              |                           |                                                         |
| 7:00 PM                                      | GOOD CLEAN FUN (3)                                                            | 12:00-1:00 PM         | RECOVERY RELATED (1) ☯                                       | 7:30 PM                   | BLADE RUNNERS (1) C, SB, ☯                              |
|                                              | Tibbetts United Methodist Church, 2 <sup>nd</sup> floor                       |                       | Skagit Valley REACH Center (rear building)                   |                           | Mount Vernon Senior Center                              |
|                                              | 3940 41 <sup>st</sup> Avenue S.W., Seattle                                    | 6:00-6:45 PM          | HOPE FIENDS (2)                                              |                           | 1401 Cleveland Street, Mount Vernon                     |
| 7:00 PM                                      | IHOP AND BLOW (3) ☯                                                           |                       | Recovery Center Gifts and Coins                              | 8:00-9:00 PM              | RICHMOND BEACH C.A. (3) MM                              |
|                                              | Issaquah IHOP                                                                 |                       | 3602 Colby Avenue, Everett                                   |                           | First Lutheran Church of Richmond Beach (upstairs)      |
|                                              | 1433 N.W. Sammamish Road, Issaquah                                            | 6:00-7:00 PM          | LOST NO MORE (1) C, CL                                       | 10:00-11:00 PM            | 18354 8 <sup>th</sup> Avenue N.W., Shoreline            |
| 7:30-8:45 PM                                 | NEW FOUND FREEDOM (3) CL, MM                                                  |                       | Tierra Nueva Church                                          |                           | THE LAST STRAW (1) ☯                                    |
|                                              | King of Kings Lutheran Church                                                 |                       | 701 East Fairhaven Avenue, Burlington                        |                           | Phoenix Recovery Services                               |
|                                              | 18207 108 <sup>th</sup> Avenue S.E., Renton                                   | 7:30-8:30 PM          | BOULDER BUSTERS (3) CL                                       |                           | 1601 East College Way, Mount Vernon                     |
| 7:30 PM                                      | BLADE RUNNERS (1) SB, ☯                                                       |                       | Kirkland Congregational Church, Room 22 (upstairs)           | ----- SATURDAY -----      |                                                         |
|                                              | Mount Vernon Senior Center                                                    |                       | 106 Fifth Avenue, Kirkland                                   | 9:00-10:15 AM             | A QUIET PEACE (1) NC, W, ☯                              |
|                                              | 1401 Cleveland Street, Mount Vernon                                           | 7:30-8:30 PM          | GREENWOOD C.A. (3)                                           |                           | First Christian Reformed Church                         |
| 10:00-11:00 PM                               | RECOVERY RELATED'S NOCTURNAL FIX (1) CL, ☯                                    |                       | Emmaus Road Church                                           |                           | 701 West Blackburn Road, Mount Vernon                   |
|                                              | Phoenix Recovery Services                                                     |                       | 1059 N.E. 96 <sup>th</sup> Street, Seattle                   | 10:00-11:00 AM            | WOMEN ADORE RECOVERY (2) W                              |
|                                              | 1601 E. College Way, Mount Vernon                                             | 7:30-8:30 PM          | TO ANY LENGTH (3) BB, ☯                                      |                           | Alpine Recovery Services (South)                        |
| ----- MONDAY -----                           |                                                                               |                       |                                                              |                           |                                                         |
| 12:00-1:00 PM                                | RECOVERY RELATED (1) ☯                                                        |                       | Church of the Nazarene                                       | 12:00-1:00 PM             | RECOVERY RELATED (1) ☯                                  |
|                                              | Skagit Valley REACH Center (rear building)                                    |                       | 850 Union Avenue N.E., Renton                                |                           | Skagit Valley REACH Center (rear building)              |
|                                              | 1413 East College Way, Mount Vernon                                           | 7:30 PM               | LIVING PROOF (1) ☯                                           |                           | 1413 East College Way, Mount Vernon                     |
| 7:30-8:30 PM                                 | KENMORE KEYSTONE (3) CL, MM, ☯                                                |                       | Cascade Christian Church                                     | 4:00-5:00 PM              | SOBER MAYHEM (2)                                        |
|                                              | Church of the Redeemer                                                        |                       | 534 Township Street, Sedro-Woolley                           |                           | Recovery Center Gifts and Coins                         |
|                                              | 6210 N.E. 181 <sup>st</sup> Street, Kenmore                                   | 8:15-9:15 PM          | MIDWEEK TWEAK (2) ☯                                          |                           | 3602 Colby Avenue, Everett                              |
| 7:30-8:30 PM                                 | MISFITS (2) CL, ☯                                                             |                       | Alpine Recovery Services                                     | 6:30-7:30 PM              | PIPE DOWN (3) SM, ☯ ( <i>monthly speaker meeting</i> )  |
|                                              | Elim Lutheran Church                                                          |                       | 16404 Smokey Point Boulevard, Suite 109, Arlington           | (3 <sup>rd</sup> Saturday | Alderwood Building                                      |
|                                              | 11504 26 <sup>th</sup> Street N.E., Lake Stevens                              | ----- THURSDAY -----  |                                                              |                           |                                                         |
| 7:30 PM                                      | NO FRONTS (1) SB, ☯                                                           | 12:00-1:00 PM         | RECOVERY RELATED (1) ☯                                       | Monthly)                  | 1601 114 <sup>th</sup> Avenue S.E., Suite 180, Bellevue |
|                                              | Cascade Christian Center                                                      |                       | Skagit Valley REACH Center (rear building)                   | 7:00-8:30 PM              | SATURDAY NIGHT LIVE (4) ☯                               |
|                                              | 2901 Martin Road, Mount Vernon                                                |                       | 1413 East College Way, Mount Vernon                          |                           | Corbin Senior Activity Center                           |
| 8:00-9:00 PM                                 | WHOOPEE PARTY (3)                                                             | 6:30-7:45 PM          | THE FIX (3) MM, ☯                                            | 7:30-8:45 PM              | 827 West Cleveland Avenue, Spokane                      |
|                                              | Volunteer Park Seventh-day Adventist Church                                   |                       | Lakeside-Milam Recovery Center                               |                           | NO CAINE NO PAIN (3) ☯                                  |
|                                              | 1300 East Aloha St., Seattle                                                  |                       | 721 45 <sup>th</sup> Street N.E., Suite C, Auburn            |                           | United Churches of Olympia (use rear entrance)          |
| 8:00-9:15 PM                                 | CARPET CRUISERS (3) ☯                                                         | 7:15-8:15 PM          | DARK SIDE OF THE SPOON (3) ☯                                 | 7:30-8:45 PM              | 110 11 <sup>th</sup> Avenue S.E., Olympia               |
|                                              | First Evangelical Presbyterian Church (back entrance)                         |                       | The Solution (recovery store)                                |                           | OUR DAILY REPRIEVE (2) CL, ☯                            |
|                                              | 19800 108 <sup>th</sup> Avenue S.E., Renton                                   | 7:30-8:30 PM          | KNUCKLEHEADS (2) C, NC, ☯                                    | 7:30 PM                   | Alpine Recovery Services                                |
| ----- TUESDAY -----                          |                                                                               |                       |                                                              |                           |                                                         |
| 12:00-1:00 PM                                | RECOVERY RELATED (1) ☯ → next column                                          |                       | The Recovery Center, EvergreenHealth Monroe                  |                           | 16404 Smokey Point Boulevard, Suite 109, Arlington      |
|                                              |                                                                               |                       | 17880 147 <sup>th</sup> Street S.E., Monroe                  |                           | SNOW BLIND (1) CL, SB, ☯                                |
|                                              |                                                                               |                       |                                                              |                           | Dakota Creek Industries                                 |
|                                              |                                                                               |                       |                                                              |                           | 301 R Street, Anacortes                                 |