

EXPLANATION OF SYMBOLS IN THE MEETING DIRECTORY:

- BB Big Book Study
 C Closed meeting for those who desire to stop using cocaine and all other mind-altering substances. Newcomers welcome!
 CL Candlelight
 LS Literature Study
 MM Meditation Meeting
 M Men Only
 NC No Children, Please
 SB Non-Smoking, with smoke break
 W Women Only
 ☺ Meeting room accessible by wheelchair
 DISTRICTS (designated next to each meeting):
 1 Bellingham/Mount Vernon
 2 Snohomish County
 3 King/Pierce/Thurston County
 4 Spokane

++++SUNDAY++++

- 9:00-10:00 AM **BLUES BROTHERS (2) C, M, ☺**
 Evergreen Lanes (conference room)
 5111 Claremont Way, Everett
 10:00-11:15 AM **WOLFPACK (1) C, M**
 Conway Fire Department
 21020 Greenfield Street, Conway
 12:00-1:00 PM **RECOVERY RELATED (1) ☺**
 Skagit Valley REACH Center (rear building)
 1413 East College Way, Mount Vernon
 7:00-8:00 PM **THE CLUB HOUSE (2)**
 Recovery Center Gifts and Coins (use alley entrance)
 3602 Colby Avenue, Everett
 7:00 PM **GOOD CLEAN FUN (3)**
 Tibbetts United Methodist Church, 2nd floor
 3940 41st Avenue S.W., Seattle
 7:00 PM **IHOP AND BLOW (3) ☺**
 Issaquah IHOP
 1433 N.W. Sammamish Road, Issaquah
 7:30-8:45 PM **NEW FOUND FREEDOM (3) CL, MM**
 King of Kings Lutheran Church
 18207 108th Avenue S.E., Renton
 7:30 PM **BLADE RUNNERS (1) SB, ☺**
 Mount Vernon Senior Center
 1401 Cleveland Street, Mount Vernon
 10:00-11:00 PM **RECOVERY RELATED'S NOCTURNAL FIX (1) CL, ☺**
 Phoenix Recovery Services
 1601 E. College Way, Mount Vernon

++++MONDAY++++

- 12:00-1:00 PM **RECOVERY RELATED (1) ☺**
 Skagit Valley REACH Center (rear building)
 1413 East College Way, Mount Vernon
 7:30-8:30 PM **KENMORE KEYSTOE (3) CL, MM, ☺**
 Church of the Redeemer
 6210 N.E. 181st Street, Kenmore
 7:30-8:30 PM **MISFITS (2) CL, ☺**
 Elim Lutheran Church
 11504 26th Street N.E., Lake Stevens
 7:00-8:00 PM **TURNING PAGES (2) LS, BB (pg. 1-164)**
 Recovery Center Gifts and Coins
 3602 Colby Avenue, Everett
 7:30 PM **NO FRONTS (1) SB, ☺**
 Cascade Christian Center
 2901 Martin Road, Mount Vernon
 8:00-9:15 PM **CARPET CRUISERS (3) ☺**
 First Evangelical Presbyterian Church (back entrance)
 19800 108th Avenue S.E., Renton

++++TUESDAY++++

- 12:00-1:00 PM **RECOVERY RELATED (1)**
 Skagit Valley REACH Center (rear building)
 1413 East College Way, Mount Vernon
 7:00-8:00 PM **SPIRITUAL LINES (4) ☺, Children Welcome**
 Opportunity Presbyterian Church
 202 North Pines Road, Spokane Valley
 7:30-8:30 PM **END OF THE LINE (2)**
 Recovery Center Gifts and Coins (use side entrance)
 3602 Colby Avenue, Everett
 7:30-8:45 PM **BUT TWO ALTERNATIVES (3) ☺**
 Alano Club of the Eastside
 12302 N.E. 8th Street, Bellevue
 7:30-8:45 PM **NO CAINE NO PAIN (3) ☺**
 United Churches of Olympia (use rear entrance)
 110 11th Avenue S.E., Olympia
 7:30 PM **JUST FRIENDS (1)**
 Communion Church (north entrance)
 1003 South 3rd Street, Mount Vernon
 7:30 PM **SPIRITUAL LINES (2) CL, SB, ☺**
 Lynnwood Alano Club
 4001 198th Street S.W., Suite 6, Lynnwood
 7:30 PM **WHOOPEE PARTY (3)**
 Emmaus Road Church (basement room)
 1059 N.E. 96th Street, Seattle
 8:15-9:15 PM **THE FOUR FACTS (2) LS, ☺**
 Alpine Recovery Services
 16404 Smokey Point Boulevard, Suite 109, Arlington
 ++++WEDNESDAY++++
 12:00-1:00 PM **RECOVERY RELATED (1) ☺**
 Skagit Valley REACH Center (rear building)
 1413 East College Way, Mount Vernon
 6:00-6:45 PM **HOPE FIENDS (2)**
 Recovery Center Gifts and Coins
 3602 Colby Avenue, Everett
 7:30-8:30 PM **BOULDER BUSTERS (3) CL**
 Kirkland Congregational Church, Room 22 (upstairs)
 106 Fifth Avenue, Kirkland
 7:30-8:30 PM **TO ANY LENGTH (3) BB, ☺**
 Church of the Nazarene
 850 Union Avenue N.E., Renton
 8:00-9:00 PM **REACHING OUT (3)**
 Our Lady of Guadalupe Church
 7000 35th Avenue S.W., Seattle
 8:00-9:00 PM **NOT FOOLING AROUND (3) M, LS, ☺**
 Richmond Beach Congregational Church
 1512 NW 195th Street, Shoreline
 7:30 PM **LIVING PROOF (1)**
 Cascade Christian Church
 534 Township Street, Sedro-Woolley
 8:15-9:15 PM **MIDWEEK TWEAK (2) ☺**
 Alpine Recovery Services
 16404 Smokey Point Boulevard, Suite 109, Arlington
 ++++THURSDAY++++
 12:00-1:00 PM **RECOVERY RELATED (1) ☺**
 Skagit Valley REACH Center (rear building)
 1413 East College Way, Mount Vernon
 6:30-7:45 PM **THE FIX (3) MM, ☺**
 Lakeside-Milam Recovery Center
 721 45th Street N.E., Suite C, Auburn
 7:15-8:15 PM **DARK SIDE OF THE SPOON (3) ☺**
 The Solution (recovery store)
 207 S.W. 153rd Street, Burien

- 7:30-8:30 PM **KNUCKLEHEADS (2) C, NC, ☺**
 The Recovery Center, EvergreenHealth Monroe
 17880 147th Street S.E., Monroe
 7:30-8:30 PM **MOMENT OF CLARITY (3) ☺**
 Kirkland Congregational Church (basement)
 106 Fifth Avenue, Kirkland
 7:30-8:45 PM **ONE PUFF NOT ENOUGH (1) ☺**
 Vasa Lodge
 1805 Cleveland Ave, Mount Vernon
 7:30-8:30 PM **CRACKHEADS ON COLBY (2)**
 Recovery Center Gifts and Coins (use alley entrance)
 3602 Colby Avenue, Everett
 7:30 PM **FINAL BLOW (1) CL, SB**
 Swinomish Social Service Building
 17311 Reservation Road, La Conner
 7:30-8:45 PM **FEEL IT TO HEAL IT (3) W, MM, Childcare Available**
 Edmonds Lutheran Church
 23525 84th Avenue West, Edmonds
 ++++FRIDAY++++
 12:00-1:00 PM **RECOVERY RELATED (1) ☺**
 Skagit Valley REACH Center (rear building)
 1413 East College Way, Mount Vernon
 6:00-7:15 PM **COKE BUSTERS (3) CL**
 Welcome Table Christian Church
 1322 South Bayview Street, Seattle
 7:00-8:00 PM **FREEDOM FIGHTERS (1)**
 1113 11th Street, Bellingham
 7:30-8:30 PM **FRIDAY NIGHT FIX (2)**
 Alpine Recovery Services (South)
 4202 198th Street S.W., Suite 2, Lynnwood
 7:30 PM **BLADE RUNNERS (1) C, SB, ☺**
 Mount Vernon Senior Center
 1401 Cleveland Street, Mount Vernon
 8:00-9:00 PM **RICHMOND BEACH C.A. (3) MM**
 First Lutheran Church of Richmond Beach (upstairs)
 18354 8th Avenue N.W., Shoreline
 10:00-11:00 PM **THE LAST STRAW (1) ☺**
 Phoenix Recovery Services
 1601 East College Way, Mount Vernon
 ++++SATURDAY++++
 9:00-10:15 AM **A QUIET PEACE (1) NC, W, ☺**
 First Christian Reformed Church
 701 West Blackburn Road, Mount Vernon
 10:00-11:00 AM **WOMEN ADORE RECOVERY (2) W**
 Alpine Recovery Services (South)
 4202 198th Street S.W., Suite 2, Lynnwood
 12:00-1:00 PM **RECOVERY RELATED (1) ☺**
 Skagit Valley REACH Center (rear building)
 1413 East College Way, Mount Vernon
 12:00-1:00 PM **SOBER MAYHEM (2)**
 Recovery Center Gifts and Coins
 3602 Colby Avenue, Everett
 7:00-8:30 PM **SATURDAY NIGHT LIVE (4) ☺**
 Corbin Senior Activity Center
 827 West Cleveland Avenue, Spokane
 7:30-8:45 PM **NO CAINE NO PAIN (3) ☺**
 United Churches of Olympia (use rear entrance)
 110 11th Avenue S.E., Olympia
 7:30-8:45 PM **OUR DAILY REPRIEVE (2) CL, ☺**
 Alpine Recovery Services
 16404 Smokey Point Boulevard, Suite 109, Arlington
 7:30 PM **SNOW BLIND (1) CL, SB, ☺**
 Dakota Creek Industries
 301 R Street, Anacortes

***SATURDAY MEETINGS CONTINUED*

10:00-11:00 PM RECOVERY RELATED'S NOCTURNAL FIX (I) 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

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.

++++ 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

Blank lines for names and phone numbers.

WASHINGTON STATE COCAINE ANONYMOUS MEETING DIRECTORY

Updated November 8th, 2018

Interested in starting a new meeting? Are you a homegroup member needing to update your meeting's listing (format, time, location)? Please submit requests to caofwaschedules@gmail.com!



“We’re Here and We’re Free”™

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