

SUNDAY - CENTRAL

NOON 1HR Just For Today NA, Peer Seattle, 1520 Bellevue Ave STE 100, Seattle, WA (**LGBT**)

6:00PM 1.25HR From the Streets to the Seats, Cherry Fellowship Hall, 2701 East Cherry Street, Seattle, WA (**O**) Bus: 3, 8, 48

SUNDAY - EAST

7:00PM 1.5HR Carry The Message, Hope Hall, 8305 Meadowbrook Way SE, Snoqualmie, WA

7:00PM 1.5HR Eastshore NA, Newport Covenant Church., 12800 SE Coal Creek Pkwy SE, Bellevue, WA (**O,D,WC**) Bus: 222, 240

SUNDAY - NORTH

9:30AM 1.5HR Sunday Starters, Shay's Restaurant, 15744 Aurora Ave N, Shoreline, WA (**O,D,Ti,WC,HY**) Bus: E line
Zoom ID: 179 357 323, Passcode: sunday

6:00PM 1.5HR Sundays at Six, Edmonds Lutheran Church, Upstairs, next to kitchen, 23525 84th Ave W, Edmonds, WA (**O,D,BK**) Bus: CT 115

SUNDAY - ONLINE ONLY

NOON 1.5HR Hope Fiends, Seattle, WA (**O,D,VM**) *Needs Support*
Zoom Meeting ID: 108 261 693

NOON 1.5HR The Lie is Dead, Seattle, WA (**SD,To,VM**)
Zoom ID: 675 969 8057, Passcode: JFT (all caps)

7:00PM 1.5HR A Simple Solution, Seattle, WA (**O,D,VM**)
Zoom Meeting ID: 852 3714 2182 Passcode: 303870

10:00PM 1.5HR Up Late In Washington State, Seattle, WA (**O,SD,VM**)

Zoom ID: 7937507408, Has Closed Captions

MONDAY - CENTRAL

6:00PM 1HR Light The Way NA, St. Peter's Episcopal Parish, Lower level entrance, East of the main door, 1610 South King St., Seattle, WA

7:00PM 1.5HR NA Regulars, Central Lutheran Church, 1710 11th Avenue, Seattle, WA (**O,D,LGBT,WC**) *Needs Support* Bus: 7, 9, 10, 14, 43, 49, 60

MONDAY - NORTH

10:00AM 1HR AM NA, Lynnwood Alano Club, 3717 196th St SW Unit 205, Lynnwood, WA (**O,D**)

6:30PM 1HR The After-Party, Freedom Hall, Enter through the alley, suite #200, 300 NW 85th St., Seattle, WA (**O,LGBT,RF,W,BK,G,L,LS,NB**)

7:00PM 1.25HR Last House On The Block, Ronald United Methodist Church, Meeting room at rear carpark, 17839 Aurora Ave N, Shoreline, Seattle, WA Bus: 348, E Line

7:30PM 1.5HR Monday Night Recovery, Maplewood Presbyterian Church, 19523 84th Ave W, Edmonds, WA (**O,D,St,BK,HY**) *Starting 3/3/25 this meeting will start at 7PM* Bus: CT 107, 113, 115, 116
Zoom ID: 840 4277 0109 Passcode: MNR

MONDAY - SOUTH

7:00PM 1HR Monday Night Raw, El Centro de la Raza, 2524 16th Ave S, Seattle, WA (**O,BK**) 1 Line

MONDAY - ONLINE ONLY

NOON 1.5HR Hope Fiends, Seattle, WA (**O,D,VM**) *Needs Support*
Zoom Meeting ID: 108 261 693

7:00PM 1HR Beyond Belief, All are welcome to this atheist and agnostic friendly meeting, Edmonds, WA (**O,D,Ag,VM**)
Zoom ID: 89004091916 Passcode: secularna

7:00PM 2HR Late Night Vaccine, Seattle, WA (**SD,W,VM**) Bus: 3, 8, 48

Zoom ID: 84891677603 Passcode: LADIES

7:00PM 1.5HR Little Yellow House of Recovery, Edmonds, WA (**O,D,St,BK,VM**)

Zoom ID: 88216617405 Passcode: LYHR

7:00PM 1HR Recovery Mamas, Seattle, WA (**C,LGBT,SD,W,VM,NB**)

Moms Only Zoom ID: 201 715 3924 Passcode: Hope

7:30PM 1.5HR FYF, Bellevue, WA (**O,IW,VM**)

Zoom ID: 880 8826 1532 Passcode: 11222020

9:00PM 1HR Spirit of Unity, Seattle, WA (**VM**)

Zoom ID: 302 840 1620 Passcode: UNITY

10:00PM 1.5HR Up Late In Washington State, Seattle, WA (**O,SD,VM**)

Zoom ID: 7937507408 (Has Closed Captions)

TUESDAY - CENTRAL

6:00PM 1.25HR More NA @ Cherry Hall, Cherry Fellowship Hall, 2701 East Cherry St, Seattle, WA (**O**) Bus: 3, 8, 48

TUESDAY - EAST

7:00PM 1.25HR Peak Recovery, East Side Fire and Rescue Headquarters, South side entrance, 175 Newport Way NW, Issaquah, WA (**RF,SD,St,Tr,SPAD**) *opens at 6pm for step writing*

7:30PM 1.25HR Recovery in Progress, Faith Lutheran Church, 9041 166th Avenue Northeast, Redmond, WA (**O,D,St,Tr,BK,HY**) Bus: 221, 230

Zoom ID: 890 261 4808 Passcode: RIP2020

TUESDAY - NORTH

7:00PM 1HR Back to Life, St. Paul's United Church of Christ, 6512 12th Ave NW, Seattle, WA (**O,D**) *Needs Support* Bus: 28, D line

7:00PM 1.25HR Quick Fix, Ronald United Methodist Church, Meeting room at rear of carpark, 17839 Aurora Avenue North, Shoreline, WA (**O,LS**) Bus: 348, E line

7:15PM 1.25HR Just the Facts Ma'am, Filipino-American Church, Meets downstairs Women & Non-binary Meeting, 8018 Fremont Avenue N, Seattle, WA (**W,NB**) Bus: 5, E line

7:30PM 1.5HR West Coast Recovery, Bothell United Methodist Church, 18515 92nd Ave NE, Bothell, WA (**O**)

TUESDAY - ONLINE ONLY

NOON 1.5HR Hope Fiends, Seattle, WA (**O,D,VM**) *Needs Support*
Zoom Meeting ID: 108 261 693

NOON 1.5HR NA Steps, Seattle, WA (**O,St,VM**)
Zoom ID: 516 088 3462

6:00PM 1HR An Atmosphere of Recovery, Seattle, WA (**O,LGBT,BK,VM**)

Zoom ID: 453 040 863

9:00PM 1.5HR Spirit of Unity, Seattle, WA (**VM**)
Zoom ID: 302 840 1620 Passcode: UNITY

10:00PM 1.5HR Up Late In Washington State, Seattle, WA (**O,SD,VM**)

Zoom ID: 793 750 7408 (Has Closed Captions)

WEDNESDAY - CENTRAL

6:00PM 1.5HR RAW (Recovery At Work), St. Peter's Episcopal Parish, Lower level entrance, East of the main door, 1610 South King St., Seattle, WA (**WC,LS**) Bus line #8

WEDNESDAY - EAST

7:30PM 1.5HR Removing the Mask, Life Community Church, Meets downstairs in church, 232 5th Ave S, Kirkland, WA (**O**)

WEDNESDAY - NORTH

10:00AM 1HR AM NA, Lynnwood Alano Club, 3717 196th St SW Unit 205, Lynnwood, WA (**O,D**)

7:00PM 1HR Step Brothers, 2115 North 42nd Street, Seattle, WA (**O,D,M,HY**) Bus: 26, 31, 32, 44

Zoom ID: 234 567 1953, Passcode: sb1953

7:15PM 1.5HR Recovery in the U, University Heights Center, 5031 University Way N, Seattle, WA

7:30PM 1.5HR Straight Ahead NA, United Methodist Church, West Entrance, 828 Caspers Street, Edmonds, WA (**O,D,WC**)

10:00PM 1.5HR Insomniaddicts, Ronald United Methodist Church, Candlelit, 17839 Aurora Avenue North, Shoreline, WA (**O,D**) Bus: 348, E line

WEDNESDAY - SOUTH

7:00PM 1.25HR RVNA New Experience, El Centro de la Raza, 2524 16th Ave S, Seattle, WA (**O,D**) *Needs Support*

WEDNESDAY - ONLINE ONLY

NOON 1.5HR Hope Fiends, Seattle, WA (**O,D,VM**) *Needs Support*
Zoom Meeting ID: 108 261 693

7:30PM 1.5HR More Will Be Revealed, Seattle, WA (**VM**)
Zoom ID: 4840 044 5689 Password: MORE

9:00PM 1.5HR Spirit of Unity, Seattle, WA (**VM**)
Zoom ID: 302 840 1620 Passcode: UNITY

10:00PM 1.5HR Up Late In Washington State, Seattle, WA (**O,SD,VM**)

Zoom ID: 7937507408 (Has Closed Captions)

THURSDAY - CENTRAL

7:00PM 1.25HR Roses and Thorns, Cherry Hall Fellowship Hall, 2701 E Cherry St, Seattle, WA (**W,LS**)

THURSDAY - NORTH

6:00PM 1HR Grateful on Greenwood, Salvation Army, Meeting room upstairs - please use the elevator. Free parking, 9501 Greenwood Ave N, Seattle, WA (**O,D**) Bus: 5

7:00PM 1HR Feel It to Heal It, Edmonds Lutheran Church, 23525 84th Ave W, Edmonds, WA (**CL,LGBT,NB**)

7:00PM 1.5HR Serenity Circle, St. Paul's United Church of Christ, 6512 12th Ave NW, Seattle, WA (**O,D,Ti,WC**) *Needs Support* Bus: 28, D line

7:30PM 1.5HR Hugs not Drugs, Maplewood Presbyterian Church, 19523 84th Ave W, Edmonds, WA (**O,D,WC,HY**) Bus: CT 196
Zoom ID: 869 9679 0126 Passcode: fuckcovid

10:00PM 1.5HR Insomniaddicts, Ronald United Methodist Church, Candlelit: Meeting room at rear carpark, 17839 Aurora Avenue North, Shoreline, WA (**O,D**) *Needs Support* Bus: 348, E line

THURSDAY - ONLINE ONLY

NOON 1.5HR Hope Fiends, Seattle, WA (**O,D,VM**) *Needs Support*
Zoom Meeting ID: 108 261 693

6:30PM 1.25HR TGNC & Queer Women's Meeting, trans folks, nonbinary people and queer women are welcome, Seattle, WA (**O,LGBT,W,VM,G,L,NB**)

Zoom ID: 864 6253 6810 Passcode: TGNCQW

7:00PM 1.25HR West Seattle NA, Seattle, WA (**O,D,VM**) MEETS VIRTUALLY

Zoom ID: 493 138 7306 Passcode: 196908

8:00PM 1.5HR Thursday Night Serenity, Seattle, WA (**O,VM**)
Zoom ID: 4285 410 853 Passcode: serenity

9:00PM 1.5HR Spirit of Unity, Seattle, WA (**VM**)
Zoom ID: 302 840 1620 Passcode: UNITY

10:00PM 1.5HR Up Late In Washington State, Seattle, WA (**O,SD,VM**)

Zoom ID: 793 7507 408 (Has Closed Captions)

FRIDAY - CENTRAL

2:00PM 1.5HR Anything is Possible, Gideon Mathew Apts., Community Room, NW corner of 25th and Jackson, 323 25th Ave S, Seattle, WA (**O,D,WC,HY**) Bus: 4, 8, 48
Zoom ID: 516 088 3462 passcode 619 753

7:00PM 1.5HR Solo Por Hoy, Recovery Cafe, Meeting conducted in Spanish, 2022 Boren Avenue, Seattle, WA (**O,ES**) Bus: 8

8:00PM 1.5HR Dope Free in the CD, Cherry Fellowship Hall, 2701 East Cherry Street, Seattle, WA (**O,D,HY**) Bus: 3, 8, 48

Zoom ID: 814 2056 1120 Passcode: dopefree

10:00PM 1.5HR We Do Recover, Cherry Fellowship Hall, 2701 East Cherry Street, Seattle, WA (**O,D**) Bus: 3, 8, 48

FRIDAY - EAST

8:00PM 1.25HR Take It or Leave It, Lake Washington United Methodist Church, 7525 132nd Avenue NE, Kirkland, WA (**O,D**) Bus: 238

FRIDAY - NORTH

10:00AM 1HR AM NA, Lynnwood Alano Club, 3717 196th St SW Unit 205, Lynnwood, WA (**O,D**)

6:30PM 1HR Pink Progress Club, Freedom Hall, Enter through the alley, #200 women, trans, nonbinary and queer people, 300 NW 85th S, Seattle, WA (**LGBT,W,NB**)

7:30PM 1.5HR Northwest Addicts, Good Shepherd Baptist Church, 6915 196th Street SW, Lynnwood, WA (**O,CL,D**) Bus: CT 196

7:30PM 1.5HR Recovery to Go, Adventure Church, 26632 NE Stella St, Duvall, WA *Needs Support*

7:30PM 1.5HR We're Glad You're Here, Edmonds Lutheran Church, Downstairs, West entrance, 23525 84th Avenue West, Edmonds, WA (**O,D,HY**)

Zoom ID:103 533 628 Passcode: Friday

FRIDAY - ONLINE ONLY

NOON 1.5HR Hope Fiends, Seattle, WA (**O,D,VM**) *Needs Support*
Zoom Meeting ID: 108 261 693

7:00PM 1.5HR Friday Night Step Study, Bellevue, WA (**St,VM**)
Zoom ID: 889 9438 7176

9:00PM 1.5HR Spirit of Unity, Seattle, WA (**VM**)
Meeting ID: 302 840 1620 Passcode: UNITY

10:00PM 1.5HR Up Late In Washington State, Seattle, WA (**O,SD,VM**)

Zoom ID: 793 750 7408 (Has Closed Captions)

SATURDAY - CENTRAL

10:00AM 1.5HR Breakfast of Champions, Recovery Cafe, 2022 Boren Avenue, Seattle, WA (**O,D,St,Tr,HY**) Bus: 8
Zoom ID: 479 215 679 Passcode: UNITY

10:30AM 2HR Miracles in Progress (Men's Meeting), Cherry Fellowship Hall, 2701 East Cherry Street, Seattle, WA (**M,WC,BK,HY**) Bus: 3, 8, 48

Zoom ID: 831 1131 7811 Passcode: kcb

SATURDAY - EAST

4:00PM 1HR What's In The Bag, Eastside Alano Club - Back Room, 12302 NE 8th St, Bellevue, WA *Needs Support*

SATURDAY - NORTH

NOON 1.5HR Hope Fiends First Saturdays, Broadview Church, First Saturday of each month ONLY, 325 N 125th St., Seattle, WA (**O,D**) *First Saturday of Each Month Only*

5:15PM 1.5HR Yes You Can NA, Maplewood Presbyterian Church, 19523 84th Ave W, Edmonds, WA **(O,D)**

7:00PM 1.5HR Tower of Power, St John's Lutheran Church, Enter from parking lot, 5515 Phinney Ave, Seattle, WA **(O,WC,HY,G)**

Bus:5, 44
Zoom ID: 810 8657 6892 Passcode: tower

7:30PM 1HR It's Fine, I'm Fine, Everything's Fine, Pacific Northwest District Church of Brethren, No Children Allowed Entrance door faces 5th Ave (Parking in gravel lot or on street), 425 NE 95th St, Seattle, WA

11:55PM 1.5HR Midnight Miracles, Fremont Hall (in the Alley), Enter through the alley, Suite #200, 300 NW 85th St., Seattle, WA

SATURDAY - WEST

7:00PM 1.5HR The Oasis, Meeting is in the basement behind the sanctuary, 7100 35th Ave SW, Seattle, WA **(O,RF)** Bus: 21

SATURDAY - ONLINE ONLY

9:00AM 1HR The Safe Place NA, Seattle, WA **(O,LGBT,BK,VM)**
Zoom ID: 438 552 4075 Passcode: safe

NOON 1.5HR Hope Fiends, Seattle, WA **(O,So,VM)** Needs Support Except First Saturday of each month
Zoom Meeting ID: 108 261 693

7:00PM 1.5HR Safe Haven, Seattle, WA **(O,D,VM)**
Zoom ID: 891 733 972

7:00PM 1.5HR Saturday Sisters, Seattle, WA **(VM)**
Zoom ID: 108 261 693

10:00PM 1.5HR Up Late In Washington State, Seattle, WA **(O,SD,VM)**
Zoom ID: 793 750 7408 (Has Closed Captions)

MEETING FORMAT LEGEND			
C	Closed	CL	Candlelight
D	Discussion	LGBT	LGBTQ+
G	Gay	IW	It Works -How and Why
M	Men	O	Open
RF	Rotating Format	SD	Speaker/Discussion
So	Speaker Only	St	Step
Ti	Timer	To	Topic
Tr	Tradition	W	Women
WC	Wheelchair	BK	Book Study
Ag	Agnostic	VM	Virtual Meeting
HY	Hybrid Meeting	L	Lesbian
LS	Literature Study	SPAD	A Spiritual Principle a Day
ES	Español	NB	Non Binary

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.

SERVICE COMMITTEE MEETINGS

Seattle Area Service Committee
P.O. Box 70404, Seattle, WA 98127-0404

Area Service Committee
1:00 pm, 1st Sunday; New GSR Orientation: 12:30 pm

Fellowship Development
Day before Area, 12pm - 2pm

Hospitals & Institutions Subcommittee
1:15 pm, last Sunday of the month

Literature Subcommittee
Groups can purchase literature by contacting literature@seattlena.org, or order online at seattlena.org

Public Relations Subcommittee
2:30 pm, last Sunday of the month

NA World Service Office
P.O. Box 9999, Van Nuys, CA 91409 Phone 818-773-9999 <https://na.org>

General Seattle Area information: info@seattlena.org
For service committee contact information, please see the Seattle Area website, or else call the helpline and we'll be happy to put you in touch.

NAMES / PHONE NUMBERS

Call before you use!

✓ Means people willing to sponsor

NARCOTICS ANONYMOUS MEETING LIST



SEATTLE AREA
<https://seattlena.org>
FEBRUARY 2025
24 HOUR HELPLINE
206-790-8888

or Washington/Northern Idaho
Region Helpline 888-290-1953

Seattle Area meetings are in-person, online, or a hybrid of both. To join a zoom meeting, start the zoom application and enter the Meeting ID and password. Some meetings can also be joined by phone by calling 253-215-8782 or 669-900-6833, then entering the Meeting ID.

Groups are listed at their request. A directory listing does not imply NA approval or endorsement of any group. Meeting schedules are subject to change between printings. Check the website or call the helpline for up-to-date information. For new or changed meeting information please email the web coordinator at web@seattlena.org

Meetings Weekly: 89

SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.