

SUNDAY - CENTRAL
NOON 1HR Just For Today NA , Peer Seattle, 1520 Bellevue Ave STE 100, Seattle, WA (LGBT)
3:00PM 1.5HR The Journey Continues NEW! , Fountain Court Apartments, IP meeting. Meeting held in community room. Gate code 9992. Street parking is free., 2400 4th Ave, Seattle, WA (O,LS) <i>Needs support.</i>
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 <i>Needs Support</i>
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
6:30PM 1HR Pink Progress Club , Luther Memorial Lutheran Church, Women, trans, nonbinary and queer people, 13047 Greenwood Ave N, Seattle, WA (LGBT,W,NB)
6:30PM 1.25HR Sunday Night Underground NEW! , The Other Place, Entrance in the back alley, 235 SW 153 St., Burien, WA (O,D,BK) <i>Needs Support</i>
SUNDAY - ONLINE ONLY
NOON 1.5HR Hope Fiends , Seattle, WA (O,D,VM) <i>Needs Support</i> 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
9:00PM 1.5HR Up Late In Washington State , Seattle, WA (O,SD,VM) Zoom ID: 793 750 7408, 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) <i>Needs Support</i> 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)
5:00PM 1HR Hope Not Dope , Auburn Post Acute Care, 414 17th St. SE., Auburn, Id# 674 737 5092 Password HOPE
6:45PM 1HR The After-Party , Luther Memorial Lutheran Church, 13047 Greenwood Ave N, Seattle, WA (O,LGBT,RF,W,BK,G,L,LS,NB) <i>Open to LGBTQIA+ and women</i>
7:00PM 1.25HR Last House On The Block , Ronald United Methodist Church, Meeting room at rear carpark, 17839 Aurora Ave N, Shoreline, WA <i>Needs Support</i> Bus: 348, E Line

7:00PM 1.5HR Monday Night Recovery , Maplewood Presbyterian Church, 19523 84th Ave W, Edmonds, WA (O,D,St,BK,HY) Bus: CT 107, 113, 115, 116 Zoom ID: 840 4277 0109 Passcode: MNR
MONDAY - SOUTH
6:30PM 1.25HR Monday Night Surrender , Church By The Side of the Road, Starts April 27th, 3455 S 148th St, Tukwilla, WA (O,B,SD)
7:00PM 1.33HR Monday Night Raw , El Centro de la Raza, 2524 16th Ave S, Seattle, WA (O,SD,BK) 1 Line
MONDAY - ONLINE ONLY
NOON 1.5HR Hope Fiends , Seattle, WA (O,D,VM) <i>Needs Support</i> Zoom 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: 890 0409 1916 Passcode: secularna
7:00PM 2HR Late Night Vaccine , Seattle, WA (SD,W,VM) Bus: 3, 8, 48 Zoom ID: 841 5343 9841 Passcode: QUEENS
7:00PM 1.5HR Little Yellow House of Recovery , Edmonds, WA (O,D,St,BK,VM) Zoom ID: 882 1661 7405 Passcode: LYHR
9:00PM 1.5HR Up Late In Washington State , Seattle, WA (O,SD,VM) Zoom ID: 793 750 7408 (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 (O,RF,SD,St,Tr,LC) <i>Opens at 6pm for step writing. Entrance at left side of building under East Side Fire and Rescue Headquarters.</i>
7:00PM 1.25HR Quick Fix , Lake Washington United Methodist Church, 7525 132nd Avenue NE, Kirkland, WA (O,LS) Bus: 238
7:30PM 1.25HR Recovery in Progress , Faith Lutheran Church, Doors open at 7pm, 9041 166th Avenue Northeast, Redmond, WA (O,D,St,Tr,BK,HY) <i>Step Study 630pm - 7:25pm every Tuesday</i> Bus: 221, 230 Zoom ID: 890 261 4808 Passcode: RIP2020
TUESDAY - NORTH
6:45PM 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
7:00PM 1HR Back to Life , Woodland Park Presbyterian Church, 225 N 70th St, Seattle, WA (O,D) <i>Meeting entrance on corner of 70th and Palatine, gated fence with stairwell leading to basement</i> Bus: 5
7:00PM 1.25HR Ruby Tuesday , 17839 Aurora Ave N, Shoreline, WA (O) <i>Entrance in the back. Parking in front or back.</i> Bus: 348, 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) <i>Needs Support</i> Zoom ID: 108 261 693
6:00PM 1HR An Atmosphere of Recovery , Seattle, WA (O,LGBT,BK,VM) Zoom ID: 453040863

9:00PM 1.5HR Up Late In Washington State , Seattle, WA (O,SD,VM) Zoom ID: 7937507408 (Has Closed Captions)
WEDNESDAY - CENTRAL
6:30PM 1HR 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. Service dogs only. Join us for stepwork at 6:30pm, 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 1.5HR Recovery in the U , University Lutheran Church, 1604 NE 50th St, Seattle, WA (O,SD)
7:00PM 1HR Step Brothers , 2115 North 42nd Street, Seattle, WA (O,D,M,HY) Bus: 26, 31, 32, 44 Zoom ID: 749 5109 0426, Passcode: sb1953
7:30PM 1.5HR Straight Ahead NA , United Methodist Church, West Entrance, 828 Caspers Street, Edmonds, WA (O,D,WC)
WEDNESDAY - SOUTH
7:00PM 1.25HR RVNA New Experience , El Centro de la Raza, 2524 16th Ave S, Seattle, WA (O,D) <i>Needs Support</i>
WEDNESDAY - ONLINE ONLY
NOON 1.5HR Hope Fiends , Seattle, WA (O,D,VM) <i>Needs Support</i> 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 Up Late In Washington State , Seattle, WA (O,SD,VM) Zoom ID: 793 750 7408 (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 - EAST
7:15PM 1.25HR Principles Not Personalities - NEW! , Alano Club of the Eastside, Enter through door facing big gravel parking lot, 12302 NE 8TH ST, Bellevue, WA
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) <i>Open to women and LGBTQIA+ people. Ring doorbell for entry.</i>
7:00PM 1.5HR Serenity Circle , St. Paul's United Church of Christ, 6512 12th Ave NW, Seattle, WA (O,D,Ti,WC) 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
THURSDAY - ONLINE ONLY
NOON 1.5HR Hope Fiends , Seattle, WA (O,D,VM) <i>Needs Support</i> Zoom ID: 108 261 693
7:00PM 1.25HR West Seattle NA , Seattle, WA (O,D,VM) MEETS VIRTUALLY Zoom ID: 493 138 7306 Passcode: 196908

9:00PM 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
8:00PM 1.5HR Do Free in the CD , Cherry Fellowship Hall, 2701 East Cherry Street, Seattle, WA (O,D,HY) Bus: 3, 8, 48 Zoom ID: 812 7587 9456 Passcode: Cherryhall
10:00PM 1.5HR We Do Recover , Cherry Fellowship Hall, 2701 East Cherry Street, Seattle, WA (O,D) Bus: 3, 8, 48
FRIDAY - EAST
7:30PM 1.5HR Recovery to Go , "The Hub" Redemption Church, 15305 Main St NE, Duvall, WA (O,D)
8:00PM 1.5HR 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 #CleanAF , Greenwood Fellowship Hall, 300 NW 85th St, Seattle, WA (O) <i>Enter from alley. Street parking.</i>
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 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) <i>Needs Support</i> Zoom Meeting ID: 108 261 693
7:00PM 1.5HR Friday Night Step Study , Bellevue, WA (St,VM) Zoom ID: 889 9438 7176
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 <i>Needs Support</i>
SATURDAY - NORTH
NOON 1.5HR Hope Fiends First Saturdays , Luther Memorial Church, First Saturday of each month ONLY, 13047 Greenwood Ave, Seattle, WA (O,D) <i>First Saturday of Each Month Only</i>
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, Journey Christian Church, Main church entrance, 1933 NE 125th St., Seattle, WA **(O,WC,HY,G)**
Metro bus #75
Zoom ID: 810 8657 6892 Passcode: tower

7:30PM 1HR It's Fine, I'm Fine, Everything's Fine, Faith Lutheran Church, No Children Allowed, 8208 18th Ave NE, 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

9:00PM 1HR Recovery Mamas, Seattle, WA **(C,LGBT,SD,W,VM,NB)**
Moms Only Zoom ID: 201 715 3924 Passcode: Hope

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			
B	Beginners	C	Closed
CL	Candlelight	D	Discussion
LGBT	LGBTQ+	G	Gay
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	LC	Living Clean
VM	Virtual Meeting	HY	Hybrid Meeting
L	Lesbian	LS	Literature Study
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
3:00 pm, last Sunday of the month via Zoom
(info @ https://seattlena.org/service-subcommittees/)

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

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NARCOTICS ANONYMOUS MEETING LIST



SEATTLE AREA
https://seattlena.org
JUNE 2026
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: 83

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.