

**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 break  
 W Women only  
 ☺ Meeting room accessible by wheelchair

All meetings are 90 minutes long unless otherwise indicated. 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.

**DISTRICTS (designated next to each meeting):**

- 1 Bellingham/Mount Vernon  
 2 Snohomish County  
 3 King/Pierce 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
- 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, 2<sup>nd</sup> floor  
 3940 41<sup>st</sup> Avenue S.W., Seattle
- 7:30-8:45 PM **NEW FOUND FREEDOM (3) CL, MM**  
 King of Kings Lutheran Church  
 18207 108<sup>th</sup> Avenue S.E., Renton
- 7:30 PM **BLADE RUNNERS (1) SB, ☺**  
 Mount Vernon Senior Center  
 1401 Cleveland Street, Mount Vernon

**MONDAY**

- 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 **BLIND BENDERS (3) CL, LS**  
 Bethel Lutheran Church (main room in basement)  
 17529 15<sup>th</sup> Avenue N.E., Shoreline
- 7:30-8:30 PM **KENMORE KEYSTONE (3) CL, MM**  
 Church of the Redeemer  
 6211 N.E. 182<sup>nd</sup> Street, Kenmore
- 7:30-8:30 PM **MISFITS (2) CL, ☺**  
 Elim Lutheran Church  
 11504 26<sup>th</sup> Street N.E., Lake Stevens
- 8:00-9:00 PM **WHOOPEE PARTY (3)**  
 Volunteer Park Seventh-day Adventist Church  
 1300 East Aloha St., Seattle

- 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 108<sup>th</sup> Avenue S.E., Renton

**TUESDAY**

- 10:00-11:00 AM **WE CAN RECOVER (3) ☺**  
 VA Medical Center (*open to VA and non-VA members!*)  
 Building 24, Room 2 1660 South Columbian Way, Seattle
- 12:00-1:00 PM **RECOVERY RELATED (1)**  
 Skagit Valley REACH Center (rear building)  
 1413 East College Way, Mount Vernon
- 7:30-8:45 PM **BUT TWO ALTERNATIVES (3) ☺**  
 Alano Club of the Eastside  
 12302 N.E. 8<sup>th</sup> Street, Bellevue
- 7:30-8:30 PM **END OF THE LINE (2)**  
 Recovery Center Gifts and Coins (use alley entrance)  
 3602 Colby Avenue, Everett
- 7:30 PM **JUST FRIENDS (1)**  
 Communion Church (north entrance)  
 1003 South 3<sup>rd</sup> Street, Mount Vernon
- 7:30 PM **SPIRITUAL LINES (2) CL, SB, ☺**  
 Lynnwood Alano Club  
 4001 198<sup>th</sup> Street S.W., Suite 6, Lynnwood
- 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
- 7:30-8:30 PM **BOULDER BUSTERS (3) CL**  
 Kirkland Congregational Church, Room 22 (upstairs)  
 106 Fifth Avenue, Kirkland
- 7:30-8:30 PM **GREENWOOD C.A. (3)**  
 Emmaus Road Church  
 1059 N.E. 96<sup>th</sup> Street, Seattle
- 7:45-8:45 PM **TO ANY LENGTH (3) ☺**  
 Church of the Nazarene  
 850 Union Avenue N.E., Renton
- 7:30 PM **LIVING PROOF (1) ☺**  
 Trinity United Presbyterian Church  
 10217 Collins Road, Sedro-Woolley
- 8:00-9:00 PM **REACHING OUT (3)**  
 Our Lady of Guadalupe (Demondoza basement)  
 7000 35<sup>th</sup> Ave SW, Seattle
- 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
- 6:00-7:00 PM **LOST NO MORE (1) C, CL, W**  
 Tierra Nueva  
 701 East Fairhaven Avenue, Burlington
- 6:30-7:45 PM **THE FIX (3) MM**  
 Lakeside-Milam Recovery Center  
 721 45<sup>th</sup> Street N.E., Suite C, Auburn

- 7:15-8:15 PM **DARK SIDE OF THE SPOON (3)**  
 The Solution  
 207 S.W. 153<sup>rd</sup> Street, Burien
- 7:30-8:30 PM **KNUCKLEHEADS (2) C, NC, ☺**  
 The Recovery Center, EvergreenHealth Monroe  
 17880 147<sup>th</sup> Street S.E., Monroe
- 7:30-8:30 PM **MOMENT OF CLARITY (3) ☺**  
 Kirkland Congregational Church (basement)  
 106 Fifth Avenue, Kirkland
- 7:30-8:30 PM **ONE PUFF NOT ENOUGH (1) ☺**  
 Cravings Bakery & Cafe  
 1300 South 2<sup>nd</sup> Street, Mount Vernon
- 7:30-8:30 PM **CRACKHEADS ON COLBY (2)**  
 Recover 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

**FRIDAY**

- 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 **FREEDOM FIGHTERS (1)**  
 1113 11<sup>th</sup> Street, Bellingham
- 6:00-7:15 PM **COKE BUSTERS (3) CL**  
 Welcome Table Christian Church  
 1322 South Bayview Street, Seattle
- 7:30-8:30 PM **FRIDAY NIGHT FIX (2)**  
 Alpine Recovery Services (South)  
 4202 198<sup>th</sup> 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 8<sup>th</sup> Avenue N.W., Shoreline
- 10:00-11:00 PM **THE LAST STRAW (1) ☺**  
 Phoenix Recovery Services  
 1601 East College Way, Mount Vernon

**SATURDAY**

- 10:00-11:00 AM **WOMEN ADORE RECOVERY (2) W**  
 Alpine Recovery Services (South)  
 4202 198<sup>th</sup> Street S.W., Suite 2, Lynnwood
- 9:00-10:15 AM **A QUIET PEACE (1) NC, W, ☺**  
 First Christian Reformed Church  
 701 West Blackburn Road, Mount Vernon
- 7:00 PM **SATURDAY NIGHT LIVE (4) CL, SB**  
 Corbin Senior Activity Center  
 827 West Cleveland Avenue, Spokane
- 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
- 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  
 6211 N.E. 182<sup>nd</sup> Street, Kenmore

**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 County**

3rd Tuesday each month; 7:00 PM
Alano Club of the Eastside (Members' Room)
12302 N.E. 8th Street, Bellevue

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\*\*Reprinted from the C.A. pamphlet ... And All Other Mind-Altering Substances.
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**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.

**NAMES & PHONE NUMBERS:**

Blank lines for writing names and phone numbers.

WASHINGTON STATE
COCAINE ANONYMOUS
MEETING DIRECTORY



"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!\*\*

For additional information, please call our 24-hour hotline at (425) 244-1150, visit our website at www.caofwa.org, or email caofwaschedules@gmail.com

Updated December 5th, 2017

Modifications made to meeting descriptions are done so by request. Please submit meeting amendments, schedule updates, and any related questions, comments, or concerns to caofwaschedules@gmail.com