

COMMITTEE MEETINGS

GSO AREA (New GSR Orientation: 3:30 p.m.)

2nd Sunday of each month: **4:00 p.m.**
10144 Bogue Street, Temple City, CA 91780 (Park)

WORLD SERVICE DELEGATES

2nd Sunday of each month before the GSO: **3:30 p.m.**

GSO BOARD

2nd Sunday of each month: **3:30 p.m.**
10144 Bogue Street, Temple City, CA 91780 (Park)

FINANCE COMMITTEE

2nd Sunday of each month: **3:30 p.m.**
10144 Bogue Street, Temple City, CA 91780 (Park)

BY-LAWS

2nd Sunday of each month before the GSO: **3:30 p.m.**
10144 Bogue Street, Temple City, CA 91780 (Park)

PUBLIC INFORMATION

T.B.D.

HOSPITALS & INSTITUTIONS

2nd Sunday of each month: **3:00 p.m.**
10144 Bogue Street, Temple City, CA 91780 (Park)

HOSPITALS & INSTITUTIONS BOARD

2nd Sunday of each month: **3:00 p.m.**
10144 Bogue Street, Temple City, CA 91780 (Park)

HELPLINE COMMITTEE

T.B.D.

SPECIAL EVENTS COMMITTEE

T.B.D.

UNITY COMMITTEE

T.B.D.

CONVENTION COMMITTEE

** If a meeting falls on a holiday or during the SGPVCA annual convention, the meeting is pushed back 1 week.*

NAMES & PHONE NUMBERS

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 non-professional, 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.

SGPVCA

SAN GABRIEL / POMONA VALLEY COCAINE ANONYMOUS

Meeting Directory 1st Quarter January-April 2020



S.G.P.V.C.A
PO Box 661896
Arcadia, CA 91066
Helpline
(626) 447-2887
www.sgpvca.org

BB – Big Book Study **C** – Church **CL** – Club
CT – Crosstalk **H** – Hospital
MS – Men's Stag **P** – Participation
P/S – Participation/Speaker **R** – Recovery Center
S – Speaker **S/P** – Speaker/Participation
SS – Step Study **WS** – Women's Stag
HFC – Hope, Faith & Courage Book Study
QP - Quiet Peace

MONDAY

12:00 p.m. Altadena *CHANGE OF ATTITUDE*
185 W. Altadena Dr., 91001
(C,P)

7:00 p.m. Altadena *THE YOUNG & THE RESTLESS*
185 W. Altadena Dr., 91001
(C,P)

7:00 p.m. Pasadena *MONDAY NIGHT SPECIAL*
225 Grandview St., 91104
(R,P/S)

8:00 p.m. Pomona *MONDAY NIGHT LIVE*
2180 W. Valley Blvd., 91768
(H,P/S)

TUESDAY

12:00 p.m. Altadena *NOONER*
185 W. Altadena Dr., 91001
(C,BB)

7:00 p.m. Altadena *BURNING DESIRE*
185 W. Altadena Dr., 91001
(C,P)

7:00 p.m. Pasadena *STEPS TO SERENITY*
160 N. El Molino Ave., 91101
(R,WS,BB,SS)

7:30 p.m. Pomona *WALK THE WALK*
667 W. Holt Ave., 91768
(CL,SS)

WEDNESDAY

12:00 p.m. Altadena *NOONER*
185 W. Altadena Dr., 91001
(C,SS)

7:00 p.m. Downey *CRACKIN' THE BOOK*
9449 E. Imperial Hwy., Hosp. Bldg. C., 90242
(H,BB)

7:00 p.m. Pomona *RECOVERY FOR LIFE*
667 W. Holt Ave., 91768
(CL,P,CT,S(3rd Wednesday of the month)/P)

8:30 p.m. Glendale *MISSION ROAD*
335 Mission Rd., 91205
(R,S)

THURSDAY

12:00 p.m. Altadena *NEW IDEAS*
185 W. Altadena Dr., 91001
(C,P)

7:00 p.m. Altadena *NEW REVELATIONS*
185 W. Altadena Dr., 91001
(C,P/S)

8:00 p.m. Covina *LAST STRAW*
1161 E Covina Blvd., 91724
(H,S/P)

FRIDAY

7:00 p.m. Pasadena *NEW HOPE*
455 E. Washington Blvd., 91104
(C,B/B,P/S,S last Friday of the month)

7:00 p.m. Pomona *7 UP*
667 W. Holt Ave., 91768
(CL,P)

7:00 p.m. Pasadena *SURRENDER TO WIN*
2132 Summit Ave. 91104
(P)

7:30 p.m. Pasadena *FRIDAY NIGHT MEETING*
1757 N. Lake Ave., 91104
(C,SS,S last Friday of the month)

SATURDAY

10:00 a.m. Pomona *BOOK STUDY*
667 W. Holt Ave., 91768
(CL,BB)

10:00 a.m. Altadena *IT'S IN THE BOOK*
185 W. Altadena Dr., 91001
(C,P)

7:30 p.m. Pasadena *WE DO IT ALL*
3053 E. Del Mar Blvd., 91107
(C,S/P)

SUNDAY

11:00 a.m. Pasadena *SUNDAY SERENITY*
2900 E. Del Mar Blvd., 91107
(H,P)

4:00 p.m. Pomona *SUNLIGHT OF THE SPIRIT - EAST*
667 W. Holt Ave., 91768
(CL,S/P)

5:00 p.m. Altadena *NEW BEGINNINGS*
185 W. Altadena Dr., 91001
(C,S/P)

7:30 p.m. La Crescenta *GET HIGH ON HOPE*
2902 Montrose Ave., 91214
(C,P)

Online CA Meetings: <http://www.ca-online.org>