

**MONDAY**

**CORTE MADERA** 6:30 PM  
 Marin Lutheran Church  
 649 Meadowsweet Drive (upstairs in white building)  
 O, NS

**OAKLAND** 6:45 PM  
 Kaiser CDRP, Room 8 "Dopeless Hoppers"  
 969 Broadway (between 9th & 10th, above Smart & Final)  
 O, WA, Closed on Federal Holidays

**LOS GATOS** 8:00 PM  
 Calvary Church "Keep Off the Grass"  
 16330 Los Gatos Boulevard  
 (Brick Building, front of parking lot)  
 O, WA

**TUESDAY**

**PETALUMA** 7:15 PM  
 Sonoma County Alano Club "Don't Bogart That Recovery"  
 1050 Petaluma Blvd. North  
 O, NS, WA

**PLEASANT HILL** 7:30 PM  
 Hillcrest Congregational Church, Room 7  
 404 Gregory Lane  
 O, WA

**SAN FRANCISCO** 7:30 PM  
 Park Presidio Methodist Church "Friends of Bud Group"  
 4301 Geary Blvd. (enter on 7th Ave., up stairs to 1st floor)  
 O, SF

**LOS GATOS** 8:00 PM  
 Mission Oaks Hospital, Room 292 "High Anxiety"  
 15891 Los Gatos-Almaden Road (at National Ave.)  
 O, WA

**WEDNESDAY**

**BERKELEY** 6:15 PM  
 Good Shepherd Episcopal Church "First Berkeley Group"  
 1823 9th Street (in the Sisson Salon Room)  
 C, WA

**SANTA CRUZ** 7:00 PM  
 Loudon Nelsen Community Ctr, Room 1 "Happy Campers"  
 301 Center Street  
 O, WA

**LOS GATOS** 7:30 PM  
 Mission Oaks Hospital, Room 299 "Plant A Seed"  
 15891 Los Gatos-Almaden Road (at National Ave.)  
 O, WA

**THURSDAY**

**ALBANY** 12:30 PM  
 St. Alban's Church, in Library "Albany Noontime Discussion"  
 1501 Washington St. (at Curtis St.)  
 O, WA, SF

**REDWOOD CITY** 7:30 PM  
 United Methodist Church "New Leaf Group"  
 2000 Woodside Rd., Room 5 (at Alameda de las Pulgas)  
 O, WA

**LOS ALTOS** 8:00 PM  
 Los Altos United Methodist Church, Room 7 "Hit This"  
 655 Magdalena Ave.  
 O, WA

**SANTA ROSA** 8:00 PM  
 3554 Round Barn Blvd. "Stoners on the Steps"  
 Second Floor, Room H  
 O, NS, WA

**ALBANY** 8:00 PM  
 St. Alban's Church, in Library "Thursday Night Step Study"  
 1501 Washington St. (at Curtis St.)  
 O, WA (75 minute meeting)

**FRIDAY**

**SANTA CRUZ** 6:00 PM  
 Mental Health Client Action Network (MHCAN)  
 1051 Cayuga St.  
 O, WA

**ALBANY** 7:00 PM  
 St. Alban's Church, in Library  
 1501 Washington St. (at Curtis St.)  
 O, M, WA

**OAKLAND** 7:00 PM  
 Kaiser CDRP, Room 8 "Women with Hope"  
 969 Broadway (between 9th & 10th, above Smart & Final)  
 Meditation and Speaker last Friday of month  
 O, W, WA

**SAN RAFAEL** 7:15 PM  
 Kaiser "Stepping Stoners"  
 111 Smith Ranch Road, Mt. Tam Room  
 O, NS, WA

**WALNUT CREEK** 7:30 PM  
 Kaiser Medical Office Building  
 Redwood Room, 3rd Floor  
 1425 South Main Street (park in garage off Newell Ave., enter building in front of disabled parking, follow signs to conf rooms)  
 O, WA

**SARATOGA** 8:15 PM  
 Immanuel Lutheran Church "The Better Kind of High"  
 14103 Saratoga Ave., Room 2 downstairs  
 (at Seagraves Way, far left end of the hallway in the small building)  
 O, WA, candlelight

**SATURDAY**

**APTOS** 10:00 AM  
 Rio del Mar Beach  
 Aptos Beach Drive, on the beach in front of Café Rio  
 (by the sitting wall near parking lot)  
 O

**SAN FRANCISCO** 11:00 AM  
 Yoga Society of San Francisco "On a Mission"  
 2872 Folsom Street (between 24th & 25th St.)  
 O, WA, meditation

**PETALUMA** 10:00 AM  
 Sonoma County Alano Club "Keep Off The Grass"  
 1050 Petaluma Blvd. North  
 O, NS, WA

**OAKLAND** 5:30 PM  
 Kaiser Permanente Prof Bldg "First Oakland Group"  
 3701 Broadway, 2nd Floor, PT Conference Room  
 (Free parking in Kaiser's Broadway structure. PT Conference Room is directly across from 2nd floor doorway into building.)  
 C, WA, SF

**SANTA CRUZ** 8:00 PM  
 New Life Center  
 707 Fair Avenue, Fireplace Room  
 O, WA

**SUNDAY**

**OAKLAND** 10:15 AM  
 Kaiser Permanente Prof Bldg "Step Study"  
 3701 Broadway, 2nd Floor, PT Conference Room  
 (Free parking in Kaiser's Broadway structure. PT Conference Room is directly across from 2nd floor doorway into building.)  
 O, WA

**SAN JOSE** 6:00 PM  
 Cotati Lions Club/Scout Hut "Weed Whackers"  
 1555 S. 7th Street, Building K  
 (Alano West]  
 O,

**COTATI** 6:30 PM  
 Cotati Lions Club/Scout Hut "Reefer Renegades"  
 86 La Plaza (E Cotati Ave & Old Redwood Hwy, next to fire station)  
 O, NS, WA

## THE QUESTIONS

1. Has smoking pot stopped being fun?
2. Do you ever get high alone?
3. Is it hard for you to imagine a life without marijuana?
4. Do you find that your friends are determined by your marijuana use?
5. Do you smoke marijuana to avoid dealing with your problems?
6. Do you smoke pot to cope with your feelings?
7. Does your marijuana use let you live in a privately defined world?
8. Have you ever failed to keep promises you made about cutting down or controlling your dope smoking?
9. Has your use of marijuana caused problems with memory, concentration, or motivation?
10. When your stash is nearly empty, do you feel anxious or worried about how to get more?
11. Do you plan your life around your marijuana use?
12. Have friends or relatives ever complained that your pot smoking is damaging your relationship with them?

If you answered yes to one or more of these questions, you may have a problem with pot.

## WHO IS A MARIJUANA ADDICT?

We who are marijuana addicts know the answer to this question. Marijuana controls our lives! We lose interest in all else: our dreams go up in smoke. Ours is a progressive illness often leading us to addictions to other drugs including alcohol. Our lives, our thinking and our desires center around marijuana— scoring it, dealing it, and finding ways to stay high.

*The Twelve Steps and Twelve Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to adapt and reprint the Twelve Steps and Twelve Traditions does not mean that AA is in any way affiliated with this program. AA is a program of recovery from alcoholism – use of the Twelve Steps and Twelve Traditions in connection with programs and activities which are patterned after AA but which address other problems, does not imply otherwise.*

### CONTACTS IN RECOVERY

NAME	PHONE

## THE TWELVE STEPS

1. We admitted we were powerless over marijuana 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 God.
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 God 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 conscience contact with God, as we understood God, praying only for knowledge of God's 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 marijuana addicts and to practice these principles in all our affairs.

## THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon MA unity.
2. For our group purpose, there is but one ultimate authority, a loving God whose expression may come through in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using marijuana.
4. Each group should be autonomous except in matters affecting other groups or MA as a whole.
5. Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.
6. MA groups ought never endorse, finance or lend the MA name to any related facility or outside enterprise, lest problems of money, property & prestige divert us from our primary purpose.
7. Every MA group ought to be fully self-supporting, declining outside contributions.
8. Marijuana Anonymous should remain forever non-professional but our service centers may employ special workers.
9. MA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Marijuana Anonymous has no opinion on outside issues, hence the MA name ought never be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion. We need always maintain personal anonymity at the level of press, radio, television, film and other public media. We need guard with special care the anonymity of all fellow MA members.
12. Anonymity is the spiritual foundation of all our traditions, reminding us to place principles before personalities.

# MARIJUANA ANONYMOUS

## GREATER SF BAY AREA MEETING DIRECTORY

(Revised March 4, 2018)

### DISTRICT 2 SAN FRANCISCO & EAST BAY

[madistrict2.org](http://madistrict2.org)  
(510) 957-8390

**DISTRICT 3  
SOUTH BAY & SANTA CRUZ**  
[madistrict3.org](http://madistrict3.org)  
(408) 450-0796

**DISTRICT 12  
NORTH BAY**  
[madistrict12.org](http://madistrict12.org)  
(707) 583-2326

**MARIJUANA ANONYMOUS WORLD SERVICES**  
P.O. Box 7807, Torrance, CA 90504  
[marijuana-anonymous.org](http://marijuana-anonymous.org)  
[info@marijuana-anonymous.org](mailto:info@marijuana-anonymous.org)  
(800) 766-6779

Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. The only requirement for membership is a desire to stop using marijuana. We are self-supporting through our own contributions. M.A. is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. We can do this by practicing our suggested Twelve Steps of recovery and by being guided as a group by our Twelve Traditions.

Marijuana Anonymous uses the basic 12 Steps of Recovery founded by Alcoholics Anonymous, because it has been proven that the 12 Step Recovery program works!

## MEETING CODES & INFO

O: Open to All      C: Closed (Marijuana addicts only)  
M: Men only      WA: Wheelchair-accessible  
W: Women only      SF: Scent-free

**Meeting times and locations are subject to change.  
For the latest information, check the websites above.**

**ONLINE MEETINGS:** [www.ma-online.org](http://www.ma-online.org)  
**PHONE MEETINGS:** [ma-phone.org](http://ma-phone.org)

Free MA apps: [Apple App Store](https://apps.apple.com/us/app/marijuana-anonymous/id1441111111) and [Google Play for Android](https://play.google.com/store/apps/details?id=com.marijuanaanonymous)