

Come and Learn about the Bay Area CoDA Intergroup
All groups are encouraged to send a rep, all CoDA members are welcome
Next Meetings: 8 October, 5 November, 10 December
Fall Conference Saturday 11 November, Kaiser Oakland MC

All in CoDA are invited to join us at the Bay Area CoDA Intergroup (BACI). We begin our meeting with short shares, then proceed together to work the 12th Step: keeping CoDA running, and striving to carry the message to all codependents who still suffer alone. The BACI normally meets on the 2nd Sunday of each month (first Sunday in November, no meeting in May), 10 a.m. (lasts upto 2 hours) at Summit Hospital, 3100 Summit St., Oakland 94609: from the main entrance of Providence Pavilion, take the first right into cafeteria, then through the double doors into the Conference Room. From east I-580 take Webster Street/Broadway exit: left on Webster, right on Hawthorne, left on Summit (Providence Pavilion on left).

STAY UP-TO-DATE -- get the latest meeting list at: www.sfbaycoda.net/MeetingList.pdf
 or send a self-addressed stamped envelope to:
Meeting List, 547 Mangels Avenue, San Francisco, CA 94127

Please provide updated information for this list by emailing: articulatedgrunt@yahoo.com.

CoDA services are funded by meeting contributions in excess of prudent reserves; we suggest this distribution:
 60% Bay Area CoDA Intergroup (BACI), 547 Mangels Avenue, San Francisco, CA 94127
 30% Northern California CoDA, 1800 21st Street, PMB-230, Sacramento, CA 95811-6812
 10% Co-Dependents Anonymous, Inc., P.O. Box 33577, Phoenix, AZ 85067

Bay Area CoDA website: www.sfbaycoda.net (Events, latest monthly updated meeting list available)
Bay Area CoDA Information Line / Voicemail: 415/905-6331 (to leave meeting change info, press #)
Computer Voicemail: 408/872-0733 (complete meetings list info)
For CoDA literature contact: John Y. 415/386-3091; email yavorskyjohn@yahoo.com
Para Informacion en Espanol Llamen al Numero: 408/561-0203
Northern California (Nor-Cal) CoDA: www.norcalcoda.org
World CoDA website with meeting information and more: www.coda.org
World CoDA toll free lines staffed by volunteers: English 888/444-2359, Spanish 888/444-2379

Alameda County		Meeting information: 408/872-0733		For more info, call Laura at 925/683-8612	
Sun	6:00-7:30 p.m.	Oakland	W N R	First Congregational Church	2501 Harrison, Angel Room, blue door from parking lot CA494
Mon	6:00-7:30p.m.	Oakland	Cos	Kaiser Oakland Medical Center	3600 Broadway, Lower Level, Room C CA1237
? Mon	6:00-7:15 p.m.	Oakland	W	Kaiser Medical Office Building	3701 Broadway, 2 nd floor, Physical Therapy room CA998
Mon	7:00-8:00 p.m.	Fremont	N F	Slap Face Coffee&Tea	37324 Fremont Blvd. CA1443
*Tues	9:30-10:30 a.m.	Oakland	LS	Kaiser CDRP (above Smart & Final)	969 Broadway, 12 th St. BART, go one block south CA1161
Tues	6:00-7:15 p.m.	Oakland		Kaiser Fabiola Building	3801 Howe St., Room G-70 CA272
Wed	-----		---	-----	-----
Thur	9:30-10:30 a.m.	Oakland	S	Kaiser CDRP (above Smart & Final)	969 Broadway, 12 th St. BART, go one block south CA1102
Thur	6:00-7:15 p.m.	Oakland	M	Kaiser Fabiola Building	3801 Howe St., Room G-70 CA1298
Thur	6:00-7:30 p.m.	Oakland	W N	Kaiser Oakland Medical Center	3600 Broadway, Lower Level, Rooms D1 & D2 CA1141
Thurs	6:30-8:00 p.m.	San Leandro		(Spanish)First United Methodist Church	1600 Bancroft Avenue CA1216
Fri	6:00-7:15 p.m.	Oakland		Kaiser Fabiola Building	3801 Howe St., Room G-70 CA754
Sat	9:30-10:45 a.m.	Oakland	W S	Kaiser Fabiola Building	3801 Howe St., Room G-70 CA1476

Contra Costa County		Meeting information: 408/872-0733		For more info, call Laura at 925/683-8612	
Sun	8:00-9:30 a.m.	Walnut Creek	S N	John Muir Medical Center	1601 Ygnacio Valley Rd., Ball Auditorium CA911
Mon	5:30-6:30 p.m.	Walnut Creek	WNSLs	St. Paul's Episcopal Church	1924 Trinity Ave., St. Paul's FMC Nursery CA1360
Tues	9:00-10:00 a.m.	Walnut Creek	W S N	Hillside Covenant Church	2060 Magnolia Way (off Newell) CA893
Wed	7:00-8:30 p.m.	Walnut Creek	N	Kaiser Office Bldg., Room 3C	710 S. Broadway (next to Safeway) CA185
Wed	7:00-8:00 p.m.	El Sobrante		Hope Lutheran Church	2830 May Road CA1005
Fri	9:30-10:45 a.m.	Walnut Creek	W S	Hillside Covenant Church	2060 Magnolia Way (off Newell) CA1173
Fri	6:30-8:00 p.m.	Concord		John Muir Behavioral Health	2740 Grant St., Classroom B CA199

continued on back

Marin County			Meeting information: 408/872-0733		For info/changes, call Teri: 415-531-3019	
Sun	6:00-7:00 p.m.	Corte Madera	W C F	Holy Innocents Episcopal Church	2 Tamalpais Drive (in the Library)	CA1437
Tues	6:00-7:00 p.m.	Mill Valley	Ls	Strawberry Recreation Center	118 E. Strawberry Dr., 3 rd floor Loft, park on Ricardo	CA1472
*Wed	8:00-9:00 a.m.	Larkspur		Redwoods Presbyterian Church	110 Magnolia Ave, downstairs in Conference Room	CA380
Thur	7:15-8:15 p.m.	San Rafael		Alano Club	1360 Lincoln Avenue	CA1313
Sat	10:00-11:00 a.m.	Larkspur	S	Redwoods Presbyterian Church	110 Magnolia Ave., downstairs in Conference Room	CA1371

San Francisco County			Meeting information: 408/872-0733		For info/changes, call Martin: 415/469-9733	
Sun	10:00-11:30 a.m.	San Francisco	F Ls	San Francisco Gratitude Center	1320 Seventh Avenue (between Judah & Irving)	CA698
Mon	7:30-9:00 p.m.	San Francisco	NR#	Laguna Honda Hospital (First Hill Muni)	375 Laguna Honda, New Pavilion, Level 1, Art Studio	CA026
Wed	6:30-7:45 p.m.	San Francisco	F R	Dolores Park Church	65 Dorland Street	CA692
Wed	5:45-6:45 p.m.	San Francisco	S	St. Lukes Hospital	3555 Cesar Chavez Street, Conference Room 120	CA1413
Fri	7:00-8:15 p.m.	San Francisco	LGBT	Castro Country Club (fragrance-free)	4058 18 th Street (All orientations are welcome)	CA989
Sat	4:45-6:00 p.m.	San Francisco	F N R	Marina Dry Dock	2118 Greenwich (at Fillmore)	CA1008
! Wkend	By arrangement	San Francisco		Ocean Beach bonfire	http://health.groups.yahoo.com/group/coda_bonfire	*****

San Mateo County			Meeting info: 408/872-0733			
Mon	6:30-7:30 p.m.	San Bruno		Bethany Presbyterian Church	2400 Rosewood Drive, downstairs Room 3	CA1458
Mon	6:30-7:30 p.m.	San Carlos		Trinity Presbyterian Church	1106 Alameda de las Pulgas	CA1302
Tues	7:00-8:15 p.m.	Burlingame	R Wc	First Presbyterian Church	1500 Easton Drive, in the parlor (park on Balboa)	CA1014
Thur	6:30-7:30 p.m.	Redwood Shores	S	Redwood Shores Public Library	399 Marine Parkway, Conf. Room (@ Bridge Prkwy)	CA1250
Fri	6:00-7:30 p.m.	Burlingame	SSpWc	Peninsula Hospital (ground floor)	1501 Trousdale @ El Camino, Medical Center, Rm. H	CA097
Sat	9:00-10:15 a.m.	Redwood City	R	Sequoia Christian Church	233 Topaz (Brewster & Alameda de las Pulgas), upstairs	CA796

Santa Clara County			Meeting info: 408/872-0733		For changes, Barbara: bobbiesmail1982@gmail.com	
Sun	5:00-6:15 p.m.	San Jose		Alano Club	1122 Fair Ave. (at McLaughlin), Basement	CA1212
Mon	7:30-9:00 p.m.	Los Gatos	SpWc	Faith Lutheran Church	16548 Ferris Ave, Room 13 (off inner courtyard)	CA886
Wed	11:45a.m.-1:00 p.m.	Los Altos	R	St Williams Catholic Church	Covington & El Monte, Rectory (lower level)	CA314
Wed	6:30-7:30 p.m.	San Jose	R	Alano Club (basement)	1122 Fair Ave. at McLaughlin, (408) 297-1878	CA348
Wed	8:00-9:30 p.m.	San Jose	M	Unity Community Church	175 Bernal Road, Suite 104	CA575
Thur	7:00-8:00 p.m.	San Jose	L W	St. Martin of Tours Ch. (No wc access)	200 O'Conner Drive, rectory bet. church and gym	CA****
Thur	7:30-8:45 p.m.	San Jose	W R	Lincoln Glen Church (Adults only)	2700 Booksin Avenue (back parking lot)	CA1142
Fri	7:15-8:45 p.m.	Mtn View	R Wc	El Camino Hospital	2500 Grant Road, basement of Main bldg, Room C	CA580

Santa Cruz & Monterey Counties			Meeting info: (Santa Cruz) 831/469-6096 (Monterey) Bob W. 831-224-5411			
Mon	6:00-6:50 p.m.	Santa Cruz	HI Wc	Westside Chapel	707 Fair Avenue	CA992
Mon	7:00-8:30 p.m.	Santa Cruz	W Sp	County Medical Clinic	1080 Emeline St., Bldg., D - Basement (Sm. Auditorium)	CA073
Wed	7:00-8:30 p.m.	Santa Cruz		County Complex, Building F	1060 Emeline St., Solarium (enter from downhill side)	CA024
Thur	-----	-----	---	-----	-----	CA915
Thur	5:30-6:30 p.m.	Watsonville		Lutheran Community Church	95 Alta Vista Avenue, Adam Dan Hall (in back)	CA1387
Thur	7:00-8:00 p.m.	Monterey	R, N	The Monterey Fellowship Hall	519 Hartnell St., room is downstairs of the building	CA1275
Thur	7:30-8:30 p.m.	Monterey	W R F	St. James Episcopal Church	381 High St., McGowan House, High St. entr., upstairs	CA1388
Fri	7:00-9:00 p.m.	Monterey		(Spanish) YWCA	915 Hilby Avenue, Suite 26	CA1323
Sat	8:00-9:30 p.m.	Santa Cruz	S	Seabright State Beach (June -Aug. only)	From end of 3rd Ave. walk down steps, near windsock	CA1117

Solano & Napa Counties			Meeting info: Solano/Napa County: Kay O. 707-253-8731			
Mon	6:00-7:30 p.m.	Vacaville	Ls	Unity of the Valley Spiritual Center	350 N. Orchard Avenue	CA1433
Mon	7:00-8:30 p.m.	Vallejo	S Wc	Kaiser Broadway Clinic	1761 Broadway, Room 6	CA1062
Thur	5:30-6:30 p.m.	Vacaville		Kaiser Medical Office Building	1 Quality Drive, Conference Room 1	CA1359
Thur	7:30-9:00 p.m.	Napa	S Sp T	Innovations Community Center	3281 Solano Avenue (bet. Verna and Kathleen)	CA898
Tues	6:00-7:15 p.m.	Vallejo		Kaiser C.D.R.P. Building	800 Sereno Drive, First Floor, Room E	CA1265

Sonoma County			To volunteer to be a Sonoma County contact, notify webmaster, email at bottom			
X Sun	7:30-9:00 p.m.	Santa Rosa		First United Methodist Church	1551 Montgomery Drive, Chapel (next to restrooms)	CA080
Mon	9:15-10:00 a.m.	Sonoma	Sp T	Vintage House	264 First St., Room 106	CA1251
Mon	6:30-8:00 p.m.	Sebastopol	WF	Community Church of Sebastopol	1000 Gravenstein Highway North (Highway 116)	CA1044
Tues	7:30-8:45 p.m.	Petaluma.	R	Elim Lutheran Church	504 Baker St.(cross Western Ave.), in the main church	CA459
Wed	7:00-8:30 p.m.	Santa Rosa	R	Universalist Unitarian Congregation	547 Mendocino Ave., Room 2 at rear (Meadow rm.)	CA404
Fri	6:30-8:00 p.m.	Sebastopol	W S	Community Church of Sebastopol	1000 Gravenstein Highway N. (Highway 116), Rm. 4	CA1274 X
X Sat	10:30 a.m.-Noon	Santa Rosa		ReStyle Marketplace	1001 W. College Avenue, ArtStyle room	CA753

Meetings in nearby counties						
Wed	7:15-8:30 p.m.	Modesto		McHenry Village Health Conf. Center	1700 McHenry Avenue (info call Michael 209/575-4596)	CA941

C=Clean&Sober Cos=Cosponsorship focus F=Fragrance-free G=Gay HI=Hospitals & Institutions L=Lesbian LGBT= Lesbian,Gay,Bisexual,Transsexual Ls=Literature Study M=Men's N=format explicitly accommodates Newcomers R=rotoating format S=Step Study Sp=Speaker Teen=13-19 yrs. only T=Topic Discussion W=Women's Wc=Wheelchair #=focus on sponsorship. Unless otherwise indicated, all meetings welcome Newcomers All meetings are presumed to be Non-Smoking.

"+" = addition "X" = change/correction "!" = not weekly "*" = attendance low

"?*" = active status in question, please email articulatedgrunt@yahoo.com with up-to-date information