In this moment, I quiet my thoughts and open my mind and heart to God’s guidance for me. In this moment, I feel the gentle peace that conscious contact with God allows. If I am troubled and in doubt or joyful and serene, I turn to God. I know my path will be revealed and the way to my highest good will be made known.

Sunday

Sunday Morning Beach Meeting CA0299
9:30 am—Santa Monica—SH ○
On the beach at the foot of Ocean Park, near Life Guard station #26, if raining meet at museum steps; free beach parking w/ correct validation procedure
Barbara L. 310.641.5662

CoDA Book Study Group CA0949
6:00 pm—Culver City—WR, SH
SHARE! Serenity Room, 6666 Green Valley Circle
No Contact Info

“A New Sense of Belonging” LGBTQ and Friends ○
CA1330
5:30 pm—Long Beach—RD, SH—1 Hour
First Lutheran, 905 Atlantic Ave (inner parking lot, enter on Atlantic) 1st floor classroom. LGBTQ safe space, but open to all. Look for the yellow arrows into 323.632.3072

Loving the Self
6:30 pm—Torrance—T
El Nido Park, 18301 Kingsdale Ave
No Contact Info

Monday

Step Share CoDA Group CA0666
4:00 pm—Santa Monica—SH, BK, ST, TR
Christian Institute on the corner of 2nd and Arizona. Enter the free parking lot through alley on Arizona—honk. Enter building in rear. Official Monday holidays, location change: SHARE, 6666 Green Valley Circle, Culver City, 90230
Jody 323.273.5203

Precious and Free CA0114
7:30 pm—Hermosa Beach—SP, WR, SH ○
St. Cross Episcopal, 1818 Monterey Blvd, Room 9
Back Building Upstairs
Thomas 562.464.7550

Tuesday

Solutions Using CoDA Steps & Traditions CA1296
7:30 am—Marina Del Rey—SH, ST—1 Hour
The patio outside Panini Grill 4325 Glencoe Avenue (C8), Marina del Rey
Sharon L. 310.827.9498

Peeling the Onion Literature Study CA1281
9:00 am—Santa Monica—RD, SH, ST on 1st week
Rustic Canyon Park, 601 Latimer Rd
Evie H. 310.480.3843

Let Go & Let God CA1278
6:00 pm—Paramount—BK, SH
Imperial Alano Club, 8021 E Rosecrans Ave at Paramount Blvd
No Contact Info

Healing Journey CA0737
7:00 pm—Long Beach—T, SH
Universal Mind Science Church, 3122 East 8th St
No Contact Info

Conscious Contact CA1345
7:00 pm—Torrance—T, SH—1 Hour
First United Methodist, 1551 El Prado Ave, 2nd floor of rear building, ring bell after 7:05pm
No Contact Info

Women's Meeting CA0386
7:00 pm—Long Beach—SH, WO
St. Maria Goretti, 3954 Palo Verde Avenue, enter lot on Parkcrest
Ruth A. 213.420.207

CoDA Group CA0956
7:15 pm—Los Angeles—ST, SP, SH
Cedars-Sinai Medical Center, 8701 Gracie Allen Drive, South Tower, Plaza Level, room 1/2 or 4/5 Noel 917.405.3894

Women in Recovery CA0596
7:30 pm—Culver City—ST, TR, WR, WO
SHARE! Unity Room, 6666 Green Valley Circle
Allison 310.944.4263

Gay & Lesbian CA0961
8:00 pm—Los Angeles—SP, SH, ○—1 Hour
The Village at Ed Gould Plaza, 1125 N McCadden Pl at Santa Monica Blvd
No Contact Info

Wednesday

San Pedro Alano Club CA1252
6:00 pm—San Pedro—SH
San Pedro Alano Club, 2001 S Pacific Ave at West 20th St
Helen B. 310.489.1890

Silverlake Wednesday Night Meeting CA1238
6:30 pm—Silverlake—ST, TR, SH—1 Hour
Café Tropical, 2900 W Sunset at Parkman, enter on Parkman
No Contact Info

Monday Night CoDA CA1314
7:00 pm—Long Beach—SH
Unitarian Church, 3530 E Atherton St
Felix 562.253.7616

Wednesday Night CoDA Step Meeting CA1040
7:30 pm—Santa Monica—SP, SH, ST
Christian Institute, 1308 2nd St at Arizona. Enter the free parking lot through alley on Arizona—honk. Enter building in rear.
Terri R. 310.390.3963

Westside Women in Recovery CA1385
8:00 pm—LA—SP, ST, WR, RD, WO—1.25 Hours
Felicia Mahood Multipurpose Center, 11338 Santa Monica Boulevard
Maria V. 310.463.9977

Thursday

Meeting for Health Professionals CA1036
8:00 am—Palo Verde—○, Closed
For location call Marilyn W. 310.375.8438

Thursday Morning CoDA CA1294
9:00 am—Santa Monica—SH, ST, Lit study
Rustic Canyon Park, 601 Latimer Rd
Gina N. 310.699.5703

CoDA Sharing Meeting CA1267
7:30 pm—Downtown LA
SHARE! 425 S. Broadway 90013, free street parking
No Contact Info

Thursday Night Men's Meeting CA1201
8:00 pm—Culver City—ST, MO
SHARE! Serenity Room, 6666 Green Valley Circle
No Contact Info

Friday

CoDA Book Study & Share CA1107
7:30 am—Santa Monica—BK, SH—1 Hour
Unitarian Church, Arizona @ 18th, cottage next to church on 18th
Wendy G. 818.314.4201

Breaking the Patterns of Codependency CA0968
7:00 pm—Torrance—WR, SP, ◯, WO
First United Methodist, 1551 El Prado Ave, 2nd floor of rear building, ring bell after 7:05pm
No Contact Info

United Teens (ages 10-18) CA1223
7:00 pm—Downey—SH, ST
Kaiser Medical Center, 9449 E Imperial Hwy, Orchard Bldg, Room 023 opp elevator
No Contact Info

Torrance Men’s CoDA CA1334
7:00 pm—Torrance—○, BK, SH, MQ—1 Hour
First Christian Church, 2930 E Dorado St
Damon L. 310.426.0357

Saturday

We Always Have a Choice CoDA Group CA0856
10:00 am—Los Angeles—BK, SH, Meditation
Hope Center, 11313 Washington Blvd at Sawtelle, Big Room
Barbara L. 310.641.5662

Newcomers & Oldtimers CoDA Group CA0262
10:30 am—Westchester—SP, SH
Congregational Church, 7300 W Manchester Ave, Mayflower Room in Fellowship Hall
*Newcomer Q&A meeting from 10:00-10:30am
Monica V. 562.706.8131

Carson Saturday Night CoDA Group CA0690
6:00 pm—Carpinteria—BK, SH, ST
Kaiser Chemical Dependency Bldg, 23621 S Main St Room A
No Contact Info

S A V E T H E D A T E S ! ! !

○ Thanksgiving, Christmas Eve, Christmas Day, New Year’s Eve, New Years Day Holiday Marathon Meetings and Potluck Fellowship. Email marathons@lacoda.org for more information or to be of service. Ask your GSR for a flyer.

Note: Please refrain from using email or phone call abbreviations, drop-ins, last names, or asterisks. Use complete names and full addresses.
Brown Bag Lunch
12:30 pm—Culver City—SH—1 Hour
SHARE! Serenity Room, 6666 Green Valley Circle
No Contact Info

Meeting Events
There are currently no meeting events. Please contact events@lacoda.org for information or support in hosting an event. Then let us know at meetings@lacoda.org to list it here and spread the word to the Los Angeles area Fellowship.

Spanish Language Meetings
Para grupos en español: www.codaenespanol.org
Reyes 562-340-8364

Nearby Meeting Lists:
The Valleys: www.tvcc-coda.org
San Diego: www.sdcoda.org
The Desert: www.desertcoda.org
Orange County: www.occoda.org

For Online / Phone Meetings
Go to www.coda.org and click on the “Find a Meeting” tab. Next, enter your zip code on the right and how many miles you are willing to travel to see a list of meetings. Clicking on the individual meeting will take you to a page with more detailed information regarding the location, format, and meeting contacts.

For Other / Area Meetings
Go to www.coda.org and click on the “Find a Meeting” and then click the pull down menu that says “Type” and select “Phone/Online” for a listing.

Start a New Meeting
Contact the Outreach Committee for support in starting a new meeting at outreach@lacoda.org and get a free Meeting Starter Packet at www.lacoda.org/meetings

Ordering CoDA Literature
Order forms are available at www.lacoda.org or you may email literature@lacoda.org

LA CoDA’s Mailing List
Sign up for LA CoDa announcements, newsletters, event flyers, and upcoming motions by emailing: webmaster@lacoda.org

Daily Meetings
Help Us Carry the Message
Suggested 7th Tradition contributions (after prudent reserve):
- 50% to LA CoDa Intergroup
  P.O. Box 90453, Los Angeles, CA 90009-0453 www.lacoda.org
- 20% to SoCal CoDa Voting Entity
  P.O. Box 4639 Culver City, CA 90231-4639 www.socalcoda.org
- 30% to CoDa World Service
  P.O. Box 33577, Phoenix, AZ 85067-3577 (602) 277-7991 www.coda.org

Meeting List Information:
Please send all additions, deletions and changes to meetings@lacoda.org by the 25th of this month to be updated in the next month's meeting list. Please include your meeting number, Thanks!

Disclaimer: To qualify as an official CoDa meeting, CoDa’s requirements are registration with CoDa World and the reading of all 4 foundational documents, as written, at every meeting (CoDa’s Preamble, Welcome, 12 Steps, and 12 Traditions). Inclusion in this meeting list does not imply LA CoDa’s approval of an individual meeting’s adherence to the principles of CoDependents Anonymous.

Meeting List Committee
Your Help is Needed...
The Meeting List Committee is working on a “Meetings” page on the LA CoDa website that will include an interactive map of meetings in the area, in addition to the printable list, as well as general meeting information under these headings: Attending Meetings, Meeting List, Starting a New Meeting, Sample Meeting Formats, Other CoDa Meetings (including business and group inventory), and Service Committee Meetings.

The Meeting List Committee could use your help in making these projects a reality. Please email meetings@lacoda.org to volunteer

Welcome to CoDa!
Chapter 3 of Codependents Anonymous outlines a suggested program of recovery which includes attending meetings in addition to fellowship, sponsorship, literature, conferences, conventions, service work, the CoDa 12 Steps and 12 Traditions (pg 23). It is suggested that newcomers attend 6 different meetings, as they vary in format and focus. Although each meeting is autonomous, the principles of our program, as outlined in the 12 Steps, 12 Traditions, Preamble, Welcome, and Other, are consistent. “No-CrossTalk” guidelines can be jarring at first, but keep meetings safe for all as we recover from dependency upon what others think, as well as compulsive advice-giving. We find our recovery grows when we keep the focus of our shares on our own experiences are refrain from commenting on the experiences of others. It is highly inappropriate for anyone to exploit you romantically, sexually or financially. This is commonly known as “13th Stepping,” and is sometimes used in the guise of teaching the program. No one has the right to tell how to work your program. As CoDa’s Promises offer, “In time you will come to believe in your own capabilities with the guidance of your Higher Power and allow the Steps and Traditions to work for you.”

Phone numbers:

LA CoDA Meeting List
November 2015

Contact Information
LA CoDA (Los Angeles Community Committee)
P.O. Box 90453 Los Angeles, CA 90009-0453
323-969-4995 www.lacoda.org info@lacoda.org

Meeting Legend
All meetings are non-smoking, 90 minutes long and wheelchair accessible unless noted otherwise.
You are encouraged to check with the contact person before attending a meeting for the first time as there may be helpful details about the location, entrance or parking.

SH = sharing
SP = speaker
ST = Step
TR = Tradition
W = Wheelchair Access
CH = changes

LA CoDA Business Meeting
LA CoDa Intergroup business meetings are currently held the 2nd week of each month at 6666 Green Valley Circle, Culver City 90230 at 10:00 AM. There is a greater 15 minutes early to welcome newcomers and answer questions. Everyone is invited to attend.