

Alano Club East Meeting Schedule

Monday

8:15am Sunrise Big Book Meeting /closed AA
11:30am 12 steps meeting /closed AA
3:30pm Recovery or Relapse /closed AA
5:15pm Candlelight /closed AA
5:30pm Native AM/ open AA
6:30 Traditions /closed AA
6:30pm Drop the Rock/ open
AA/Alanon South Room

Tuesday

8: 15am Beginners /closed AA
11 :30am 12 step meeting /closed AA
1 :00pm Topic /closed AA
3:30pm Big Book Group /closed AA
6:30 Tuesday Group closed AA
8:00pm 12 Steps and Traditions/closed AA
8:00pm Tuesday Night Alanon Meeting

Wednesday

8:15am Traditions Meeting /closed AA
11:30am Willingness Step Group /closed AA
11:30am Where You're At Group /closed AA
3:30pm Three Steps at a Time /closed AA
5:30pm Happy Hour at the East /closed AA
5:30pm Women's Way Thru the Steps /closed
AA/women only.
8:00pm Celebration of Sobriety/open AA

Thursday

8: 15am Topic Meeting /closed AA
11:30am Thursday Step Group /closed AA
3:30pm Discussion Group /closed AA
5:30pm Serenity Group /closed AA
5:30pm Women Only Group /closed AA/women
only
6:40pm Olds Group /closed AA / Men Only
8:00 pm Dobie Road Group / closed AA
8:00pm Native American Group/open AA

Friday

8:15am Promises /closed AA
11:30am Discussion Group /closed AA
11:30am Discussion Group /closed AA
3:30pm Foundations Steps /closed AA
5:30pm New Hope Group /closed AA
6:00pm Friday Night Clean Air /closed AA
8:00pm Speaker Meeting / open speaker
11:00pm Stepping Stones Step Group / open AA

Saturday

8:00am Sunrise Group /closed AA
8:00am Outer Circle /closed AA
9:15am Saturday 9:15/closed AA
11 :30am Promises Group /closed AA
****12:00pm Enhancing Recovery/ open AA/Alanon**
South Room
2:00pm Marathon Meeting /closed AA
4:00 pm Women's Alanon /open
Discussion/women only
6:30pm Saturday Couples /couples/closed AA
8:00pm First Meeting/closed AA
8:00pm Saturday Night /closed AA
11:00pm Stepping Stones Step Group/ open AA

Sunday

9:00am Step & Gratitude /closed AA
9:00am Step & Gratitude /closed AA
10:30am 11th step meeting/closed AA
***11:45pm Codependent No More/**
open AA/Alanon Book Study/South
Room
1:00pm Discussion Group /closed AA
1:00pm Spanish Group Step/closed AA/ Spanish
speaking
2:00pm Back to Basics 12 Step' Beginners
open AA
3:00pm 12 Step Group closed AA
6:30pm Sunday night Serenity /closed AA
7:00pm Each Day Group/ AA/women only
8:00pm Sunday Night First 4 Steps North
Room/closed AA
8:00pm Sunday Night First 4 Steps South Room/
closed AA

* Starts 9-8-2018

** Starts 10-7-2018