

American River Alano (ARA) Meeting Schedules *

O = OPEN
C = CLOSED

M = MEN
W = WOMEN

H = HOUR
H+ = Hour & a half

AA = Alcoholics Anonymous
NA = Narcotics Anonymous

ACA = Adult Children of Alcoholic/Dysfunction
AL = Alanon AT = Alateen

Overeaters Anonymous = OA

Room A = A
Room B = B

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m.	8 – 9:00 a.m. – Rm. A Sunday Morning AA - O - H	7 - 8:00 AM – Rm. B Monday Morning Meditation AA – O - H	7 - 8:00 AM – Rm. B Time for Reflection AA – O - H	7 - 8:00 AM – Rm. B Wednesday Morning Willingness AA – O - H	7 - 8:00 AM – Rm. B Pause for God AA – O - H	7 - 8:00 AM – Rm. B Friday Morning Fellowship AA – O - H	7 - 8:00 AM – Rm. A Saturday Morning AA – O - H
	10-11 am - Room B “Pass the Grass” MA – O - H						10-11:30 a.m. – Rm. A Daily Reflections AA – W – C – H+
12:00 p.m.	12 - 1:00 p.m. – Rm. A Spiritually Speaking AA – O - H	12 - 1:00 p.m. – Rm. A As Bill Sees It AA – O - H	12 - 1:00 p.m. – Rm. A Serenity Lunch Group AA – O - H	12-1:00 p.m. – Rm. A Ringside Recovery AA – O - H	12-1:00 p.m. – Rm. A Nooner AA – O - H	12-1:00 p.m. – Rm. A Friday Lunch Bunch AA – O - H	12–1:00 p.m. – Rm. A Serendipity AA – O - H
	2:30 – 3:30 p.m. – Rm. B Big Book Basics AA – W – O - H Women’s Meeting					12-1:00 p.m.- Rm. B Steps to Peace AA - W - O - H	
6:00 p.m.	4-5 p.m. – Rm. A Experience, Strength & Hope AL – O - H						
	4-5 pm – Rm. B Alateen AT – C - H	6:30–7:30 p.m. – Rm. A K.I.S.S. (Keep It Simple Spiritually) AA – O - H	6 - 7:15 p.m. - Rm. A Sisters in Sobriety AA - W - O - H+	6:30-7:30 p.m. – Rm. A 12 & 12/Book Study AA – C - H	6:30-7:30 p.m. – Rm. B New Beginnings Nicotine Anonymous Nic-A – O - H	6:30 – 7:30 PM– Rm. A Rolloff to Recovery AA – M - O - H	7 - 8:15 p.m. – Rm. B. Orangevale Saturday Night AA AA - O - H+
8:00 p.m.	7 - 8:00 p.m. – Rm. A Rule “62” AA – O - H		8-9:00 p.m. – Rm. A Tues Night Men’s AA - M - O - H	8-9:00 p.m. - Rm. B Wed Men’s Al-Anon AL – M – C - H	8-9:00 p.m. – Rm. A Thursday Night Pathfinders AA – O - H	8-9:15 p.m. – Rm. A Fri Night Fellowship Double A AA – O - H	
Special Meetings							
	Board Meeting 5:30-6:50 P.M. Members Welcome! Second Sun. of Month Except Three Day Weekend, then Following Sunday						

*** Meetings subject to change.** American River Alano has no affiliation with organizations scheduled meetings and/or groups. Applications for Meetings available upon request.