

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 45	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 M - S 125 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 10-11:30 a.m. - Rm. A Daily Reflections AA - W - C - H+ 100
12:00 p.m.	12 - 1:00 p.m. - Rm. A Spiritually Speaking AA - O - H 80 2:30 - 3:30 p.m. - Rm. B Big Book Basics AA - W - O - H 25 Women's Meeting	12 - 1:00 p.m. - Rm. A As Bill Sees It AA - O - H 55	12 - 1:00 p.m. - Rm. A Serenity Lunch Group AA - O - H 55	12-1:00 p.m. - Rm. A Ringside Recovery AA - O - H 55	12-1:00 p.m. - Rm. A Thursday Nooners AA - O - H 55	12-1:00 p.m. - Rm. A Friday Lunch Bunch AA - O - H 55 12-1:00 p.m. - Rm. B Steps to Peace AA - W - O - H 25	12-1:00 p.m. - Rm. A Serendipity AA - O - H 80
6:00 p.m.	4-5 p.m. - Rm. A Experience, Strength & Hope AL - O - H 45 4-5 pm - Rm. B Alateen AT - C - H 25	6:30-7:30 p.m. - Rm. A K.I.S.S. (Keep It Simple Spiritually) 55 AA - O - H	6 - 7:15 p.m. - Rm. A Sisters in Sobriety AA - W - O - H+ 90	6:30-7:30 Rm A Men's Joe & Charlie Step Study AA-M-C-H 6:30-7:30 p.m. - Rm. B 12 & 12/Book Study AA - C - H 25		6:30 - 7:30 PM - Rm. A Roloff to Recovery AA - M - O - H 55	7 - 8:15 p.m. - Rm B Orangevale Saturday Night AA 35 AA - O - H+
8:00 p.m.	7 - 8:00 p.m. - Rm. A Rule "62" AA - O - H 90		8-9:00 p.m. - Rm. A Tues Night Men's AA - M - O - H 90	8-9:00 p.m. - Rm. B Wed Men's Al-Anon AL - M - C - H 35	8-9:00 p.m. - Rm. A Thursday Night Pathfinders 90 AA - O - H	8-9:15 p.m. - Rm. A Fri Night Fellowship Double A 90 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.

The Building used for ALL Recovery Meetings is primarily supported by Membership - Help keep recovery at the American River Alano alive! Become a member today!
 A.R.A. is located at 9346 Greenback Ln, Suite 8, Orangevale, CA, 95662. (Between Walnut and Main Ave on South Side of Street) Web Page www.AmericanRiverAlano.org

Revised: 10/8/2011