

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 Alcoholics
AL = Alanon AT = Alateen

EA = Emotions Anonymous
GA = Gamblers Anonymous

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 Meeting AA - O - H	7 - 8:00 AM - Rm. B Daily Direction Meditation AA - O - H 8:30-9:30 - Rm B Big Book Reading AA-O-H	7 - 8:00 AM - Rm. B Daily Direction AA - O - H 8:30-9:30 - Rm B Big Book Reading AA-O-H	10:00 - 11:00 Rm B Hispanic Al-Anon AL-O- H+	7 - 8:00 AM - Rm.B Daily Direction AA - O - H 8:30-9:30 - Rm B Big Book Reading AA-O-H	7 - 8:00 AM - Rm.B Daily Direction AA - O - H 8:30-9:30 - Rm B Big Book Reading AA-O-H	7 - 8:00 AM - Rm. B Daily Direction AA - O - H 7 - 8:00 AM - Rm. A 8:30-9:30 - Rm B Daily Direction AA-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 Thursday Nooners AA - O - H	12-1:00 p.m. - Rm. A Friday Lunch Bunch AA - O - H 1:15 - 2:15 RM B Steps to Serenity 12&12 Open	12-1:00 p.m. - Rm. A Serendipity AA - O - H 1:30 - 5:30 - Rm. A&B Reserved for Special Events	
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) 55 AA - O - H	6 - 7:15 p.m. - Rm. A Sisters in Sobriety AA - W - O - H+	6:30-7:30 Rm B 12&12 Book Study AA - O - H	6:30-7:30 pm - Rm B 11 th Step Meditation AA- O -H	6:30-7:30 Rm B Gamblers Anonymous GA-?-H 6:30 - 7:30 PM- Rm. A Rolloff to Recovery AA - M - O - H	7 - 8:15 p.m. -RmB Orangevale Saturday Night AA AA - O - H+	
8:00 p.m.	7 - 8:00 p.m. - Rm. A Rule "62" AA - O - H	8 - 9:15 p.m. - Rm A MADD ABOUT RECOVERY NA - 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 Friday 8-9 pm - Room B ACA Orangevale Friday Night ACA - O - H	9 - 10 pm - Rm B Sober Addicts AA/NA- O\H	
Special Meetings							Message Phone: 916-546-8142	<u>ARA Mailing Address:</u> P. O. Box 2354 Orangevale, CA 95662
	<i>Board Meeting</i> 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: 3/22/2019