

Atlantic Alano Club Meeting Schedule

600½ Redondo Avenue · Long Beach California · 90814 · 562-337-9688

Sunday		
☼ Morning	6:30	“Attitude Adjustment” AA
	9:00	New Ambition Beginner’s Meeting
☆ Afternoon · Evening	3:00	Sex in the Sobriety, Men Stag
	4:30	CMA Speaker
	7:00	Centered Meeting of NA
Monday		
☼ Morning	6:30	“Attitude Adjustment” AA
☆ Afternoon · Evening	12:30	AA 12 & 12 Book Study
	6:30	Big Book Study by Stephanie A
	7:30	Newcomer Meeting CMA
Tuesday		
☼ Morning	6:30	“Attitude Adjustment” AA
☆ Afternoon · Evening	12:30	AA Discussion
	6:00	SCA Discussion (90 minutes)
	7:30	“Positive in Recovery” CMA / Small Meeting Room
	8:00	“In the Can” AA Discussion
Wednesday		
☼ Morning	6:30	“Attitude Adjustment” AA
☆ Afternoon · Evening	12:30	AA Round Robin
	6:00	Women-Only SLAA Meeting
	8:00	“No BS” AA Discussion
	8:00	“We Are Here” Narcotics Anonymous / Small Meeting Room
Thursday		
☼ Morning	6:30	“Attitude Adjustment” AA
☆ Afternoon · Evening	12:30	AA Big Book Study
	7:00	CMA Book Study
	7:00	“Living Sober”
Friday		
☼ Morning	6:30	“Attitude Adjustment” AA
☆ Afternoon · Evening	12:30	“Friday Free for All” AA Discussion
	7:00	“Up the Steps” CMA
	8:30	“Came to Believe” AA Discussion
Saturday		
☼ Morning	6:30	“Attitude Adjustment” AA
	10:00	SCA Discussion
☆ Afternoon · Evening	4:30	CMA Discussion
	6:00	“Keep it Simple Saturdays” AA
	7:30	“True Ambition” Women's AA Speaker