

Santa Barbara Area Al-Anon & Alateen

Meeting Directory and Information

August 10, 2010

Sunday

Sunday Serenity Meeting 11:00 a.m.
Monte Vista School, Multi-Purpose
Room **, 730 N. Hope Avenue, Santa
Barbara

Experience, Strength and Hope 1:00
pm ** All Saints-by-the-Sea Episcopal
Church 83 Eucalyptus Lane, Montecito
The meeting is in the Friendship Hall

Monday

Easy Does It 12:00 noon **
Montecito Covenant Church
Children's Ministry Room
671 Cold Springs Road, Montecito

Keep It Simple 12:00 noon **
Unitarian Society, 1535 Santa Barbara
Street, Santa Barbara in classroom 1.

A Step A Month 6:00 pm **
"Paths to Recovery" Book Study
Unity Church Chapel, 227 E. Arrellaga
St., Santa Barbara. (park in lot behind
church – Valerio Street entrance)

Tuesday

One Day at a Time 12:00 Noon **
Unity Church Chapel, 227 E. Arrellaga,
Santa Barbara. (parking: see Monday
6:00 p.m.)

Men's Stag Step Study (Men only)
6:00 pm - First Presbyterian Church
Session Meeting Room, 21 East
Constance (corner of State)
Meeting is down steps at NW corner
(closest to parking lot) of large building
to your left as you enter parking lot.
For more info call Dick F. @ 964-0061

Beginners Meeting

All Welcome 6:15 – 7:15pm
Daniel Bryant Youth and
Family Treatment Center
25 W. Anapamu (Between State and
Chapala) OPEN MEETING, ALL ARE
WELCOME (Park at Chapala City Lot)

**Be Good to Yourself (New Tuesday
Meeting)**, 7:30 pm **, Faith Lutheran
Church, 1335 Vallecito Place,

Carpinteria (Linden Ave exit, mountain
side of 101).

Keep Coming Back 8:00 pm **
Trinity Evangelical Lutheran Church
909 N. La Cumbre Rd. (at Foothill Rd.)
Santa Barbara; Room 301. **Last
Tuesday of each month is Al-Anon
birthday night**

Wednesday

Courage to Change 7:00 am**
Unity Church: Chapel
227 E. Arrellaga, Santa Barbara
(parking – see Monday 6:00 p.m.).

Keep an Open Mind 6:00 pm
(Al-Anons in their 20s & 30s)
Garden Court Library**
1116 De la Vina, Santa Barbara.
Please enter through main door, the
receptionist will direct you to the
library.

Discovering Choices 8:00 pm **
Book study meeting:
"Discovering Choices,
Our Recovery in Relationships"
Goleta Presbyterian Church, meeting
in Social Hall (behind playground),
6067 Shirrell Way (off Fairview) Goleta

Thursday

How Al-Anon Works 6:00 pm
Book Study, First Christian Church
1915 Chapala Street; main entry,
upstairs. Santa Barbara
**Last Thursday of each month is Al-
Anon Birthday night.**

Friday

Serenity Meeting 8:30 am
Free Methodist Church
1435 Cliff Drive, Santa Barbara.
Meeting in church upstairs.

Friday Morning 10:00 am **
Literature Study
Saint Raphael's Church
Conference Room (behind church)
5444 Hollister Ave., Santa Barbara

Back to Basics 12:00 noon **
Unity House (just off Valerio St.
parking lot), 1626 Santa Barbara
Street, Santa Barbara

**From Survival to Recovery (Adult-
Child Focus)** ** - Book Study - 6:00-
7:30 pm), Goleta Presbyterian Church
Social Hall (behind playground), 6067
Shirrell Way (off Fairview),. **Last
Thursday of each month is Al-Anon
Birthday night**

Saturday

Fragrance-Free Meeting 11:00 am **
Literature Study Group
Hope Community Church
560 N. La Cumbre, Santa Barbara
(Corner of La Cumbre & Calle Cita)

Saturday Speaker Meeting

2nd Saturday of month: Doors open
6:30 p.m., meeting 7:00-8:30 p.m.,
Faulkner Gallery, Santa Barbara
Library, 40 E. Anapamu, Santa
Barbara (Enter building on parking
garage side). *Please arrive before 7:00
p.m. For security, we no longer have
the ability to prop the door open.*
(WSO number: 30557695)

Alateen (10-21yrs old)

Tuesday

6:15 pm - Daniel Bryant Youth and
Family Treatment Center, 25 W.
Anapamu (between State and
Chapala), Santa Barbara Suite A
(upstairs) (Park at Chapala City Lot)

Wednesday

4:00 pm – Main School - Room 312
5201 8th Street, Carpinteria, California
(parking available in the back)

Al-Anon en Espanol

Santa Barbara

Martes y Jueves

Fe y Esperanza 7:00-9:00 pm **
Casa de la Raza, la esquina de
calles Montecito y Cesar Chavez
**Para mas información llame
Graciela 403-4907**

Monthly District 8 Mtg.

Second Tuesday of Month
6:30-7:45 pm ** All are Welcome
Trinity Evangelical Lutheran Church,
Youth Room 301, 909 N. La Cumbre
Rd., Santa Barbara.

All meetings are

- **non-smoking**
- **held as listed, even on holidays**
- **one hour long (unless noted)**
- **topic sharing (unless noted)**

**For maps to all meetings and other
local Al-Anon news visit us at:**
<http://alanonsantabarbara.info>

****Meetings with wheelchair access**

AI-Anon Phone & Fax Numbers

Santa Barbara area Meeting info line	(805) 899-8302
District 8 Representative (Marilyn)	(805) 563-5482
Alternate District 8 Representative (Nancy)	(805) 667-8586
Alateen (Selena)	(805) 730-7575 x113
InfoLine Coordinator (Ze'ev)	(805) 689-7953
Changes to this meeting list (Frank).....	(805) 453-1934
Web site: comments-suggestions ...	webmaster@alanonsantabarbara.info
Northern Santa Barbara County (Solvang, Lompoc, Santa Maria).....	(805) 534-9204
San Luis Obispo County	(805) 473-9333
Outside Santa Barbara Meetings	(888) 425-2666
AFG Headquarters, Inc.	(757) 563-1600
AFG Headquarters, Inc. FAX	(757) 563-1655
AA Central, Santa Barbara.....	(805) 962-3332
Información en español (Graciela)	(805) 403-4907

Online Addresses

Santa Barbara/AFG District 8 AI-Anon Web Site

<http://www.alanonsantabarbara.info/>

Southern California AI-Anon/Alateen Web Site

<http://www.scws-al-anon.org>

AI-Anon/Alateen Web Site

<http://www.al-anon.alateen.org>

AI-Anon/Alateen Web Site members section

<http://www.al-anon.alateen.org/members/>

En Español

<http://www.al-anon.alateen.org/alaspan.html>

Online AI-Anon Outreach

<http://www.ola-is.org>

AI-Anon Ventura Meetings

<http://www.alanonventura.org/>

Group Contribution Addresses Year 2009-2011**

(Suggested %)

(Please include group WSO Code on all your checks)

AFG District 8 Santa Barbara
c/o Treasurer
P.O. Box 30428
Santa Barbara, CA 93130 75%

Southern California World Service (SCWS)
c/o Heidi T., Treasurer
P.O. Box 350
North Hollywood, CA 91603 15%

AI-Anon Family Groups Headquarters (WSO)
1600 Corporate Landing Parkway
Virginia Beach, VA 23456 10%

**Include Group Day/Time/WSO Group ID number. If you do not know your number, contact Eileen, the District 8 Treasurer, at (805) 450-1507.

Telephone numbers, notes, etc.

Meeting WSO Group ID Numbers

<u>Group</u>	<u>WSO #s</u>
Sunday	
✓ Sunday Serenity 11:00AM.....	1639
Courage, Strength and Hope 1:00 PM.....	30538392
Monday	
✓ Easy Does It noon.....	54447
✓ Keep it Simple noon.....	30557154
✓ Step a Month 6:00 PM	61334
Tuesday	
✓ One Day at a Time 12 noon.....	53469
Men's Stag 6 PM	503856
✓ Alateen—Together we can make it. 6:15 PM	503910
✓ Beginner's Meeting...6:15 PM.....	30555454
District 8 meeting – 2 nd Tues of month: 6:30 PM	1053842
✓ Be Good to Yourself 7:30 PM.	30545452
✓ Keep Coming Back 8:00 PM	29412
Wednesday	
✓ The Courage to Change 7:00 AM	26344
✓ Carpinteria Alateen 4:00 PM	30547682
✓ Keep an Open Mind 6:00 PM.....	30535838
✓ Discovering Choices 8:00 PM	54448
Thursday	
✓ How AI-Anon Works 6:00 PM	53953
Friday	
Serenity 8:30 AM.....	30532428
✓ Literature Study 10:00 AM	41540
Back to Basics 12 noon	53412
from Survival to Recovery 6:00 PM	54252
Saturday	
✓ Fragrance Free 11:00 AM	500920
✓ = info from AFG is sent to the District 8 PO Box	

We welcome you to the AI-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in AI-Anon we discover that no situation is really hopeless, and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the AI-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions and we become irritable and unreasonable without knowing it.

The AI-Anon program is based on the Twelve Steps (adapted from Alcoholics Anonymous), which we try, little by little, one day at a time, to apply to our lives, along with the slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of AI-Anon literature thus make us ready to receive the priceless gift of serenity.

---AI-Anon Alateen Service Manual

Reprinted with permission, AI-Anon Family Group Headquarters, Inc.