

Al-Anon Phone & Fax Numbers

Santa Barbara Info Line (805) 899-8302
Info Line Coordinator (Jeanne C.) (805) 729-0695
District 8 Representative (Jocelyn)..... (805) 452-8111
Alternate District 8 Representative (Larry)..... (805) 705-8787
Alateen Coordinator (Jim) (805) 452-9703
Public Outreach Coordinator (Tommie Rae) (805) 845-3015
Institutions Coordinator (John) (805) 705-1055
Cottage Hospital Project (Nancy)..... (805) 667-8586
Convention Chair (Larry) (805) 705-8787
Literature Coordinator, Dist 8 (Katherine) (805) 770-0221
Beginners Meeting Coordinator (Debra) (805) 680-1704
Meetings Outside Santa Barbara (888) 425-2666
AFG Headquarters, Inc. (757) 563-1600
AFG Headquarters, Inc. FAX (757) 563-1655
AA Central, Santa Barbara..... (805) 962-3332
Public Outreach español (Graciela). (805) 403-4907
Información en español (Graciela). (805) 403-4907
Información en español (Rosario) (805) 698-8484
Daily Al-Anon national telephone meeting (712) 432-8733
Daily national telephone meeting access code 52639#
Changes to this meeting list (Jocelyn) (805) 452-8111
Web site: comments-suggestions ... webmaster@alanonsantabarbara.info
AFG = Al-Anon Family Groups

Online Addresses

Santa Barbara/AFG District 8 Al-Anon Web Site

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

"District 8 Members-Only" Password: sbafg

En Español

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

Southern California Al-Anon/Alateen Web Site

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

Al-Anon/Alateen Web Site

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

National Daily Al-Anon telephone meetings

<http://www.alanonphonemeetings.org>

Online Al-Anon Outreach

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


North Santa Barbara Central Coast District 3

<http://www.al-anoncentralcoast.org>

Al-Anon District 8 Email Newsletter Signup

<http://www.AlAnonSantaBarbara.info/Newsletter>

Monthly District 8 Meeting

 **District Meeting** 6:15-7:30 pm **Santa Barbara**

Second Tuesday of Every Month


All are Welcome

Trinity Evangelical Lutheran Church

909 N. La Cumbre Rd., Youth Room 3

All meetings are:

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

 **Because all meetings are held in public buildings that restrict pets on the premises, only service animals under ADA guidelines are welcome.**

Group Contribution Addresses

(Suggested %; include group WSO Code on all your checks**)

AFG District 8 Santa Barbara, c/o Treasurer

PO BOX 30428

SANTA BARBARA CA **93130-0428** 75%

Southern California World Service (SCWS), c/o Treasurer

10073 VALLEY VIEW ST # 260

CYPRESS CA **90630-4601** 15%

Al-Anon Family Groups Headquarters (WSO)

1600 CORPORATE LANDING PKWY

VIRGINIA BEACH VA **23454-5617** 10%

** Include Group Day/Time/WSO Group ID number. If you do not know your number, contact Jill the District 8 Treasurer, at (805) 705-8300.

REMINDER

Saturday Speakers Meeting

2nd Saturday/mo: November 10, 2018, December 8, 2018

Doors open 6:30pm Meeting 7:00 - 8:30pm

*Unity Church Chapel, 227 E. Arrellaga St., Santa Barbara
(Park in lot behind church - Valerio St.)*

For more information call Pam @ 805-698-2199

(WSO number: #30557695)

We welcome you to the Al-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 Al-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 Al-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 Al-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 Al-Anon literature thus make us ready to receive the priceless gift of serenity.

---Al-Anon Alateen Service Manual

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Santa Barbara Area and Santa Ynez Valley Al-Anon & Alateen

Meeting Directory & Info
November – December 2018

Sunday **Goleta**

Progress Not Perfection 11:00 am
GVCC: 5679 Hollister Ave. #8
(Patterson & Fairview) (#30642395)

AFG Step Meeting 4:00 pm
First Sunday of Every Month
Solvang Alano Club, 320 Alisal Rd
(#30703784)

Montecito

Experience, Strength & Hope 1 pm
Friendship Center: 89 Eucalyptus Ln.
Across the street from All Saints-by-the-Sea Episcopal Church
(#30538392)

Monday **Montecito**

Easy Does It Noon
Covenant Church Children's Ministry
Room 671 Cold Springs Road. (#54447)

Santa Barbara

Keep It Simple Noon
Unitarian Society, 1535 Santa Barbara St., Blake Lounge up the staircase. Park at UNITY, one block away. (#30557154)

A Step A Month 6:00 pm
"Paths to Recovery" Book Study
Unitarian Society, 1535 Santa Barbara St
La Paz room.
Park at UNITY, one block away (#61334)

Tuesday **Santa Barbara**

One Day at a Time Noon
Unity Church Chapel, 227 E. Arrellaga St
(Park in lot behind church-Valerio St)
(#53469)

Al-Anon for Men (Men only) 6:00 pm
First Presbyterian Church, 21 East Constance (at State) Session Meeting Room. Down steps at NE corner (closest to parking lot) of large building to your left as you enter parking lot. For more info call Don H. @ 805-280-8624 (#503856)

Beginners Meeting 6:00 pm
Daniel Bryant Youth and Family Treatment Center; 1111 Garden St. Room 4
(#30555454)

Keep Coming Back 8:00 pm
Trinity Evangelical Lutheran Church
909 N. La Cumbre Rd. (at Foothill Rd.)
Room 3 **Last Tuesday of each month is Al-Anon Birthday night** (#29412)

(Tues Continued) Carpinteria

Be Good to Yourself 7:00 pm
Faith Lutheran Church, 1335 Vallecito Place. (Linden Ave exit, mountain side of Hwy 101)
(#30545452)

Wednesday **Santa Barbara**

Step Into Serenity 8:30 am
Steps & Traditions Study
Unity Church, Bridal Room
227 E. Arrellaga St
(Park in lot behind church-Valerio St)
(#30666574)

Keep an Open Mind 6:00 pm
4th Step Study
Garden Court Library; 1116 De la Vina.
Please enter through main door, the receptionist will direct you to the library.
(#30535838)

Los Olivos

Los Olivos Family Group 7:30 pm
St Mark's-in-the-Valley Episcopal Church
2901 Nojoquio Avenue (#30562450)

Thursday **Santa Barbara**

Reaching for Personal Freedom Noon
Workbook Study
First Congregational Church/Fireside Room, 2101 State Street (Enter through glass doors off courtyard) (#30660065)

Food for The Soul 6:30 pm
Maravilla Senior Living
5486 Calle Real, Clubhouse Library
(Park in un-numbered spots only)
(#30700713)

How Al-Anon Works 6:30 pm
First Christian Church **Book Study**
1915 Chapala Street; Tuttle Hall
The Fourth Thursday of each month is Al-Anon Birthday night. (#53953)

Isla Vista

Isla Vista AFG 7:30 pm
Embarcadero Hall, The Recovery Lounge
935 Embarcadero Del Norte, 2nd door on left when entering.
(#30699475)

Friday **Santa Barbara**

Serenity Meeting 8:30 am
Unity Church, Y.O.U. Room (Basement)
227 E. Arrellaga St (Park on Valerio St)
(#30532428)

Back to Basics Noon
Unity Church Chapel, 227 E. Arrellaga St
(Park on Valerio St) (#53412)

Goleta

Friday Morning 10:00 am
Literature Study
Goleta Presbyterian Church
6067 Shirrell Way (off Fairview) (#41540)

(Fri Continued) Solvang

Easy Does It 10:00 am
Solvang Alano Club, 320 S. Alisal Rd.
(#1702)

Saturday **Santa Barbara**

Hope for Today 11:00 am
Literature Study Group
Church of Christ 677 N. Turnpike Rd
(#500920)

Tell It Like It Is 11:00 am

Fragrance-Free Meeting
St. Marks United Methodist Church
3942 La Colina Road, Lounge near the front parking lot.
(#30639750)

Speakers Meeting

2nd Saturday of Every Month
Doors open 6:30pm, meeting 7 - 8:30 pm
Unity Church Chapel, 227 E. Arrellaga St
(Park in lot behind church - Valerio St.)
Coordinator needed (#30557695)

Alateen (teens only:12-21)

Tuesday **Santa Barbara**

Together We Can Make It 6:00-7pm
Rm 5 Daniel Bryant Youth and Family Treatment Center; 1111 Garden St.

For meetings on High School campus, see your HS Counselor:

Live And Let Live
Dos Pueblos High School
Tell It Like It Is
Santa Barbara High School

Al-Anon en Español

Para más información llama
Graciela 805-403-4907 o
Rosario 805-698-8484

Martes y Jueves **Santa Barbara**

Fe y Esperanza 7:00-9:00 pm
Casa de la Raza, 601 Montecito St.
(la esquina de calles Montecito y Cesar Chavez)
Rosario 805-698-8484 (#30606900)

Miércoles **Santa Barbara**

Nuevo Amanecer 5:30-7:00 pm
Daniel Bryant Youth and Family Treatment Center, 1111 Garden St.
(Sala de reuniones 4) (#30590509)

Jueves **Carpinteria**

Valor Para Cambiar 7:00-9:00 pm
Carpinteria Community Church
1111 Vallecito Rd (detrás de Rusty's)
Edith 805-220-8136 (#30660237)

Viernes **Santa Barbara**

Nuevo Amanecer 2 6:30-8:30 pm
First Congregational Church
2101 State St. (#30631762)