

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

Meeting Directory & Info  
July – August 2017

## Sunday **Goleta**

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

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

(#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 – 7:00 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 301 **Last Tuesday of each month  
is Al-Anon Birthday night.** (#29412)

## **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, Y.O.U. Room (Basement)  
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  
Unity Church Chapel, 227 E. Arrellaga St  
(Park in lot behind church-Valerio St)  
(#30660065)

**How Al-Anon Works** 6:00 pm

*Book Study*  
First Christian Church  
1915 Chapala Street; main floor, Pearl  
Room. **Last Thursday of each month  
is Al-Anon Birthday night.** (#53953)

## Friday **Santa Barbara**

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

**Back to Basics** Noon  
Unity Church Chapel, 227 E. Arrellaga St  
(Park in lot behind church-Valerio St)  
(#53412)

## **Goleta**

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

## **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, Room 7, down  
driveway to the right. (#30639750)

## **Santa Barbara**

## **Saturday Speakers Meeting**

2nd Saturday of every month: Doors  
open 6:30 p.m., meeting 7:00-8:30 p.m.  
Unity Church Chapel, 227 E. Arrellaga St  
(Park in lot behind church – Valerio St.)  
Mónica 805-395-0108 (#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 Barbra**

**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)

## **Monthly District 8 Meeting**

### **Santa Barbara**

**District Meeting** 6:15-7:30 pm  
*Second Tuesday of Every Month*  
All are Welcome  
Trinity Evangelical Lutheran Church  
909 N. La Cumbre Rd., Youth Room 301

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

## AI-Anon Phone & Fax Numbers

Santa Barbara Info Line ..... (805) 899-8302  
District 8 Representative (Jocelyn)..... (805) 452-8111  
Alternate District 8 Representative (Larry)..... (805) 705-8787  
Alateen (Jim) ..... (805) 452-9703  
Info Line Coordinator (Alicia) ..... (925) 470-5878  
Public Outreach (Linda S.) ..... (805) 570-7675  
Changes to this meeting list (Jocelyn) ..... (805) 452-8111  
Beginners meeting coordinator (Debra) ..... (805) 680-1704  
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  
Public Outreach español (Graciela) ..... (805) 403-4907  
Información en español (Graciela) ..... (805) 403-4907  
Información en español (Rosario) ..... (805) 698-8484  
Cottage Hospital Project (Nancy)..... (805) 667-8586  
Daily AI-Anon national telephone meeting ..... (712) 432-8733  
Daily national telephone meeting access code ..... 52639#  
Web site: comments-suggestions ... [webmaster@alanonsantabarbara.info](mailto:webmaster@alanonsantabarbara.info)

## Online Addresses

Santa Barbara/AFG District 8 AI-Anon Web Site

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

"District 8 Members-Only" Password: sbafg

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.AIAnonSantaBarbara.info/Members>

National Daily AI-Anon telephone meetings

<http://www.alanonphonemeetings.org>

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/>

North Santa Barbara Central Coast District 3

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

Santa Barbara/AFG Alateen Info

<http://www.AIAnonSantaBarbara.info/Alateen>

Alateen Santa Ynez Valley

<http://www.AIAnonSantaBarbara.info/AlateenSYV>

Alateen News

<http://www.AIAnonSantaBarbara.info/AlateenNews>

AI-Anon District 8 Email Newsletter Signup

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

## 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 AI-Anon news visit us at: <http://alanonsantabarbara.info>

## 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%

AI-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.

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## REMINDER

## Saturday Speakers Meeting

2<sup>nd</sup> Saturday/mo: July 8, 2017, August 12, 2017

Doors open 6:30 p.m. Meeting 7:00 - 8:30 p.m.

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

For more information call Mónica @ 805-395-0108



(WSO number: #30557695)

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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

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