

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

## Virtual/In Person Meeting Directory & Info

Last Updated MAY 6, 2024

(Current color = Purple)

\*denotes recent update

All meetings have waiting rooms (no passcodes needed)

### Sunday

**Progress Not Perfection** 11:00 am  
<https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128 Meeting ID:  
234-805-1000 (#30642395)

**Experience, Strength & Hope** 1:00pm  
**HYBRID** -  
Friendship Center All Saints Church  
Montecito - see website for info  
<https://us02web.zoom.us/j/87116147958>  
or By phone dial (669) 900-9128 Meeting  
ID: 871-1614-7958 (#30538392)

### Monday

**Easy Does It** **IN PERSON** Noon  
Montecito Covenant Church  
671 Cold Springs Rd. Montecito,  
Fellowship Hall in the central courtyard  
(#54447)

**Keep It Simple** Noon  
<https://zoom.us/j/8052342000> or  
By phone dial (669) 900-9128 Meeting  
ID: 805-234-2000 (#30557154)

**Paths to Recovery** 6:00 pm  
**HYBRID** Book Study, Step a month mtg  
<https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128 ID:  
234-805-1000 Unity Church of SB 227 E  
Arrellaga St, SB 93101  
(#61334)

**Relationships in Recovery** 5:30 pm  
Book Study (rotation of Al-Anon Literature)  
<https://zoom.us/j/8052342000> or By phone  
dial (669) 900-9128 Meeting ID: 234-805-2000  
(#53953)

### Tuesday

**One Day at a Time - HYBRID** Noon  
<https://zoom.us/j/2348051000> or By phone  
dial (669) 900-9128 Meeting ID:  
234-805-1000 Unity Church 227 E.  
Arrellaga St. SB 93101 in Chapel  
(#53469)

**Shared Hope AFG\*** 5:30 pm  
**IN PERSON** - Carrillo Rec Center  
100 E. Carrillo St, SB. Enter through door  
on right side of courtyard  
(pending ID)

**Al-Anon for Men (Men only)** 6:00pm

**HYBRID** Good Shepherd Lutheran  
Church 380 N. Fairview Ave, Goleta  
Rm 14 for Info Don H. 805.280.8624 OR  
<https://tinyURL.com/MensAlanonSB> or By  
phone dial (669) 900-9128 Meeting ID:  
234-805-1000 (#503856)

**Beginners Meeting\*** 6:00 pm  
**Meets only 2nd & 4th Tuesdays  
of the month**  
<https://zoom.us/j/8052342000> or

By phone dial (669) 900-9128 Meeting  
ID: 805-234-2000 - Questions? Call the  
Coordinator, Marie F, 805.699.5531

**Be Good to Yourself**  
**(IN PERSON)** \*6:30 pm  
Faith Lutheran Church, 1335 Vallecito Pl  
Carpinteria, CA 93013-1431  
(#30545452)

**Keep Coming Back\*** 8:00 pm  
*Literature Study Meeting*  
**DISBANDED** (#29412)

### Wednesday

**Step Into Serenity** 8:30 am  
*Steps & Traditions Study meeting* <https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128 Meeting  
ID: 234-805-1000 (#30666574)

**Reaching for Personal Freedom\*** Noon  
Workbook Study **IN PERSON** First  
Congregation Church of SB 2101 State St  
- Dorcas Room  
(#30660065)

**Keep an Open Mind** 6:00 pm  
*4th Step Study*  
<https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128 Meeting ID:  
234-805-1000 (#30535838)

**Los Olivos Family Group \***  
**DISBANDED** - (#30562450)

### Thursday

**Food for The Soul (IN PERSON)** 11th  
Step Meeting - Friendship Center  
Montecito, 89 Eucalyptus Lane SB 93108  
Masks Required & no restrooms  
(#30700713)

**Isla Vista AFG** 6:30 pm  
<https://zoom.us/j/8052343000> or  
By phone dial (669) 900-9128  
Meeting ID: 805-234-3000  
(#30699475)

### Friday

**Serenity Meeting** 8:30 am  
<https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128 Meeting  
ID: 234-805-1000 (#30532428)

**Easy Does It (IN PERSON)** Aland 0:00 am  
Club  
1676 Oak St. Solvang 93463  
(#1702)

**Back to Basics** **HYBRID** Noon  
<https://zoom.us/j/8052343000> or  
By phone dial (669) 900-9128  
Meeting ID: 805-234-3000 - Unity  
Church 227 Arrellaga St, SB 93101 in  
Chapel (Please wear a mask) (#53412)

### Saturday

**Hope for Today** *Literature* 11:00 am  
*Study Group*  
**IN PERSON** 677 N. Turnpike (#500920)

**Tell It Like It** 11:00 am  
<https://zoom.us/j/8052342000> or  
By phone dial (669) 900-9128 Meeting ID:  
805-234-2000 (#30639750)

### Alateen\* Keep It Simple

\*teens only: 12 - 18 years of age resuming  
**IN PERSON** June 1, 2024  
Turnpike Church of Christ 677 N Turnpike  
Road in Goleta  
(#30827400)

### Al-Anon en Español

#### todas las reuniones en persona

#### Domingo

**Grupo Valor para Cambiar** 7 - 8:30 pm  
5960 Mandarin Dr, Goleta  
(#30660237)

**Miércoles** 5 - 7:00pm  
**Grupo Nuevo Amanecer**  
Daniel Bryant Center - 1111 Garden St  
Santa Barbara  
(#30590509)

#### Información

**Graciela (805) 403-4907**  
**Rosario (805) 698-8484**

## Al-Anon Phone & Fax Numbers

Santa Barbara Info Line.....(805) 899-8302  
Info Line Coordinator (OPEN) .....  
District 8 Representative (Alejandra O.....(805) 252-2213  
Alternate District 8 Representative (Jessie)>.....(805) 252-7076  
Alateen Coordinator (Nancy P). ....(972) 898-8133  
Public Outreach Coordinator (OPEN) .....  
Public Outreach español (Graciela)... ..... (805) 403-4907  
Información en español (Graciela)... ..... (805) 403-4907  
Información en español (Rosario)... ..... (805) 698-8484  
Institutions Coordinator (John L) ..... (805) 705-1055  
Zoom Coordinators ....(Steve W 805.617.0199 & Mala P 858.774.2455)  
Literature Coordinator, Dist 8 (Jeanne) ..... (805) 451-5463  
Beginners Meeting Coordinator (Marie F).....(805) 699-5531  
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  
Daily Al-Anon national telephone meeting.....(712) 432-8733  
Daily national telephone meeting access code... ..... 52639#  
Changes to this meeting list (Mala P) ..... (858) 774-2455  
Web site: comments-suggestions [webmaster@alanonsantabarbara.info](mailto:webmaster@alanonsantabarbara.info)

## Online Addresses

### AFG = Al-Anon Family Groups

Santa Barbara/AFG District 8 Al-Anon Web Site

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

"District 8 Members-Only" Password: sbafg

### En Español \*

<https://al-anon.org/es/reuniones-de-al-anon/reuniones-electronicas/>

### Al-Anon District 8 Email Newsletter Signup

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

### North Santa Barbara Central Coast District 3

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

### Southern California Al-Anon/Alateen Web Site

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

### Al-Anon/Alateen Web Site

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

### Online Al-Anon Outreach

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

### National Daily Al-Anon telephone meetings

<http://www.alanonphonemeetings.org>

## REMINDERS

### Saturday Speakers Meeting

**Second Saturday of Every Month:** 7:00- 8:30pm

<https://zoom.us/j/8052342000> or by phone

dial (669) 900-9128 Then Meeting ID: 805-234-2000

(#30557695)

### District 8 Meeting

6:15-7:30 pm

**Second Tuesday of Every Month** - All are Welcome

<https://zoom.us/j/8052343000> or by phone

dial (669) 900-9128 Then Meeting ID: 805-234-3000

## Suggested Group Contributions

(Suggested %; Form online in Members-Only Dist 8 Procedures  
*Include Group Day/Time/WSO Group ID Number on your  
check*) District 8 Treasurer, Debra (805) 680-1704

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%

**Other Group Contributions: None at this time**

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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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## All meetings are:

- **Virtual, in person or Hybrid**
- **held as listed, even on holidays (check S.B. website)**
- **one hour long (unless noted)**
- **topic sharing (unless noted)**

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