



Weekly Recovery Meeting Schedule



	SUN	MON	TUES	WED	THURS	FRI	SAT	
7am	7 UP - AA OD : Meets Every Day 7-8 am							7am
	9:45 Beginner ALANON OD							
Noon	10:30 ALANON OD	Noon AA OD	Noon ALANON Step	Noon AA OD	Noon ALANON OD	Noon AA OD	Noon AA OD	Noon
	3:00 Double Trouble						2:30 AA OD Beginners	
5pm	The Five - AA OD : Meets Every Day 5-6 pm							5pm
			5:00 DA Solvent On the Shore (Upstairs)		5:00 ALANON & ALATEEN (Both Upstairs)			
7pm	6:30 11 th Step Meditation	6:30 Recovery Dharma	7:00 AA OD Men's Mtg	6:30 AA OD Women's Mtg	6:30 Yoga12SR & Acupuncture Schedule Below	6:30 COED AA BIG BOOK		7pm

- AA OD : Alcoholics Anonymous Open Discussion Meeting.
- Double Trouble : Meetings for those Dually Diagnosed
- AA Big Book : Alcoholics Anonymous Big Book Group Study.
- AA OD Men's Meeting : AA group for Men's discussions.
- AA OD Women's Meeting : AA group for Women's discussions.
- 11th Step Mediation : AA Meeting focusing on 11th Step.
- AA OD Beginners : AA Meeting for people in early recovery.
- DA Solvent On the Shore : Debtors Anonymous 12 Step.
- Yoga 12 Step Recovery : 1st, 2nd & 4th Thursdays
- Acupuncture & Guided Meditation : 3rd Thurs (Women only)
- Recovery Dharma : Recovery based on Buddhist teachings.
- ALANON OD : ALANON Open Discussion Meeting.
- ALANON Step : ALANON 12 Step Study Meeting
- ALATEEN : For teenagers affected by another's addiction.
- ALANON Beginners : For anyone new to the ALANON program.



Daily AA OD Meetings @ The Pause

