



Santa Barbara Area Al-Anon & Alateen

Meeting Directory and Information


Jan 10 – Feb 7, 2012


Sunday


 **Sunday Serenity Meeting** 11:00 am
Monte Vista School, Multi-Purpose
Room, 730 N. Hope Avenue, S.B.
(WSO #1639)

 **Experience, Strength and Hope**
1:00 All Saints-by-the-Sea Episcopal
Church 83 Eucalyptus Lane, Montecito
The meeting is in the Friendship Hall
(#30538392)


Monday

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


 **Keep It Simple Noon**
Unitarian Society, 1535 Santa Barbara
St., classroom 1 (#30557154)


 **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 St. entrance) (#61334)


Tuesday

 **One Day at a Time Noon**, Unity
Church Chapel, 227 E. Arrellaga, S.B.
(parking: see Monday 6:00 p.m.)
(#53469)


Al-Anon for Men (Men only) 6:00 pm -
First Presbyterian Church
Session Meeting Room, 21 East
Constance at State). 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 (#503856)


 **Beginners Meeting**
All Welcome 6:00 – 7:00pm
Daniel Bryant Youth and
Family Treatment Center
1111 Garden St, room 2: OPEN
MEETING, ALL ARE WELCOME
(#30555454)


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

 **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** (#29412)

Wednesday

 **Courage to Change** 7:00 am
Unity Church: Chapel, 227 E. Arrellaga,
Santa Barbara, (parking – see Monday
6:00 p.m.). (#26344)

 **Keep an Open Mind** 6:00 pm
(Al-Anons in their 20's & 30's encouraged)
Garden Court Library
1116 De la Vina, Santa Barbara. Please
enter through main door, the receptionist
will direct you to the library. (#30535838)


 **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
(#54448)


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**. (#53953)


Friday

Serenity Meeting 8:30 am
Free Methodist Church
1435 Cliff Drive, S.B. Meeting in building
next to church enter through double
doors. (#30532428)


 **Friday Morning** 10:00 am
Literature Study
Saint Raphael's Church
Conference Room (behind church)
5444 Hollister Ave., S.B. (#41540)

 **Back to Basics** 12:00 noon
Unity House (just off Valerio St. parking
lot), 1626 Santa Barbara Street, Santa
Barbara (#53412)


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)
(#500920)

Saturday Speaker Meeting

 2nd Saturday of month: Doors open
6:30 p.m., meeting 7:00-8:30 p.m., Unity
Church Chapel, 227 E. Arrellaga, S.B.
(Park in lot behind church – Valerio St.
entrance) (#30557695)

Alateen (10-21 yrs old) Tuesday

 6:00-7:00 pm - Daniel Bryant Youth
and Family Treatment Center, 1111
Garden St, room 1 (#503910)


Wednesday

(Temporarily CANCELLED)
4:00 pm – Main School - Room 312
5201 8th Street, Carpinteria, California
(parking in back) (#30547682)


Al-Anon en Espanol Santa Barbara

Para mas información llama
Graciela 403-4907


Martes y Jueves

 **Fe y Esperanza** 7:00-9:00 pm
Casa de la Raza, la esquina de
calles Montecito y Cesar Chavez
(601 Montecito St. at the corner of Cesar
Chavez)

Miercoles

 **Daniel Bryant Youth and Family
Treatment Center** 5:30-7:00pm, 1111
Garden St. (Sala de reuniones 2)


Monthly District 8 Mtg.

 *Second Tuesday of Month*

6:15-7:30 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)**

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

Al-Anon Phone & Fax Numbers

Santa Barbara Info Line (805) 899-8302
District 8 Representative (Frank)..... (805) 453-1934
Alternate District 8 Representative (René)..... (805) 284-1019
Alateen (Selena)(805) 730-7575 x113
InfoLine Coordinator (Ze'ev) (805) 689-7953
Public Outreach (Tara) (805) 637-5527
Changes to this meeting list (Michelle)..... (805) 451-5690
Beginners meeting coordinator (Alison H.) (805) 698-0495
Northern Santa Barbara County (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
Daily Al-Anon national telephone meeting (712) 432-8733
Daily national telephone meeting access code 52639#
Web site: comments-suggestions ... webmaster@alanonsantabarbara.info

Online Addresses

Santa Barbara/AFG District 8 Al-Anon Web Site

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

"Members Only Password": sbafg

Southern California Al-Anon/Alateen Web Site

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

Al-Anon/Alateen Web Site

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

Al-Anon/Alateen Web Site members section

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

National Daily Al-Anon telephone meetings

<http://www.alanonphonemeetings.org>

En Español

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

Online Al-Anon Outreach

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

Al-Anon Ventura Meetings

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

North Santa Barbara Central Coast District 3

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

Group Contribution Addresses

Years 2009-2011**

(Suggested %; 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%

Al-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 Marilyn, the District 8 Treasurer, at (805) 563-5482.

REMINDERS

Saturday Speaker Meeting

Saturday January 12 & Saturday February 11

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. entrance)

  (WSO number: 30557695)

Speaker Meeting Fellowship Early Dinner:

5:15 at The Natural Café/downtown: 508 State Street

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

Reprinted with permission, Al-Anon Family Group Headquarters.

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