

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

**Virtual Meeting Directory & Info**

Last Updated Oct 12 2021

(Current color = Orange)

\*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 - In Person OR Zoom  
Friendship Center All Saints Church - see  
website for guidelines & info  
<https://us02web.zoom.us/j/87116147958>  
or By phone dial (669) 900-9128 Meeting  
ID: 871-1614-7958 (#30538392)

**Alateen\* (teens only:12-19)**  
**"Free to Be Me Alateen"** 7:00-8:00pm  
<https://us04web.zoom.us/j/729407326> or  
By phone dial (669) 900-9128 Meeting ID:  
729 407 326 (San Diego based)

**Monday**

**Easy Does It** Noon  
<https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128  
Meeting ID: 234-805-1000  
(#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  
*Book Study meeting*  
<https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128 Meeting ID:  
234-805-1000 (#61334)

**Tuesday**

**One Day at a Time** Noon  
<https://zoom.us/j/2348051000> or  
By phone dial (669) 900-9128  
Meeting ID: 234-805-1000 (#53469)

**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 No password  
(#503856)

**Beginners Meeting** 6:00 pm  
<https://zoom.us/j/8052342000> or  
By phone dial (669) 900-9128 Meeting  
ID: 234-805-2000 - Questions? Call the  
Coordinator, Mala P. 858-774.2455  
(#30555454)

**Keep Coming Back** 8:00 pm  
*Last Tues of ea mo is Al-Anon B-Day night*  
<https://zoom.us/j/8052343000> or  
By phone dial (669) 900-9128 Meeting  
ID: 805-234-3000 (#29412)

**Be Good to Yourself\*** 7:00 pm  
**(IN PERSON)**  
Faith Lutheran Church, 1335 Vallecito Pl  
Carpinteria, CA 93013-1431  
(#30545452)

**Wednesday**

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

**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** 7:30 pm  
<https://zoom.us/j/8052342000> or  
By phone dial (669) 900-9128 Meeting  
ID: 805-234-2000 (#30562450)

**Thursday**

**Food for The Soul\* (IN PERSON)** 5:15pm  
Friendship Center Montecito  
89 Eucalyptus Lane SB 93108  
Masks Required & no restrooms  
(#30700713)

**How Al-Anon Works\*** 6:00 pm  
*Book Study: 4th Thurs Al-Anon B-Day  
night*  
<https://zoom.us/j/2348051000> or  
phone (669) 900-9128 Meeting ID:  
234-805-1000 (#53953)

**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)

**Friday Morning**

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

**Back to Basics**

Noon  
<https://zoom.us/j/8052343000> or  
By phone dial (669) 900-9128 Meeting  
ID: 805-234-3000 (#53412)

**Easy Does It (IN PERSON)\***

10:00 am  
Alano Club, 1676 Oak St.  
Solvang 93463  
No Telephone option (#1702)

**Saturday**

**Hope for Today (HYBRID)\*** 11:00 am  
*Literature Study Group*  
In PERSON (start 7/31) Church of Christ  
677 N. Turnpike Rd SB 93111 OR  
ZOOM IN <https://zoom.us/j/2348051000>  
Or by phone dial (669) 900-9128  
Meeting ID: 234-805-1000.  
(#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)

**Al-Anon en Español**

**Miércoles**

**Nuevo Amanecer** 5:30-7:00 pm  
Our Lady of Sorrows Church  
21 E Sola St  
Santa Barbara, CA 93101  
Group meets in park in front of Church  
Graciela (805) 403-4907 or Rosario  
(805) 698-8484  
(#30590509)

**Jueves**

**Valor Para Cambiar** 6:00-7:30 pm  
<https://us02web.zoom.us/j/81845784264>  
or By phone dial (669) 900-9128 Meeting  
ID:8184 578 4264  
call Edith (805) 220-8136  
(#30660237)

## Al-Anon Phone & Fax Numbers

Santa Barbara Info Line.....(805) 899-8302  
Info Line Coordinator (Debra M) .....(805) 259-5556  
District 8 Representative (Larry B)... .....(805) 705-8787  
Alternate District 8 Representative (Kara H).....(512) 608-2345  
Alateen Coordinator (OPEN) .....  
Public Outreach Coordinator (Alejandra O).....(714) 342-9671  
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  
Convention Chair (open).....  
Literature Coordinator, Dist 8 (Jessie S) .....(805) 252-7076  
Beginners Meeting Coordinator (Mala P).....(858) 774-2455  
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

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

### 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

For more information call Ginger 602-448-4039

(#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, Linda at (805) 699-1222

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

Reprinted with permission, Al-Anon Family Group Headquarters

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### All meetings are:

- **Virtual until further notice (unless noted)**
- **held as listed, even on holidays (check S.B. website)**
- **one hour long (unless noted)**
- **topic sharing (unless noted)**

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