

NABA Meeting Schedule

Time	Group Name	Meeting Room
Monday		
7:30 a.m.	Early Morning Study - Big Book Stories	Large Upstairs
9:30 a.m.	I Can't, We Can - Big Book	Small Upstairs
11:00 a.m.	Bridge Builders - Open Discussion	Large Upstairs
1:30 p.m.	Think It Through Sober - Open Discussion	Small Upstairs
5:45 p.m.	How It Works - Open Discussion (*)	Large Upstairs
7:00 p.m.	<i>Al-Anon Hope for Today</i>	<i>Small Upstairs</i>
8:00 p.m.	Blue Chip Speaker	Large Upstairs

Tuesday		
7:30 a.m.	Early Morning Study - Big Book 1st 164 pgs	Large Upstairs
9:30 a.m.	I Can't, We Can - Daily Reflections	Small Upstairs
11:00 a.m.	Bridge Builders - Open Discussion	Large Upstairs
1:30 p.m.	Think It Through Sober - Open Discussion	Small Upstairs
5:45 p.m.	How It Works - Open Discuss (*)	Large Upstairs
	Breakout Session: Step Study	Small Upstairs
7:00 p.m.	<i>Adult Children of Alcoholics</i>	<i>Large Upstairs/Behind Curtain</i>
7:30 p.m.	Drop The Rock - Step Study on Steps 6 & 7	Small Upstairs
8:00 p.m.	Pause When Agitated	Large Upstairs

Wednesday		
7:30 a.m.	Early Morning Study - 12 & 12 Traditions	Large Upstairs
9:30 a.m.	I Can't, We Can - Step Study	Small Upstairs
11:00 a.m.	Bridge Builders - Open Discussion	Large Upstairs
1:30 p.m.	Think It Through Sober - Open Discussion	Small Upstairs
5:45 p.m.	How It Works - Open Discuss (*)	Large Upstairs
	Breakout Session: Grapevine	Small Upstairs
7:00 p.m.	<i>Al-Anon Hope for Today</i>	<i>Small Upstairs</i>
8:00 p.m.	Wednesday Nighters - Open Discussion	Large Upstairs

Thursday		
7:30 a.m.	Early Morning Study - 12 & 12 Step Study	Large Upstairs
9:30 a.m.	I Can't, We Can - Big Book	Small Upstairs
11:00 a.m.	Bridge Builders - Open Discussion	Large Upstairs
1:30 p.m.	Think It Through Sober - Open Discussion	Small Upstairs
5:45 p.m.	How It Works - Open Discuss (*)	Large Upstairs
	Breakout Session: Women's Meeting	Small Upstairs
8:00 p.m.	Thursday Night Men's Discussion	Large Upstairs
8:00 p.m.	A Common Solution - Women's Discussion	Large Upstairs/Behind Curtain
8:00 p.m.	<i>Al-Anon - Solution Seekers</i>	<i>Small Upstairs</i>
8:00 p.m.	<i>Intown Alateen</i>	<i>Alateen Room Downstairs</i>
8:00 p.m.	<i>Al-Anon Un Dia a la Vez (Spanish)</i>	<i>TV Room Downstairs</i>

Time	Group Name	Meeting Room
Friday		
7:30 a.m.	Early Morning Study - Living Sober	Large Upstairs
9:30 a.m.	I Can't, We Can - As Bill Sees It	Small Upstairs
11:00 a.m.	Bridge Builders - Open Discussion	Large Upstairs
1:30 p.m.	Think It Through Sober - Open Discussion	Small Upstairs
5:45 p.m.	How It Works - Open Discussion (*)	Large Upstairs
	Breakout Session: Big Book	Small Upstairs
7:00 p.m.	<i>Al-Anon Hope for Today</i>	<i>Small Upstairs</i>
7:30 p.m.	Liberación Azteca (Spanish)	Large Upstairs

Saturday		
7:30 a.m.	Early Morning Study - Daily Reflections	Large Upstairs
8:30 a.m.	<i>Men's Wake-up Call AFG (Al-Anon)</i>	<i>Small Upstairs</i>
9:30 a.m.	I Can't, We Can - Big Book	Large Upstairs
11:00 a.m.	<i>Women's Al-Anon beginners</i>	<i>Large Upstairs/Behind Curtain</i>
11:35 a.m.	<i>Women's Al-Anon</i>	<i>Small Upstairs</i>
11:30 a.m.	Bridge Builders - Open Discussion	Large Upstairs
2:00 p.m.	Think It Through Sober - Beginners Discussion	Small Upstairs
5:45 p.m.	How It Works - Open Discussion (*)	Large Upstairs
7:30 p.m.	<i>Saturday Night Fellowship (Al-Anon)</i>	<i>Small Upstairs</i>

Sunday		
7:30 a.m.	Early Morning Study - As Bill Sees It	Large Upstairs
9:00 a.m.	BC Group - Open Discussion	Small Upstairs
11:00 a.m.	Came to Believe - Big Book	Small Upstairs
11:30 a.m.	Bridge Builders - Open Discussion	Large Upstairs
2:00 p.m.	Think It Through Sober - Beginners Discussion	Small Upstairs
5:45 p.m.	How It Works - Open Discussion (*)	Large Upstairs
7:15 p.m.	Raiders of the Lost Big Book	Large Upstairs

Bold & Italicized - Al-Anon or ACA meetings

(*) Zoom also = In-person & separate virtual mtg

Current schedule can also be found at:

www.nabaclub.org