

# NABA Meeting Schedule

## ***Bold & Italicized - Al-Anon or ACA meetings***

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

Current schedule can also be found at:

[www.nabaclub.org](http://www.nabaclub.org)

| Time             | Group Name                                 | Meeting Room                         |
|------------------|--|--------------------------------------|
| <b>Monday</b>    |  |                                      |
| 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                       |
| <b>7:00 p.m.</b> | <b><i>Al-Anon Hope for Today</i></b>       | <b><i>Small Upstairs</i></b>         |
| 8:00 p.m.        | Blue Chip Speaker                          | Large Upstairs                       |
| <b>Tuesday</b>   |  |                                      |
| 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.        | <b><i>Adult Children of Alcoholics</i></b> | <b>Large Upstairs/Behind Curtain</b> |
| 7:30 p.m.        | Drop The Rock - Step Study on Steps 6 & 7  | Small Upstairs                       |
| <b>Wednesday</b> |  |                                      |
| 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                       |

|                   |   |   |
|-------------------|---|---|
| <b>7:00 p.m.</b>  | <b><i>Al-Anon Hope for Today</i></b>            | <b><i>Small Upstairs</i></b>                |
| 8:00 p.m.         | Wednesday Nighters - Open Discussion            | Large Upstairs                              |
|                   |   |   |
| <b>Thursday</b>   |   |   |
| 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               |
| <b>8:00 p.m.</b>  | <b><i>Al-Anon - Solution Seekers</i></b>        | <b><i>Small Upstairs</i></b>                |
| <b>8:00 p.m.</b>  | <b><i>Intown Alateen</i></b>                    | <b><i>Alateen Room Downstairs</i></b>       |
| <b>8:00 p.m.</b>  | <b><i>Al-Anon Un Dia a la Vez (Spanish)</i></b> | <b><i>TV Room Downstairs</i></b>            |
|                   |   |   |
| <b>Friday</b>     |   |   |
| 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                              |
| <b>7:00 p.m.</b>  | <b><i>Al-Anon Hope for Today</i></b>            | <b><i>Small Upstairs</i></b>                |
| 7:30 p.m.         | Liberación Azteca (Spanish)                     | Large Upstairs                              |
|                   |   |   |
| <b>Saturday</b>   |   |   |
| 7:30 a.m.         | Early Morning Study - Daily Reflections         | Large Upstairs                              |
| <b>8:30 a.m.</b>  | <b><i>Men's Wake-up Call AFG (Al-Anon)</i></b>  | <b><i>Small Upstairs</i></b>                |
| 9:30 a.m.         | I Can't, We Can - Big Book                      | Large Upstairs                              |
| <b>11:00 a.m.</b> | <b><i>Women's Al-Anon beginners</i></b>         | <b><i>Large Upstairs/Behind Curtain</i></b> |
| <b>11:35 a.m.</b> | <b><i>Women's Al-Anon</i></b>                   | <b><i>Small Upstairs</i></b>                |
| 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               |
| <b>7:30 p.m.</b> | <b><i>Saturday Night Fellowship (Al-Anon)</i></b> | <b><i>Small Upstairs</i></b> |
|                  |   |                              |
| <b>Sunday</b>    |   |                              |
| 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               |