

**Santa Barbara Area
Al-Anon &
Alateen
Meeting Directory
and Information
October 31, 2006**

Sunday

Sunday Serenity 11:00 am **
Cottage Hospital, Burtness Auditorium
(Go through Cafeteria)
Pueblo & Bath Streets, Santa Barbara

Monday

Easy Does It 12:00 noon **
Montecito Covenant Church
Children's Ministry Room in
the Central Courtyard
671 Cold Springs Road, Montecito

A Step A Month 6:00 pm **
Paths to Recovery Book Study
Unity Church: Chapel
227 E. Arrellaga St., Santa Barbara

**Meeting for the gay & lesbian
community** 6:00 pm **
Pacific Pride Foundation
126 E. Haley, Suite A-12
Santa Barbara
Contact : Steve (805) 969-3944

Beginners Meeting **
All Welcome 7:15-8:15 pm
Unity Church: Chapel
227 E. Arrellaga St., Santa Barbara

Tuesday

One Day at a Time 12:00 Noon **
Unity Church: Chapel
227 E. Arrellaga St., Santa Barbara

Men's Stag (Men only) 6:00 pm
First Presbyterian Church
Session Meeting Room at the north
east corner of the main building.
21 East Constance, corner of State St.
Santa Barbara
Park in the lot behind the church
(For info: Dick F. 964-0061)

Keep Coming Back 8:00 pm **
Trinity Evangelical Lutheran Church
Jr. High Classroom
909 N. La Cumbre Rd. (at Foothill Rd.)
Santa Barbara

Wednesday

Courage to Change 7:00 am
Unity Church: Chapel
227 E. Arrellaga, Santa Barbara

Young People's Meeting 6:00 pm
(Anons in their 20's & 30's)
Garden Court at 1116 De la Vina
(between Anapamu and Figueroa)
Santa Barbara
Please enter through main door, the
receptionist will direct you to the library

Paths to Recovery 8:00 pm **
Goleta Presbyterian Social Hall
6067 Shirrell Way (off Fairview)
Goleta – Meeting in Room 6

Thursday

How Al-Anon Works 6:00 pm
Book Study
First Christian Church
106 W. Pedregosa (off Chapala)
Santa Barbara
**Last Thurs. of each month is Al-
Anon Birthday night. If you have a
birthday coming up that you would
like to celebrate, please inform
Colleen at 687-7781.**

Friday

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

Back to Basics 12:00 noon **
Unitarian Society (Downtown)
1525½ Santa Barbara St.
Santa Barbara
Upstairs in the Blake Lounge

From Survival to Recovery **
Book Study-Adult Child Focus
6:30-8:00 pm
Goleta Presbyterian – Room 6
6067 Shirrell Way (off Fairview)
Goleta

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)

Alateen

Tuesday

6:15 pm - Daniel Bryant Youth and
Family Treatment Center
25 W. Anapamu (between State and
Chapala), Santa Barbara
Suite A (upstairs), Ages 10-21.

Institutions

- Thurs. 6pm Cheryl N. 883-1874
- Alternate Wednesdays at Juvenile
Hall – Barbara 259-8107

**Al-Anon en Espanol
Santa Barbara
Martes y Jueves**

Fe y Esperanza 7:00-8:30 pm **
Casa de la Raza, la esquina de
calles Montecito y Cesar Chavez

Goleta

Sábado

Un día a la vez 5:00-6:30 pm **
(cerca de McDonald's en Fairview y
Hollister)
#B 5960 Mandarin Ave.

**Para mas información llame
Olga 685-7287
Martin/Judith 683-6294**

Monthly District 8 Mtg.

Second Tuesday of Month
6:30-7:45 pm **
All are Welcome
Trinity Evangelical Lutheran Church
Youth Room
909 N. La Cumbre Rd. (at Foothill Rd.)
Santa Barbara

All meetings are

- **non-smoking**
- **held as listed, even on holidays**
- **one hour long**
- **topic sharing (unless noted)**

Please see reverse side for:
Al-Anon fax & phone numbers
Online addresses
Group Contribution addresses
WSO codes & SCWS group id

****Meetings with wheelchair access**

AI-Anon Phone & Fax Numbers

AI-Anon Family Groups District 8	(805) 899-8302
District 8 Representative (Ashe).....	(805) 898-0563
Alternate District 8 Representative (Mark H.) ..	(805) 390-8562
Changes to meeting list (Ashe)	(805) 898-0563
Alateen (Marilyn C.)	(805) 563-5482
Literature (Maricela)	(805) 965-5417
Public Outreach (Position Open).....	(805) 899-8302
World Service Liason (Mark H.)	(805) 390-8562
Northern Santa Barbara County (Solvang, Lompoc, Santa Maria).....	(805) 688-4304
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 (Olga).....	(805) 685-7287
después de 4:00 pm (Martin/Judith).....	(805) 683-6294

Online Addresses

Santa Barbara/AFG District 8 AI-Anon Web Site

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

AI-Anon/Alateen Web Site

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

AI-Anon/Alateen Web Site members section

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

En Español

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

Online AI-Anon Outreach

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

AI-Anon Ventura Meetings

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

Group Contribution Addresses

Year 2006**

(Suggested %)

(Please 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 Suzanne P., Treasurer
P.O. Box 350
North Hollywood, CA 91603

15%

AI-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 Carol P, the District 8 Treasurer, at (805) 687-6968.

Telephone Numbers:

Meeting WSO Code

<u>Group</u>	<u>WSO Code</u>
Sunday	
✓ Sunday Serenity 11:00AM	001639
Monday	
✓ Easy Does It 12 noon.....	054447
✓ Step a Month 6:00 PM	061334
Tuesday	
✓ One Day at a Time 12 noon	053469
Men's Stag 6 PM	00503856
Keep Coming Back 8:00 PM	029412
Wednesday	
✓ The Courage to Change 7:00 AM	026344
Paths to Recovery 8:00 PM	054448
Thursday	
✓ How AI-Anon Works 6:00 PM	053953
Friday	
Literature Study 10:00 AM	041540
Back to Basics 12 noon	053412
Survival to Recovery 6:30 PM	054252
Saturday	
Fragrance Free 11:00 AM	00500920
✓ = info from AFG is sent to the District 8 PO Box	

We welcome you to the AI-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 AI-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 AI-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 AI-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 AI-Anon literature thus make us ready to receive the priceless gift of serenity.

---AI-Anon Alateen Service Manual

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