

EAST BAY MEETING DIRECTORY

Western ALAMEDA and CONTRA COSTA Counties

Winter 2012

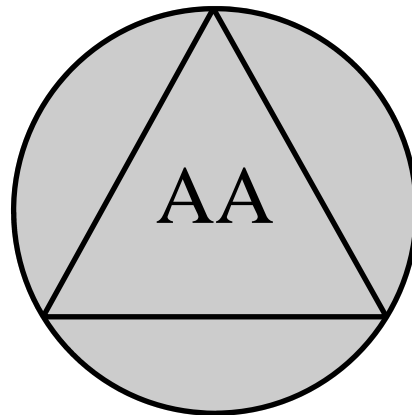
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East Bay Intergroup, Inc.
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24 HOUR HOTLINES

(510) 839-8900

(408) 417-1593 (ESPAÑOL)



Meeting times, locations and formats are subject to change.

East Bay Intergroup, Inc.
Central Office
295 27th Street, Oakland, CA 94612

Office Hours:
Monday-Thursday 9:00 am to
5:00 pm
Friday 9:00 am to Noon
Saturday 10:00 am to 2:00 pm
Closed Sunday & Holidays

Office Telephone: (510) 839-0709
24 Hour Hot Line: (510) 839-8900
Fax: (510) 839-4951
E-mail: centraloffice@eastbayaa.org
Website: www.eastbayaa.org

Meeting Legend

*Note: Unless otherwise coded, all meetings are **OPEN**:*

ASL: American Sign Language	MED: Meditation
BB: Big Book	MN: Men's
BC: Birthday Chips	SG: Small Groups
BG: Beginners	SM: Smoking
CC: Closed Caption	SP: Speaker
CN: Candlelight	S/S: Step Study
CF: Child Friendly	WM: Women's
CL: Closed	X-T: Cross Talk
FF: Fragrance Free	YP: Young People's
G/L: Gay and/or Lesbian	WC: Wheelchair Access
GM: Gay	?: Status in doubt - no recent contact.
LW: Lesbian	
LD: Literature Discussion	

NORTHERN CALIFORNIA AA SERVICE CENTERS

Contra Costa County Service Center	(925) 939-4155
Eureka-Humboldt/Del Norte Central Office	(707) 442-0711
Fresno Central Office	(559) 221-6907
Lake County Central Office	(707) 995-3316
Monterey Bay Area Intergroup	(831) 373-3713
Napa County Intergroup	(707) 255-4900
East Bay Intrgrp (W Alameda & Contra Costa)	(510) 839-8900
Sacramento Central Office	(916) 454-1100
Salinas Valley Central Office	(831) 424-9874
San Francisco and Marin	(415) 674-1821
San Mateo County Central Office	(650) 577-1310
Santa Clara County Central Office	(408) 374-8511
Santa Cruz County/Soquel	(831) 475-5782
Solano County North Central Office	(707) 446-2244
Solano County South Central Office	(707) 745-8822
Sonoma County Intergroup	(707) 546-2066
Stockton Delta Intergroup	(209) 464-1594
Sonora (answering service) (Tuolumne Cnty)	(209) 533-1134
Valley Service Center (E Alameda County)	(925) 829-0666

Alcoholics Anonymous World Services, Inc.
A.A. General Service Office Box 459, Grand Central Station
New York, NY 10163 (212) 870-3400 www.aa.org

These references are listed in the spirit of cooperation; AA is not affiliated with Al-anon, Alateen, Alano Clubs, NA or any other organization.

East Bay Alanon and Alateen Family Groups www.ncwsa.org

Oakland/San Leandro	(510) 276-2270
South Alameda County	(510) 276-2270
Berkeley	(510) 528-4379

Alano Club of Contra Costa (510) 234-7310
2426 Church Lane, San Pablo

Narcotics Anonymous www.naalamedacounty.org
Alameda County (510) 444-4673

Alameda County Services

Highland Hospital (Emergency)	Oakland	(510) 437-4800
Cherry Hill (Detox)	San Leandro	(866) 866-7496
Cronin House (County Treatment)	Hayward	(510) 784-5874
Crisis and Suicide Hotline		(800) 309-2131

An Alcoholics Anonymous (AA) Group

“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation.” — *Tradition Three, Long Form*

“Each group has but one primary purpose – To carry its message to the alcoholic who still suffers.” — *Tradition Five*

Groups are autonomous, except in matters affecting other groups or Alcoholics Anonymous (AA) as a whole. Listing a group in this directory does not constitute or imply East Bay Intergroup's approval or endorsement of that group's approach to recovery or its practice of the traditional AA program.

Note: Anyone interested in AA is welcome at **open** AA meetings. **Closed** meetings (CL) are for members of AA. The only requirement for membership is a desire to stop drinking. All those seeking help with a drinking problem are welcome at closed AA meetings.

Summary of Fellowship Meetings

(* indicates specialized format. Please check under main listing)

		Park St. Center		1501 Oak St.			No Phone	
		<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
Alameda		6:30A	6:30A	6:30A	6:30A	6:30A	6:30A	6:30A
		5:30P	5:30P	5:30P	5:30P*	5:30P	8:00A	10:00A
		7:00P*	8:00P*	7:00P*	6:45P*	8:00P*	5:30P*	5:30P
		8:15P*		8:00P*	8:00P*		8:00 *	
		Island Fellowship		1828 Lincoln Ave.			No Phone	
		<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
Alameda		12:15P *	12:15P *	12:15P *	12:15P *	12:15P *	12:15P *	10:00A *
		5:30P	5:30P	5:30P 8:00P*	5:30P 7:00P*	5:30P 8:00P*	5:30P	2:30P 5:30P
		Berkeley Fellowship		2108 McGee St.			No Phone	
		<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
Berkeley		7:00A*	6:00 A *	7:00A*	7:00A*	7:00A	7:00A*	9:00A*
		9:30A*	7:00 A *	12:00P *	9:00A*	12:00P *	9:30A	12:00P
		12:00P *	12:00 P *	5:15P	12:00P *	5:15P*	12:00P	4:00P*
		5:15P	5:15 P	7:00P	4:00P*	7:00P*	4:00P*	5:15P*
		7:00P	7:00 P *		5:15P 7:00P		5:15P* 7:00P	7:00P*

		El Cerrito Fellowship 12260 San Pablo, Richmond No Phone						
El Cerrito	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>	
	5:30A*	5:30A*	5:30A*	5:30A*	5:30A*	5:30A*	5:30A*	
	6:45A	6:45A	6:45A	6:45A	6:45A*	6:45A*	6:45A	
	9:00A*	9:00A	9:00A*	9:00A	9:00A	9:00A	9:00A	
	1:00P*	1:00P	1:00P*	1:00P	1:00P	10:45A *	10:30A *	
	5:30P	5:30P*	5:30P	5:30P	5:30P	1:00P	12:00P *	
	8:30P*	7:00P*	7:00P*	8:30P	7:00P*	5:30P	2:00P*	
					8:30P	5:30P*		
						7:00P*		
						8:30P		
		El Sobrante Fellowship 5161 Sobrante Ave. (510) 223-9090						
El Sobrante	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>	
	8:30 A	8:30 A	8:30 A	8:30 A	8:30 A	8:30 A	8:30 A	
	12:00 P	12:00 P	12:00 P	12:00 P	12:00 P	12:00 P	10:00A *	
	5:30 P	5:30 P	5:30 P	5:30 P	5:30 P	5:30 P	12:00 P	
	7:30 P *	7:30 P *	7:30 P *	7:30 P *	7:30 P *	7:30 P *	5:30 P	
							7:30 P *	
		5 Cities Fellowship 37320 Mission Blvd. (510) 791-9981						
Fremont	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>	
	12:00P *	12:00P *	12:00P *	12:00P *	12:00P *	12:00P *	12:00P *	
	8:00P*	8:00P*	8:00P*	8:00P*	8:30P*	8:30P*	8:00P*	
		Centerville Fellowship 4500 Thornton (Baptist Church) No Phone						
Fremont	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>	
	6:00P	6:00P	7:30P *	6:00P	6:00P*	6:00P*	6:00P*	
	7:30P	7:30P		7:30P*	7:30P*	7:30P*	7:30P*	
		Fremont Fellowship 3833 Peralta #A No Phone						
Fremont	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>	
	9:00A*	9:00A	9:00A*	9:00A	9:00A	9:00A	9:00A*	
	12:00P	12:00P	12:00P	12:00P	12:00P	12:00P *	10:00A *	
	6:00P	6:00P*	6:00P	6:00P*	6:00P	6:00P	12:30P *	
	8:00P	8:00P	8:00P*	8:00P*	8:00P*	8:00P*	2:00P	
				10:00P *	10:00P *	6:00P*		
						8:00P*		
		Triangle Fellowship 25224 Mission Blvd No Phone						
Hayward	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	
	6:30A	6:30A	6:30A	6:30A	6:30A	6:30A*	6:30A	
	8:30A*	8:30A*	8:30A*	8:30A*	8:30A	8:30A	8:30A	
	12:00P *	12:00P *	12:00P	12:00P *	12:00P	12:00P	10:30P	
	6:15P	6:15P*	6:15P	6:15P*	6:15P	2:30P	2:00P*	
	8:00P*	8:00P*	8:00P*	8:00P	8:00P	6:15P*	6:15P	
				12:00A	8:00P	8:00P		
					10:00P	10:00P		

Newark Fellowship 7115 Rich Ave. (510) 791-9692							
Newark	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
	12:00P* 7:00P*	12:00P* 7:00P*	12:00P* 7:00P*	12:00P* 7:00P*	12:00P* 7:00P* 10:00P*	12:00P* 7:00P*	8:00A* 12:00P* 6:00P* 8:00P*
Central Office 295 27th St. (510) 839-0709							
Oakland	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
	6:30A 8:15A* 12:00P 1:00P 6:00P* 7:30P* 10:00P	6:30A 8:15A* 12:00P 1:00P 6:30P* 8:15P 10:00P	6:30A 8:15A 12:00P* 6:30P* 8:00P 10:00P	6:30A 8:15A 12:00P 6:15P* 8:00P* 10:00P	6:30A 8:15A 12:00P 6:15P* 8:00P* 10:00P 12:00A	6:30A 8:15A 12:00P 6:15P* 8:00P 10:00P* 12:00A	6:30A 9:00A* 11:00P* 2:15P* 4:30P* 8:00P* 10:00P* 12:00A
In-Between Fellowship 4710 International Blvd. (510) 436-8651							
Oakland	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
	9:00A* 1:30P 5:30P* 8:00P*	9:00A 1:30P* 5:30P 7:15P*	9:00A* 12:00P* 1:30P 5:30P* 7:15P	9:00A* 1:30P* 5:30P* 7:15P*	9:00A 1:30P 5:30P 7:15P*	9:00A* 1:30P 5:30P* 7:15P*	9:00A* 11:00A* 2:30P* 5:00P* 7:30P*
Rockridge Fellowship 3989 Howe St @ 40th No Phone							
Oakland	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
	6:15A 7:45A* 9:00A* 10:30A* 12:00P* 3:00P 5:30P*	6:15A 7:45A 9:00A 10:30A* 12:00P* 3:00P* 5:30P*	6:15A* 9:00A 10:30A 12:00P* 3:00P 5:30P* 7:00P*	6:15A* 9:00A 10:30A 12:00P* 3:00P* 5:30P* 7:00P*	6:15A 9:00A 10:30A 12:00P* 5:30P 7:30P* 8:00P*	6:15A* 9:00A* 10:30A* 1:00P* 5:30P* 7:00P*	6:15A 9:00A 12:00P 4:00P* 5:30P* 7:30P* 10:00P
Hayward Fellowship 16250 East 14th St., San Leandro (rear) (510) 276-9775							
San Leandro	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>Su</u>
	8:30A* 12:00P 6:30P 8:00P*	12:00P* 6:30P* 8:00P	8:30A* 12:00P 8:00P*	12:00P 6:30P* 8:00P	8:30A 12:00P 6:30P 8:00P* 12:00A	1:30P* 8:00P	11:00A 3:00P 8:00P*

(* indicates specialized format. Please check under main listing)

EAST BAY SERVICE COMMITTEE MEETINGS

<u>COMMITTEE</u>	<u>TIME AND PLACE</u>
General Service District 70	7:30 - 9:00 PM 4th Monday 20080 Redwood Rd, Castro Valley
General Service District 07	7:30 PM 4th Wednesday (3rd Wednesday in Nov. and Dec.) First Christian Church, 29th St and Fairmount St, Oakland
H & I	(7:00 PM Orientation) Starts 7:30 PM 1st Wednesday First Christian Church, 29th St & Fairmount St, Oakland
East Bay Intergroup	8 PM 3rd Wednesday Central Office, 295 27th St, Oakland

AFTER GROUP EXPENSES, SUGGESTED DISTRIBUTION OF CONTRIBUTIONS

- 60% **Eastbay Intergroup, Inc., Central Office**
295 27th St., Oakland, CA 94612
- 30% **World Service**
PO Box 459, Grand Central Station; New York, NY 10163
- 5% **Treasurer, CNCA**
PO Box 884222, San Francisco, CA 94188
- 5% **General Service**
 - District 07 Alameda North**
PO Box 187, Oakland, CA 94604
 - District 70 Alameda South**
PO Box 3412, Hayward, CA 94544
- Pink Can - H&I Committee,**
PO Box 192490, San Francisco, CA 94119

MONDAY

ALAMEDA

Park St Center 1510 Oak St

6:30 AM
5:30 PM
7:00 PM *Serenity Sisters* WM
8:15 PM *LGBT*

Island Fellwshp 1828 Lincoln Ave WC

12:15 PM CL
5:30 PM

5:30 PM 3183 Mecartney Rd

Temple Israel *Harmony* WM

5:45 PM 2001 Santa Clara Ave

1st Presb Ch (Rm 139) *Happy Hour* CL

BERKELEY

Berkeley Fellwshp 2108 McGee Ave

7:00 AM *Meditation - Discussion*
9:30 AM BB
12:00 PM *Daily Reflections - Meditation*
5:15 PM
7:00 PM

7:00 AM 2151 Vine St

Friends Mtg Hs *Attitude Adjustment*

12:00 PM 2151 Vine St

Friends Mtg Hs *Walnut Square Grp* WC

12:10 PM Bancroft Wy at Bowditch St

YWCA *Noonie Tooners Grp* S/S WC

6:00 PM 941 The Alameda

Northbrae Com Ch *Drunks-R-Us* SP

***6:00 PM 941 The Alameda**

Northbrae Com Ch *Drunks-R-Us*

*2nd & 4th Monday CC and ASL

7:15 PM 1823 9th St

Episc Ch *Lesbian/Gay Mtg* LW

8:00 PM 941 The Alameda

Northbrae Com Ch *Northbrae Grp*

CASTRO VALLEY

7:30 PM 19179 Center St, at Heyer

Episc Ch *Grove Wy Grp* S/S WC

7:30 PM 19179 Center St, at Heyer

Episc Ch *The Irregulars Grp*

EL CERRITO

El Cerrito Fellwshp 12260 San Pablo Ave Near Barrett

5:30 AM *Fragrance Free* FF
6:45 AM
9:00 AM *Big Book Study* BB CL
1:00 PM
5:30 PM
8:30 PM S/S CL

EL SOBRANTE

El Sobrante Fellwshp

5161 Sobrante Ave WC

8:30 AM
12:00 PM
5:30 PM
7:30 PM

CL LD

FREMONT

Fremont Fellwshp

3833 Peralta #A WC

9:00 AM CL BB
12:00 PM
6:00 PM
8:00 PM CL

5 Cities Fellwshp 37320 Mission Blvd

12:00 PM SM CL WC
8:00 PM SM CL WC

Centerville Fellwshp 4500 Thornton

6:00 PM WC
7:30 PM WC

6:30 PM 41885 Blacow Rd

Irvington Ctr *Men's Stag & Munchies* MN

7:00 PM 41020 Chapel Wy, at

Irvington Presb Ch *Men's Stag* MN

8:00 PM 858 Washington

Luth Ch *Mission San Jose* WC

8:00 PM 34050 Paseo Padre Pkwy

Ch of Christ *Stone Cold Sober* BB

HAYWARD

Triangle Fellwshp 25224 Mission Blvd

WC
6:30 AM *Weekly Readers*
8:30 AM *Survivors* BB
12:00 PM *Hi Noon*
6:15 PM *Happy Hour*
8:00 PM *One Day at a Time* BB

7:00 PM 1836 B St

Luth Ch *Women in Sobriety* WM BB

NEWARK

Newark Fellwshp 7115 Rich Ave WC

12:00 PM
7:00 PM SM CL

MONDAY

OAKLAND

Central Office 295 27th St WC

6:30 AM *Wake Up Call* LD
8:15 AM *Good Morning America* S/S
12-12:30 *Daily Reflections*
1:00 PM *Old Timers* CL
6:00 PM *Beginners* BG CL
7:30 PM *Taking Certain Steps* SS, LD
10:00 PM *The Late Show*

In-Between Fellwshp

4710 International Blvd WC

9:00 AM CL
1:30 PM
5:30 PM CL
8:00 PM *Beginners* BG

Rockridge Fellwshp 3989 Howe/40th

6:15 AM *Attitude Adjustment*
7:45 AM *Literature Discussion* LD CL
9:00 AM *Rockridge Mornings* LD
10:30 AM *Begin / Literature* BG, LD
12:00 PM *Beginners at Rockridge* BG
3:00 PM *Speaker*
5:30 PM *The Way Out* BB
7:00 PM *As Bill Sees It*

12:00 PM 685 14th St, at Castro

Unitarian Ch *Rap At Noon* WC

6:00 PM 1300 Grand Ave

Kehilla Syn *Workenders* ICL S/S WC

6:30 PM 303 Hudson

Meth Ch *The Whole Happy Fleet* LD

7:00 PM 10th and Peralta

Howard Com Cntr *Adeline Grp* WC

7:00 PM 1658 Excelsior Ave, at

Woodruff Ave St Paul's Ch *Monday Night Men's Literature Study* MN LD CL

7:30 PM 303 Hudson, at Manila

Mthdst Ch *Fellwshp of the Spirit* LD CL

7:30 PM 12540 Skyline, Redwood Rd

Skyline Comm Ch *Lincoln Sq Grp* CL WC

8:00 PM 1330 Lakeshore Ave

Diamond Link Grp CL WC

8:00 PM 3845 Telegraph Ave

Chrysalis Women's WM CL

8:00 PM 6501 Telegraph Ave

Neibyl-Proctor Lbry *Tapestry* WM

8:00 PM 525 29th St

St. Augustine's *Young Peoples Mtg* YP

PIEDMONT

8:00 PM 5201 Park Blvd

Zion Luth Ch *Group Six* CL S/S WC

SAN LEANDRO

Hayward Fellwshp

16250 E. 14th St. (Rear)

8:30 AM *Big Book Study* BB

12:00 PM

6:30 PM

8:00 PM

6:30 PM 300 Estudillo

San Leandro Main Library (conf rm B upstrs) *Monday Night Grp* WC

7:00 PM 1801 Manor Blvd

Hope Luth Ch (rear entrance off Juniper)

Women's Book Study WM BB

SAN LORENZO

10:30 AM 100 Hacienda

Lutheran Ch *The Morning Recovery Grp* BB WC

8:00 PM 945 Paseo Grande

Com Ch *Monday Night* CL (last Mon open) WC

UNION CITY

12:00 PM 3555 Whipple Rd

Kaiser Hosp #C-9 *First Class Unknown*

Heroes Living Sober BB

TUESDAY

ALAMEDA

Park St Center 1510 Oak St
(*Upstairs)
6:30 AM
5:30 PM
8:00 PM *Tuesday Nighters* CL
Island Fellowship 1828 Lincoln Ave WC
12:15 PM CL
5:30 PM
1:00 PM 2001 Santa Clara Ave
1st Presb Ch (Parlor) *Women's* WM
5:45 PM 2001 Santa Clara Ave
1st Presb Ch (Rm 139) *Happy Hour* CL
BB
7:00 PM 1700 Santa Clara Ave
Christ Episc Ch *Serenity Grp* CL

ALBANY

8:00 PM 1501 Washington St
St Alban's Episc Ch *Traditional* WC

BERKELEY

Berkeley Fellowship 2108 McGee Ave
6:00 AM *Lit Discussion* LD
7:00 AM *Living Sober*
12:00 PM *Meditation/Discusion*
5:15 PM
7:00 PM *Atheist & Agnostic*
12:00 PM 2151 Vine St
Friends Mtg Hs *Walnut Square* WC
12:10 PM Bancroft Wy, at Bowditch St
YWCA *Noonie Tooners* WC
6:00 PM 941 The Alameda
Northbrae Com Ch *Drunks-R-Us* BB
7:00 PM 1606 Bonita St
Unitarian Ch (up) *Flatland Men's* MN
7:00 PM 1127 Bancroft Ave
Children of Chaos YP G/L LD

CASTRO VALLEY

6:30 PM 19179 Center St, at Heyer
(in children's portable build)
Holy + Episc Ch *Camel Grp* WC
8:00 PM 20080 Redwood Rd WC
Faith Luth Ch *Gratitude* CL BC last Tu

EL CERRITO

El Cerrito Fellowship 12260 San Pablo
Near Barrett
5:30 AM *Fragrance Free* FF
6:45 AM
9:00 AM
1:00 PM
5:30 PM CL S/S
7:00 PM *Spanish Speaking*
8:30 PM
7:00 PM 780 Ashbury, at Stockton
Lady A II CL WM WC

EL SOBRANTE

El Sobrante Fellowship
5161 Sobrante Ave WC
8:30 AM
12:00 PM
5:30 PM
7:30 PM *Traditions Study* CL LD

FREMONT

Fremont Fellowship
3833 Peralta #A WC
9:00 AM
12:00 PM
6:00 PM CL
8:00 PM BC 3rd Tue
5 Cities Fellowship 37320 Mission Blvd
12:00 PM SM CL WC
8:00 PM SM CL WC
Centerville Fellowship 4500 Thornton
6:00 PM WC
7:30 PM WC

8:00 PM 41020 Chapel Wy, at Irvington
Presb Ch *Irvington Grp* CL

HAYWARD

Triangle Fellowship 25224 Mission Blvd
WC
6:30 AM *AM Tuesday*
8:30 AM *T.G.I. Tuesday* S/S
12:00 PM *Daily Reflections*
6:15 PM *As Bill Sees It* BB
8:00 PM *BYO Book* BB

NEWARK

Newark Fellowship 7115 Rich Ave WC
12:00 PM SM
7:00 PM BB S/S

TUESDAY

OAKLAND

Central Office 295 27th St WC
 6:30 AM *Wake Up Call* LD
 8:15 AM *Good Morning America*
 12:00 PM *Serenity Central At Noon*
 6:30 PM *Tuesday Night AA* ASL
 8:15 PM *Freaks, Geeks & Friends*
 10:00 PM *Late Show*

In-Between Fellowship
4710 International Blvd WC
 9:00 AM
 1:30 PM CL
 5:30 PM
 7:15 PM CL

Rockridge Fellowship 3989 Howe/40th
 6:15 AM *Attitude Adjustment*
 7:45 AM *Acceptance*

9:00 AM *Rockridge Mornings*
 10:30 AM *Cross Talk*
 12:00 PM *Rockridge Noon Grapevine*
 3:00 PM *Literature* LD
 5:30 PM *Sprtl Kndrgrtn* MED
 7:00 PM *(no 1st Tues) Lit Disc* LD

12:00 PM 685 14th St at Castro
 Unitarian Ch *Rap At Noon*

12:10 - 12:50 PM 200 Grand Ave
 Veterans Memorial Bldg Hall 3
Sweet and Condensed WC

6:00 PM 5951 College Ave
 Presby Ch *Sober 51/50s #1*
Dual Diagonosis Welcome CL WC

6:15 PM Harrison & 27th (Rear)
 1st Congo Ch *Girls Nite Out* WM WC

7:00 PM 1330 Lakeshore Ave
 Mthdst Ch *Just The Book* CL BB

7:00 PM 1658 Excelsior Ave, at Woodruff Ave St Paul's Ch *Lavender Hill Gay, Beginners* WC G/L

7:00 PM 10205 MacArthur Blvd
The Imani Grp? 1st and 3rd Tue only

7:30 PM 1658 Excelsior, at Woodruff
 St Paul's Ch *Satin Dolls* WM WC
 Last Tu S/S BC

8:00 PM 2735 MacArthur, at Coolidge
Men's Single Topic MN CL

8:15 PM 303 Hudson, at Manila
 Mthdst Ch *Nursery #1* MN CL

8:30 PM 1330 Lakeshore Ave
 Mthdst Ch *Gay Men's Stag* GM

PIEDMONT

8:00 PM 5201 Park Blvd
 Zion Luth Ch *East Bay Grp* CL WC

SAN LEANDRO

Hayward Fellowship
16250 E. 14th St. (Rear)
 12:00 PM *Daily Reflections*
 6:30 PM *Living Sober*
 8:00 PM

7:15 PM 1600 Bancroft WC
 Mthdst Ch *Sisters in the Solution* WM
 S/S

SAN LORENZO

10:30 AM 100 Hacienda
 Lutheran Ch *The Morning Recovery Grp* WC

7:30 PM 100 Hacienda
 Lutheran Ch *Fireside Grp* BB

SAN PABLO

7:00 PM 2426 Church Lane
 San Pablo Alano LD

UNION CITY

12:00 PM 3555 Whipple Rd
 Kaiser C-6A *First Class Unknown*
Heroes Living Sober LD
 WC

7:00 PM 510-468-1036
 Please Call *First Responders In AA*

WEDNESDAY

OAKLAND

Central Office 295 27th St WC
6:30 AM *Wake Up Call* LD
8:15 AM *Good Morning America*
12:00 PM *Serenity Central at Noon* BB
6:15 PM *Big Book Study* BB
*8:00 PM *Freedom from Bondage*
10:00 PM *The Late Show*
*Except 3rd Wednesday

In-Between Fellwshp

4710 International Blvd WC

9:00 AM CL
12:00 PM MED
1:30 PM
5:30 PM S/S
7:15 PM

Rockridge Fellwshp 3989 Howe/40th

6:15 AM *Attitude Adjustment* BB
9:00 AM *Rockridge Mornings*
10:30 AM *Discussion*
12:00 PM *Step a Month* S/S
3:00 PM *Living Sober*
5:30 PM *Towards Emotional Sobriety*
7:00 PM *Double Digit*
8:30 PM *In the Book* BB

12:00 PM 685 14th St, at Castro

Unitarian Ch *Rap At Noon* S/S

12:10-12:50 PM 200 Grand Ave

Veterans Memorial Bldg, Hall 3 *Big Book & Bag Lunch* BB WC

6:00 PM 1300 Grand Ave

Kehilla Syn *Workenders II* WC

6:00 PM 5951 College Ave

Pres Ch *Wmen's Bk Stdy* WM CL BB S/S

7:00 PM 3354 San Pablo Ave

Bapt Ch *Lighthouse Grp* ?

7:15 PM 1300 Grand Ave

Kehilla Comm Syn *Godless Heathens* WC

7:30 PM 2501 Harrison

1st Congo *Relationships in Sobriety* G/L

8:00 PM 1701 Gouldin Rd

St Johns Eps Ch *Montclair Grp* CL WC

8:00 PM 1188 12th St in rear

Taylor Mem Ch *The Upper Room* WC

RICHMOND

5:30 PM 900 Hoffman Blvd

Fresh Start

8:30 PM 37th and Roosevelt

Holy Trinity Ch

SAN LEANDRO

Hayward Fellwshp

16250 E. 14th St. (Rear)

8:30 AM *Living Sober* LD
12:00 PM
8:00 PM S/S

7:00 PM 162nd & Mateo

Grace Baptist *The Answer Grp* MN

8:00 PM 451 Davis St, at Clarke

St Leander Sch (dnstrs) *Wednesday Nite*
CL WC

SAN LORENZO

10:30 AM 100 Hacienda

Lutheran Ch *The Morning Recovery Grp*

WC

SAN PABLO

4:00 PM 2426 Church Lane

San Pablo Alano LD

THURSDAY

ALAMEDA

Park St Center 1510 Oak St
(*Upstairs)

6:30 AM
5:30 PM BB
6:45 PM *Mens Stag** MN
8:00 PM BB

Island Fellwshp 1828 Lincoln Ave WC
12:15 PM CL

5:30 PM
7:00 PM *Women's* (except 1st Thurs)

5:45 PM 2001 Santa Clara Ave
1st Presb Ch (Rm 139) *Happy Hour* CL

7:00 PM 3100 Central, at Fountain
Alameda Bapt Ch (enter from Fountain)
Morton Group CL

BERKELEY

Berkeley Fellwshp 2108 McGee Ave
6:00 AM *Lit Discussion* LD

7:00 AM BB
9:00 AM *Emotional Sobriety* LD
12:00 PM *Meditation/Discussion*
4:00 PM *Artists & Writers*
5:15 PM BB
7:00 PM BG (BC last Thu)

12:00 PM 2151 Vine St
Friends Mtg Hs *Walnut Sq* MED SS

12:00 PM 1606 Bonita (upstr)
Unitarian Ch *Cedar St* Grp S/S Meditate

12:10 PM Bancroft Wy, at Bowditch St
YWCA *Noonie Tooners* WC

6:00 PM 941 The Alameda
Northbrae Com Ch *Drunks-R-Us*

7:00 PM 2401 LeConte
Student Ctr #5 *Thurs Nite Lesbian* LW WC

8:15 PM 941 The Alameda
Northbrae Com Ch *101 Stag* MN CL

8:15 PM 2330 Durant
Durant House *College Bay Grp* YP CL

CASTRO VALLEY

6:30 PM (except 5th Th) 19179 Center
St (at Heyer) Holy Cross Episc Ch

Back to Basics BG WC
8:15 PM 3433 Somerset (rear)

Serenity Group CL
EL CERRITO

El Cerrito Fellwshp 12260 San Pablo
Near Barrett

5:30 AM *Fragrance Free* FF
6:45 AM
9:00 AM
1:00 PM
5:30 PM

8:30 PM

EL SOBRANTE

El Sobrante Fellwshp
5161 Sobrante Ave WC

8:30 AM
12:00 PM
5:30 PM
7:30 PM CL S/S

FREMONT

Fremont Fellwshp
3833 Peralta #A WC

9:00 AM
12:00 PM
6:00 PM S/S CL
8:00 PM CL

5 Cities Fellwshp 37320 Mission Blvd

12:00 PM SM CL WC
8:00 PM SM CL WC

Centerville Fellwshp 4500 Thornton

6:00 PM BB WC
7:30 PM *Beginners* BG WC

7:00 PM 41020 Chapel Wy, at Irvington
Presb Ch *Men's Stag* MN S/S

HAYWARD

Triangle Fellwshp 25224 Mission Blvd
WC

6:30 AM *Morning Reflections*
8:30 AM *Just for Today* BB
12:00 PM *Big Book Study* BB
6:15 PM *Beginners* BG
8:00 PM *Sanity*

7:30 PM 1836 B St (rear)
Step By Step Stag MN

NEWARK

Newark Fellwshp 7115 Rich Ave WC
12:00 PM SM

7:00 PM

OAKLAND

THURSDAY

Central Office 295 27th St WC

6:30 AM *Wake Up Call* LD
 8:15 AM *Good Morning America*
 12:00 PM *Serenity Central At Noon*
 6:15 PM *Sisters in Sobriety*
 CF WM CL BC last Th
 8:00 PM *NOW* CL LD
 10:00 PM *Late Show* LD

In-Between Fellwshp

4710 International Blvd WC

9:00 AM CL
 1:30 PM CL
 5:30 PM CL
 7:15 PM CL

Rockridge Fellwshp 3989 Howe/40th

6:15 AM *Attitude Adjustment* S/S
 9:00 AM *Rockridge Mornings*
 10:30 AM *Live & Let Live*
 12:00 PM *Rockridge Nooners* FF
 3:00 PM *Literature* LD
 5:30 PM *We are Not Saints* BG
 7:00 PM *Sober Sisters* WM CN BClast

Th

12:00 PM685 14th St, at Castro

Unitarian Ch *Rap At Noon*

12:10 PM-12:50 PM200 Grand Ave

Veterans Mem Bldg Hall 3
Thirsty Thursdays WC

6:00 PM 585 8th St

House of Dignity Grp WC

6:00 PM280 W. MacArthur

Kaiser #1200 *Sober 51/50s #2*
Dual Diagonis Welcome WC CL

7:00 PM 1203 Willow St, at 12th

Mt Zion Bapt Ch (dnstrs)
Salt of the Earth ? SP WC

7:30 PM 3801 Howe St

Kaiser Fabiola #G65A
Interest in Our Fellows GM BC Lst Thurs

7:30 PM 3534 Lakeshore Ave

Lkshr Baptist Ch Barnet Hall (rear)
Chips & Cake (B-day/Dis) Spkr 4th Thur

7:45 PM1330 Lakeshore Ave

Mthdst Ch *Lady AWM* WC

8:00 PM7932 Mountain Blvd at Keller St

Cuthbert's Ch *Podium Part* WC CL

8:00 PM 1701 Gouldin Rd

St. John's Ch *Clinton Grp*

8:15 PM6401 San Pablo Ave

St Columba's Ch (rear) *NUTS* S/S

PIEDMONT

8:15 PM400 Highland, off Moraga Com

Ch (Founders Rm)
The Piedmont Grp CL

PINOLE

7:00 PM592 Tennent Ave (Rear)

We're Here Gay Grp G/L

POINT RICHMOND

7:00 PM301 W Richmond Ave

Cath Ch *The Point Richmond Grp* WC

RICHMOND

6:00 PM127 Chanslor Ave

Revelation Mission ?

SAN LEANDRO

Hayward Fellwshp

16250 E. 14th St. (Rear)

12:00 PM
 6:30 PM *12X12* S/S
 8:00 PM

7:00 PM 1395 Bancroft

SanLeandro Comm Church *Women's*
Heart to Heart CL WM

7:00 PM 162nd & Mateo

Grace Baptist *Men's Book* S/S CL MN

SAN LORENZO

10:30 AM 100 Hacienda

Lutheran Ch *The Morning Recovery Grp*
LD-Living So-
ber WC

7:30 PM15661 Washington Ave

First Christian Ch *Out of Blue* LD WC

UNION CITY

8:00 PM 3555 Whipple Rd

Kaiser Chem Dep 6a A *New Start* WC

FRIDAY

ALAMEDA

Park St Center 1510 Oak St
 6:30 AM
 5:30 PM
 8:00 PM *Spkr Mtg 2nd Fri Birthdays*
Island Fellwshp1828 Lincoln AveWC
 12:15 PM CL
 5:30 PM
 8:00 PM *Candle Light*CN
5:45 PM2001 Santa Clara Ave
 1st Presb Ch (Rm 139) *Happy Hour*CL

BERKELEY

Berkeley Fellwshp2108 McGee Ave
 7:00 AM
 12:00 PM *3-7-11 Step / Meditation*
 5:15 PM S/S
 7:00 PM(SP & BC last Fri)
12:00 PM 2151 Vine St
 Friends Mtg Hs *Walnut Square Grp*
 BC last Fri CL
12:10 PM Bancroft Wy, at Bowditch St
 YWCA *Noonie Tooners Grp* BB WC

6:00 PM941 The Alameda

Northbrae Com Ch *Drunks-R-Us*
6:30 PM 2220 Cedar St
 All Souls Episc *1st Step Grp* BG BB
8:00 PM 2700 Dwight @ College
 Newman Hall *Open Door Group* YP

CASTRO VALLEY

8:15 PM20103 Lake Chabot
 Eden Hosp Castro Valley Room
 (basement by cafeteria) *New Hope*

EL CERRITO

El Cerrito Fellwshp12260 San Pablo
Near Barrett
 5:30 AM *Fragrance Free*FF
 6:45 AM *Step Study*S/S CL
 9:00 AM
 1:00 PM
 5:30 PM
 7:00 PM *Fri Nite Candlelight* CN
 8:30 PM

8:00 PM 7200 Schmidt Ln
 Trinity Ch *Sanity on Stockton* CL WC

EL SOBRANTE

El Sobrante Fellwshp
5161 Sobrante Ave WC 8:30 AM

 12:00 PM
 5:30 PM
 8:30 PM CL

FREMONT

Fremont Fellwshp
3833 Peralta #A WC
 9:00 AM
 12:00 PM
 6:00 PM
 8:00 PM *Steps and Traditions* S/S
 10:00 PM CN
5 Cities Fellwshp37320 Mission Blvd
 12:00 PM SM WC
 8:30 PM SM WC
Centerville Fellwshp 4500 Thornton
WC
 6:00 PM *Women's Mtg*WM
 7:30 PM *StepStudy* S/S
Joe's Corner37713 Niles Blvd.12:00 PM
 WC

8:00 PM41020 Chapel Wy, at Irvington
 Presb Ch *Irvington Grp*
8:00 PM4673 Thornton Ave,
at Balboa WC

HAYWARD

Triangle Fellwshp25224 Mission Blvd
WC
 6:30 AM *Eye Opener*BC last Fri
 8:30 AM *Pass It On*
 12:00 PM *TGI Friday*BC last Fri
 6:15 PM *Miracle*
 8:00 PM *Path Finders*
 10:00 PM
8:00 PM21455 Birch, at Grove
 Eden Unit Ch *Eden Grp*

NEWARK

Newark Fellwshp7115 Rich Ave WC
 12:00 PM SM
 7:00 PM SM
 10:00 PM *Candlelight*SM CN

FRIDAY

OAKLAND

Central Office 295 27th St WC

6:30 AM *Wake Up Call* LD
 8:15 AM *Good Morning America*
 12:00 PM *Serenity Central Noon* S/S
 6:15 PM *Last Chance*
 8:30 PM *Friday Nighters* BC first Fri
 10:00 PM *Late Show*
 12:00 AM (Midnight) *Last Call*

In-Between Fellowship

4710 International Blvd WC

9:00 AM
 1:30 PM
 5:30 PM
 7:15 PM SP

Rockridge Fellowship 3989 Howe/40th

6:15 AM *Attitude Adjustment*
 9:00 AM *Rockridge Morning Promises*
 10:30 AM
 12:00 PM *Noon Promises* FF
 5:30 PM *Simple But Not Easy*
 7:30 PM (exc. last Fri) *As Bill Sees It*
 8:00 PM *Final Friday* (last Fri only) SP

12:00 PM 685 14th St , at Castro

Unitarian Ch *Rap At Noon* BC last Fri

12:10 PM 200 Grand Ave Hall 3

Finally Friday S/S

12:30 PM 969 Broadway

Kaiser Center *Late Lunch Bunch*

1:00 PM 675 23rd St, San Pablo

Champ Guid Ctr *There is a Solution* MN

6:00 PM 400 Alcatraz Ave (Colby ent)

St. Augustine Church *Plan B* LD

6:00 PM 280 W MacArthur Blvd

Kaiser Hsp (#1200) *Back To Basics*

6:00 PM 27th & Harrison

1st Congo Ch (library) *Workenders III*

6:30 PM 2735 MacArthur, at Coolidge

Fruitvale Church *Small Grp Step Study* S/S

8:00 PM 2501 Harrison St, at 27th St 1st

Cong Ch *1st Friday Speaker Meeting* (1st Friday of each month only)

8:00 PM 2808 Lakeshore Ave

Cath Ch (CrtYrd) *Lake Shore Lushes* WC

PINOLE

8:00 PM 2000 San Pablo Ave

Mthdst Ch *Candlelight* CD

RICHMOND

5:30 PM 900 Hoffman Blvd

Fresh Start

6:30 PM 303 41st St

West County Child *Young People*

SAN LEANDRO

Hayward Fellowship 16250 E. 14th St.

(Rear) WC

8:30 AM
 12:00 PM
 6:30 PM WM
 8:00 PM BC last Fri
 12:00 AM *MidNite Mtg*

12:00 PM 180 Estudillo, at Harrison

Presb Ch (side dr office) *Triple 12 Grp*

8:00 PM 1600 Bancroft Ave (Maud Ave entrance) *Bookworms* WC

SAN LORENZO

10:30 AM 100 Hacienda

Luther Ch *Morning Recovery* SS WC

7:30 PM 18651 Via Toledo, Hacienda

Lutheran Ch *End of the Bridge* CL WC

8:00 PM 945 Paseo Grande

Community Ch *Joy of Living* CN WC

SAN PABLO

4:00 PM 2426 Church Lane

San Pablo Alano *Big Book* BB

7:00 PM 1845 Church Ln

St Paul's Cath Ch *Men's Stag (Emil's Mtg)*

MN

UNION CITY

12:00 PM 3555 Whipple Rd

Kaiser Hosp #C-9 *First Class Unknown-Heroes Living Sober*

SATURDAY

ALAMEDA

Park St Center 1510 Oak St

6:30 AM
8:00 AM
5:30 PM *Step Study S/S* 8:00 PM

Meditation

Island Fellwshp1828 Lincoln Ave WC

10:30 AM S/S
5:30 PM CL
8:00 PM *Last Saturday Birthday*
Speaker Mtg Last Sat of month SP

5:45 PM 2001 Santa Clara

1st Presb Ch (Rm 139) *Happy Hour*CL

BERKELEY

Berkeley Fellwshp2108 McGee Ave

7:00 AM *Mediation/Discussion*
9:30 AM
12:00 PM
4:00 PM *Women's* WM
5:15 PM *Living Sober*
7:00 PM

12:00 PM5951 College Ave

Presby Ch (upstairs) *Fellwshp o' Spirit*

CASTRO VALLEY

9:00 AM20080 Redwood Rd

Faith Luth Ch *BYOBook+ Coffee* BB W/
C

6:30 PM20121 Santa Maria Ave

Unity Church *WINGS* WC

EL CERRITO

**El Cerrito Fellwshp12260 San Pablo
Near Barrett**

5:30 AM *Fragrance Free* FF
6:45 AM
9:00 AM
10:45 AM *Women's* WM CL
1:00 PM
5:30 PM
7:00 PM *Big Book Study* BB
8:30 PM *Spk/Disc* SP BC Lst
Sat only

**6:00 PM780 Ashbury Ave, at Stockton
Ave** Luth Ch *Millenium Grp*

EL SOBRANTE

El Sobrante Fellwshp

5161 Sobrante Ave WC 8:30 AM

12:00 PM
5:30 PM
*7:30 PM CL LD
*Speaker (SP) last Sat

FREMONT

Fremont Fellwshp

3833 Peralta #A WC

9:00 AM 12:00 PMCL
6:00 PM
8:00 PM SP
10:00 PM CN

Centerville Fellwshp4500 Thornton

9:00 AM WC

5 Cities Fellwshp37320 Mission Blvd

12:00 PM SM WC
8:30 PM SM WC

Joe's Corner37713 Niles Blvd.

7:30 PM WC SP

HAYWARD

Triangle Fellwshp25224 Mission Blvd

WC

6:30 AM *Early Morning*BB
8:30 AM *Early Bird*
12:00 PM *Show Up*
2:30 PM *Young at Heart*
6:15 PM *Surrender* S/S
8:00 PM *Saturday Nite Live*
Speaker (SP) last Sat
10:00 PM

NEWARK

Newark Fellwshp 7115 Rich Ave WC

8:00 AM SM
12:00 PM SM
6:00 PM *Beginners Mtg* SM
8:00 PM SM
SP BC last Sat nonsmoking
7:00 AM40155 Blacow Rd #A
Good News Grp BC 1st Sat

SATURDAY

OAKLAND

Central Office 295 27th St

6:30 AM *Wake Up Call* LD
 8:15 AM *Good Morning America*
 12:00 PM *Serenity Central at Noon*
 6:15 PM *A Common Solution* BB
 8:00 PM *Saturday Nite Downtown*
 10:00 PM *Saturday Night Live* CN
 12:00 AM *Late, Late Show* LD
In-Between Fellwshp 4710 Intl Blvd
 9:00 AM CL
 12:00 PM
 5:30 PM CL
 7:15 PM CN

Rockridge Fellwshp 3989 Howe/40th

6:15 AM *Attitude Adjustment* LD
 9:00 AM *Rockridge Sat Morn* CF BB
 10:30 AM *Cross-Talk II* CL
 1:00 PM *In The Solution* CL
 5:30 PM *Road of Happy Destiny* CL
 7:00 PM *Came to Believe* LD

9:00 AM 1707 Gouldin Rd, off Thornhill

St John's Ch *Practice Principles* WC

9:00 AM 10260 MacArthur Blvd

Union Hall *I AM Grp*

9:00 AM 3989 Howe/40th

Rckrdg F (Upstairs) *Sober 51/50s #2*
Dual Diagonis Welcome CL WC

10:00 AM 969 Broadway

Kaiser CDRP *Fresh Start*

10:30 AM 1658 Excelsior at Woodruff

St Paul's Ch *LGBT People of Color G/L*

10:30 AM 5951 College

Presby Ch *Dr Bob's Nghtmare* MN BB

11:00 AM 303 Hudson, at Manila

Methodist Ch *Fellwshp of the Spirit*

6:00 PM 114 Montecito, at Bay PI

St. Paul's Ch *Lakeside 10th Step* CL X-T

6:00 PM 33 Linda St @ Piedmont Ave

Friendship Rm *Peace of Mind Med S/S*

CL 6:30 PM 5951 College Ave

Presby Church *Up to My Neck*

8:00 PM 400 Alcatraz Ave

St. Augustine's Ch (Colby entrance)

L.G.B.T.Q.Q.I. SP G/L

8:00 PM 6300 Shattuck

Un Meth Ch *No. Oakland Spkr Mtg* SP

RICHMOND

6:30 PM 901 Nevin Ave C-3

Kaiser Bldg C 3rd flr
We Think Not WC

SAN LEANDRO

Hayward Fellwshp

16250 E. 14th St. (Rear)

1:30 PM *Big Book* BB
 8:00 PM SP

6:00 PM 451 Davis St. (bsmt)

St. Leanders Sch *Keep It Simple* YP

8:00 PM 1600 Bancroft Ave

Mthdst Ch *2nd Sat Birthday Speaker*
(second Saturday of month only) SP

SAN LORENZO

10:30 AM 100 Hacienda

Lutheran Ch *The Morning Recovery Grp*
 WC

SAN PABLO

9:00 AM 2426 Church Lane

Women's Grp 12&12 Book Study Mtg
 WM CL S/S WC

SUNDAY

ALAMEDA

Park St Center 1510 Oak St
6:30 AM
10:00 AM
5:30 PM
Island Fellwshp 1828 Lincoln WC
10:00 AM CL
2:30 PM *Sunday Serenity*
5:30 PM

5:00 PM Shoreline @ Park
Beach Mtg (See white flag) 6/19 - 8/31

5:45 PM 2001 Santa Clara Ave
1st Presb Ch (Rm 139) *Happy Hour*
S/S CL

8:00 PM 1910 Santa Clara Ave
Luth Ch (upstrs) *Sunday Nighters* CL

BERKELEY

Berkeley Fellwshp 2108 McGee Ave
9:30 AM S/S
12:00 PM
4:00 PM *Men's Meeting* MN
5:15 PM *Came to Believe*
7:00 PM S/S

12:00PM 1299 Shattuck Ave
Live Oak Pk *Funday (outd'rs)* YP LD X-T

7:30 PM 2700 Dwight Way
Newman Hall *LGBT S/S G/L S/S WC*

8:00 PM 1606 Bonita St
Unitarian Ch *Candlelight* CN

CASTRO VALLEY

8:15 AM Lake Chabot Regional Park
(near snack bar) Serenity by the Lake WC

7:00 PM 4000 E Castro Valley Blvd
Transf Ch *Sunday Night Grp* WC

EL CERRITO

El Cerrito Fellwshp
12260 San Pablo Ave Near Barrett
5:30 AM *Fragrance Free* FF
6:45 AM
9:00 AM
10:30 AM *The Godless Heathens*
12:00 PM CL
2:00-3:15 PM *Emotional Sobriety*
dual diagnosis welcome CL
5:30 PM
7:00 PM CL BB
8:30 PM

EL SOBRANTE

El Sobrante Fellwshp
5161 Sobrante Ave WC
8:30 AM
10:00 AM *Women's Mtg* WM
12:00 PM
5:30 PM
7:30 PM CL BB

FREMONT

Fremont Fellwshp
3833 Peralta #A WC
9:00 AM *Women's Daily Rflctns* WM LD
10:30 AM
12:00 PM *Beginners* BG
2:00 PM
6:00 PM BB
8:00 PM CN

5 Cities Fellwshp 37320 Mission Blvd

12:00 PM SM WC
8:00 PM SM WC

Centerville Fellwshp 4500 Thornton
7:00 PM CL WC

HAYWARD

Triangle Fellwshp 25224 Mission Blvd
WC

6:30 AM *Early Morning*
8:30 AM *Reflections*
10:30 AM *Gratitude*
2:00 PM *Women w/ Joy* WM
6:15 PM *Gratitude*
8:00 PM *Serenity*

9:00 AM 27400 Hesperian Blvd
Kaiser Hosp Conf Rm 1 *Joy Grp* WC

KENSINGTON

8:00 PM 52 Arlington Ave. (upstairs)
Kensgtn Church *Kensington Fllshp* LD

NEWARK

Newark Fellwshp 7115 Rich Ave WC
12:00 PM SM
7:00 PM SM
7:00 AM 40155 Blacow Rd #A
Good News Grp BC 1st Sun

SUNDAY

OAKLAND

Central Office 295 27th St WC

6:30 AM *Wake Up Call* LD
 9:00 AM *Step Discussion* FF CF S/S
 11:00 AM *Center City* CL
 2:15 PM *11th Step Spk/Dis* CL
 4:30 - 6:30 PM *As It Is A workshop* BB
 8:00 PM *BB Study* BB CL
 10:10 PM *Sinking Ship-(crosstalk)* CL

In-Between Fellwshp

4710 International Blvd WC

9:00 AM *Step Study* S/S
 11:00 AM *Old Timers* CL
 2:30 PM *Women's* WM
 5:00 PM *Big Book Study* BB
 7:30 PM *Men's* MN

Rockridge Fellwshp 3989 Howe/40th

6:15 AM *Attitude Adjustment*
 9:00 AM *Discussion*
 12:00 PM *Hi Noon*
 4:00 PM *Service & Spirituality* LD
 5:30 PM *Step Study* S/S
 7:30 PM *11th Step Meditation*
 10:00 PM *Rockridge Late Show*

9:30 AM 3100 Summit

Summit Hosp Providence Pavillion 5th Floor (Board Rm) *Serenity Now* WC

10:00 AM Tilden Park at Steam Trains

Breath of Fresh Air

11:00 AM 280 W MacArthur at Howe

Kaiser Hsp (1200 C) *Room w/View* WC

2:00 PM 532 International

Intertribal Friendship Hse *4 Directions AA*

5:00 PM 4101 Park Blvd

Presbyterian Ch (gym)

5:30 PM 400 Alcatraz Ave

St. Augustine's Ch (Colby entrance)

5:30 PM 5951 College Ave

Safe Haven LD

6:00 PM 1744 University

Luth Church (upstrs) *Fellowship Spirit* LD

7:00 PM 1330 Lakeshore Blvd.

Methodist Ch *What We Are Like Now*

8:00 PM 171 Ridgeway @ Howe

St. Leo's Hall (Bsmt) *Howe It Works*

MN GM CL

SAN LEANDRO

Hayward Fellwshp

16250 E. 14th St. (Rear)

11:00 AM
 3:00 PM
 8:00PM CN

5:00 PM 451 Davis St (at Clarke)

St Leander Sch (dnstrs) *Meditation*

7:00 PM 451 Davis St (at Clarke)

St Leander Sch (dnstrs) *Fresh Start Grp*

7:30 PM 911 Dowling Blvd

All Saints Ch *The Broadmoor Grp* LD

SAN PABLO

9:00 AM 2426 Church Lane

San Pablo Alano *Reading Rnbow* LD G/L

UNION CITY

8:00 AM 30163 Industrial Pky

Denny's (Backroom) *B.Y.O.B.* WC

STEP STUDY

	SUNDAY
ALAMEDA	5:45 PM
BERKELEY	9:30 AM
	7:00 PM
	7:30 PM
EL SOBRANTE	8:30 AM
HAYWARD	7:00 PM
	7:30 PM
OAKLAND	9:00 AM
	9:00 AM
	5:30 PM
	MONDAY
BERKELEY	12:10 PM
CASTRO VALLEY	7:30 PM
EL CERRITO	8:30 PM
OAKLAND	8:15 AM
	6:00 PM
PIEDMONT	8:00 PM
	TUESDAY
EL CERRITO	5:30 PM
HAYWARD	8:30 AM
NEWARK	6:30 AM
	7:00 PM
	7:30 PM
OAKLAND	7:30 PM
SAN LEANDRO	7:15 PM
	WEDNESDAY
BERKELEY	7:00 AM
	5:45 PM
	6:00 PM
EL CERRITO	9:00 AM
OAKLAND	12:00 PM
	12:00 PM
	6:00 PM
SAN LEANDRO	8:00 PM
	THURSDAY
EL SOBRANTE	7:30 PM
FREMONT	7:00 PM
OAKLAND	6:15 AM
	8:00 PM
SAN LEANDRO	6:30 PM
	7:00 PM
	FRIDAY
BERKELEY	5:15 PM
EL CERRITO	6:45 AM
FREMONT	7:30 PM
	8:00 PM
OAKLAND	12:00 PM
	12:10 PM
SAN LORENZO	10:30 AM
	SATURDAY
ALAMEDA	10:30 AM
	5:30 PM
HAYWARD	6:15 PM
OAKLAND	3:00 PM
SAN PABLO	9:00 AM

WOMEN'S

	SUNDAY
EL SOBRANTE	10:00 AM
FREMONT	9:00 AM
HAYWARD	2:00 PM
OAKLAND	2:30 PM
	4:30 PM
	MONDAY
ALAMEDA	7:00 PM
HAYWARD	7:00 PM
OAKLAND	8:00 PM
	8:00 PM
SAN LEANDRO	7:00 PM
	TUESDAY
ALAMEDA	1:00 PM
EL CERRITO	7:00 PM
OAKLAND	6:15 PM
	7:30 PM
SAN LEANDRO	7:15 PM
	WEDNESDAY
ALAMEDA	6:00 PM
BERKELEY	5:45 PM
EL CERRITO	7:00 PM
FREMONT	7:30 PM
OAKLAND	6:00 PM
	THURSDAY
ALAMEDA	7:00 PM
	8:00 PM
BERKELEY	7:00 PM
OAKLAND	6:15 PM
	7:00 PM
	7:45 PM
SAN LEANDRO	7:00 PM
	FRIDAY
FREMONT	6:00 PM
SAN LEANDRO	6:30 PM
	SATURDAY
BERKELEY	4:00 PM
EL CERRITO	10:45 AM
SAN PABLO	9:00 AM

YOUNG PEOPLE

	MONDAY
OAKLAND	8:00 PM
	WEDNESDAY
BERKELEY	8:00 PM
	THURSDAY
BERKELEY	8:15 PM
	FRIDAY
BERKELEY	8:00 PM
	SATURDAY
SAN LEANDRO	6:00 PM
	SUNDAY
ALAMEDA	8:00 PM
BERKELEY	12:00 PM

BIG BOOK

SUNDAY
 EL CERRITO 7:00 PM
 EL SOBRANTE 7:30 PM
 FREMONT 6:00 PM
 OAKLAND 4:30-6:30 PM
 5:00 PM
 8:00 PM

MONDAY
 BERKELEY 9:30 AM
 EL CERRITO 9:00 AM
 FREMONT 9:00 AM
 6:00 PM
 8:00 PM
 HAYWARD 8:30 AM
 7:00 PM
 8:00 PM
 OAKLAND 5:30 PM
 SAN LEANDRO 7:00 PM
 SAN LORENZO 10:30 AM

TUESDAY
 ALAMEDA 5:45 PM
 BERKELEY 6:00 PM
 EL SOBRANTE 5:30 PM
 HAYWARD 6:00 PM
 8:00 PM
 NEWARK 7:00 PM
 OAKLAND 6:00 PM
 7:00 PM
 POINT RICHMOND 7:00 PM
 SAN LORENZO 7:30 PM

WEDNESDAY
 ALAMEDA 8:00 PM
 FREMONT 12:00 PM
 6:00 PM
 HAYWARD 8:30 AM
 OAKLAND 6:15 AM
 12:00 PM
 12:10 PM
 6:00 PM
 6:15 PM
 8:30 PM

THURSDAY
 ALAMEDA 5:30 PM
 8:00 PM
 BERKELEY 7:00 AM
 5:15 PM
 FREMONT 6:00 PM
 HAYWARD 8:30 AM
 12:00 PM

FRIDAY
 BERKELEY 12:10 PM
 6:30 PM
 SAN LEANDRO 8:00 PM

SATURDAY
 CASTRO VALLEY 9:00 AM
 EL CERRITO 7:00 PM
 HAYWARD 6:30 AM
 OAKLAND 9:00 AM
 10:30 AM
 6:15 PM
 8:30 PM
 SAN LEANDRO 1:30 PM

GAY/LESBIAN

SUNDAY
 BERKELEY 7:30 PM
 EL SOBRANTE 9:00-11:00 AM
 OAKLAND GM 7:00 PM

MONDAY
 BERKELEY 7:15 PM
 ALAMEDA 8:15 PM

TUESDAY
 BERKELEY YP 7:00 PM
 OAKLAND 7:00 PM
 GM 8:30 PM

THURSDAY
 BERKELEY LW 7:00 PM
 OAKLAND GM 7:30 PM
 PINOLE 7:00 PM

SATURDAY
 OAKLAND 8:00 PM
 10:30 AM

MEN'S

SUNDAY
 BERKELEY 4:00 PM
 OAKLAND 7:30 PM 7:45 PM

MONDAY
 FREMONT 7:00 PM
 7:00 PM

TUESDAY
 BERKELEY 7:00 PM
 OAKLAND 7:00 PM
 8:00 PM 8:15 PM
 8:30 PM

WEDNESDAY
 FREMONT 6:30 PM
 OAKLAND 8:00 PM (not 3rdWed)
 SAN LEANDRO 7:00 PM

THURSDAY
 ALAMEDA 6:30 PM
 BERKELEY 8:15 PM
 EL CERRITO 7:00 PM
 FREMONT 7:00 PM
 HAYWARD 7:30 PM
 OAKLAND 7:00 PM
 SAN LEANDRO 7:00 PM

FRIDAY
 OAKLAND 1:00 PM
 SAN PABLO 7:00 PM

SATURDAY
 OAKLAND 10:30 AM

GUIA DE REUNIONES (Spanish Speaking Meetings)

Condados de Alameda y Contra Costa
(510) 233-6088
24 Hour Hot-line
(408) 417-1593 (ESPAÑOL)

BERKELEY

Unidad Latina 1118 Dwight Way
7:00-9:00 PM todos los dias
12:00-2:00PM sab, dom

CASTRO VALLEY

Castro Valley 2381 Grove Way Suite C
8:00-10:00 PM todos los dias
10:00-Noon sab
12:00-2:00PM dom
510-581-1748

HAYWARD

Compartimiento 22356 Fuller Ave
7:00-9:00 PM todos los dias
1:00-3:00 PM sáb
9:00-11:00 AM dom
(510) 782-6630

Regreso a lo Basico 27287 Patrick Ave
7:30-9:30 PM lun-vie
PO Box 3304 Hayward, CA 94540

EL CERRITO

El Cerrito Fellowship 12260 San Pablo Ave
7:00-8:00PM mar

NEWARK

No Estamos Solos 37045 Ash St
7:00-9:00 PM lun, jue

OAKLAND

Fe y Accion 1816 International Blvd
7:30-9:30 PM todos los dias
(510) 532-8577

Fruitvale Latino 2616 Fruitvale Ave
7:00-9:00 PM todos los dias
(510) 436-3926

Lucha por tu Vida 8871 Intern'tl Blvd
7:00-9:00 PM todos los dias
10:00- Noon sab, dom
(510) 893-3302

Mexico 1535 23rd Ave
12:00-2:00 PM todos los dias
7:00-9:00 PM todos los dias
5:00-6:30 PM dom
(510) 532-8272

Nuevo Mexico 1023 Peralta
7:00-9:00 PM mar, mie
(510) 893-3302

RICHMOND

Despertar 1408 MacDonald
7:30-9:30 PM todos los dias
10:00 AM-12:00 PM sab

Tinieblas a la Luz 159 Harbor Way
7:30-9:30 PM lun, mie y vie

Libre Al Fin 5201 McBryde Ave
7:30-9:30PM todos los dias

Volver a lo Fundamental 929 23rd St
Noon-2PM todos los dias
8:00-10:00 PM todos los dias

Viviendo Libre 3431 MacDonald #HC
7:00-9:00PM mar, jue, vie, sab

SAN LEANDRO

22 De Diciembre 15970 East 14th #6
5:00-6:30PM lun-vie
7-9 PM todos los dias
10-Midnight Sab y Dom
510-481-2490

SAN LORENZO

Valor y Fortaleza 329 E. Lewelling
7:00-9:00 PM todos los dias
(510)317-7763

SAN PABLO

Solo por Hoy 2301 Rumrill Blvd
7:30-9:30 PM mar jue vie sab

El Milagro 1876 23rd #3
7:30-9:30 PM todos los dias
10:00-Noon dom

UNION CITY

Conocete a ti Mismo 33519 8th St
7:00-8:30 PM todos los dias
7:00-8:30 PM todos los dias

Por reuniones en Antioch, Napa, San Raphael, St Helena, Susuin y Vallejo,
véa la Oficina Hintergrup al Hispana Este de la Bahía

THE TWELVE TRADITIONS

- 1.** Our common welfare should come first; personal recovery depends upon A.A. unity.
- 2.** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3.** The only requirement for A.A. membership is a desire to stop drinking.
- 4.** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
- 5.** Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
- 6.** An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
- 7.** Every A.A. group ought to be fully self-supporting, declining outside contributions.
- 8.** Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- 9.** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10.** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
- 11.** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
- 12.** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

How it Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it- then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol- cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power- that one is God. May you find Him Now! Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

- 1. We admitted we were powerless over alcohol - that our lives had become unmanageable.*
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.*
- 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.*
- 4. Made a fearless and thorough moral inventory of ourselves.*
- 5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.*
- 6. Were entirely ready to have God remove all these defects of character.*
- 7. Humbly asked Him to remove our shortcomings.*

8. *Made a list of all persons we had harmed, and became willing to make amends to them all.*

9. *Made direct amends to such people, wherever possible, except when to do so would injure them or others.*

10. *Continued to take personal inventory and when we were wrong promptly admitted it.*

11. *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

Many of us exclaimed, "What an order I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three personal ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

A Vision for You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you until then.

AA Twenty-four Hour Program

On awakening... we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance... Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision... Here we ask God for inspiration, an intuitive thought or a decision. We relax and take It easy. ... We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced... it is not probable that we are going to be inspired at all times. ... Nevertheless we find that our thinking will... be more and more on the plane of inspiration. We come to rely on it. ...

As we go through the day, we pause when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day, "Thy will be done." ...

When we retire at night, we constructively review our day. ... Were we kind and loving toward all? ... Were we thinking of

Responsibility Statement

I am responsible..... When anyone, anywhere reaches out to help. I want the hand of AA always to be there. And for that: I am responsible.

The Serenity Prayer

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and wisdom to know the difference.

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.



Third Step Prayer

“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”
— *Alcoholics Anonymous, p 63*

Seventh Step Prayer

“My Creator, I am now willing that You should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”
— *Alcoholics Anonymous, p 76*

Eleven Step Prayer

“Lord, make me a channel of Thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

— *Twelve Steps and Twelve Traditions, p 99*

Suggestions For Newcomers

1. Go to meetings. Check out various ones. Always know the time and place of your next meeting and don't drink before it starts. As a new member, many AA's recommend you go to 90 meetings in 90 days.
2. Get phone numbers. Use the back of this schedule. Get numbers and use them **before** you take the first drink.
3. Listen for the similarities. Most of us tend to be critical. Instead, listen for people who have felt what you have. Hear the message in their stories.
4. Get a Big Book. Our program is written in the first 164 pages.
5. Pick a regular meeting (home group) and ask for a service commitment. Even a minor contribution will help you feel a part of the group.
6. Look for a temporary sponsor who will help you get started on the steps. Find an AA member of the same sex who has some time, a working knowledge of the 12 steps and has the sobriety you want.
7. Avoid slippery places and people. If you must go, have a way to leave early or take another member. If tempted, think the drink all the way through. Is one drink really going to be enough? Has it ever?
8. Remember HALT. Don't get hungry, angry, lonely or tired.
9. Stick with the winners— the people who are staying sober by doing service and practicing the program.
10. Ask your Higher Power for help.

