



ALANO CLUB EAST

220 South Howard Street Lansing, Michigan 48912

(517) 482-8957

alanoeastclub.org

Monday

8:15am Big Book Study
11:30 Hopeful Monday
3:30pm Relapse & Recovery
6:30 Traditions
8:00 Beginners

Friday

8:15am Promises
11:30 Free for All
3:30pm Foundations
5:30 New Hope
6:00 Clean Air
8:00 Open Speaker Meeting

Tuesday

8:15am Steps 1, 2, & 3
11:30 Promises
3:30pm Big Book Discussion
5:30 Discussion
6:30 Clean Air

Saturday

8:00am Outer Circle
8:00 Sunrise
9:15 Learning to Live
11:30 Promises
3:30 Veterans
5:00 AA/Al-Anon Couples

Wednesday

8:15am 12 & 12
10:30 Jim's Garage
11:30 Willingness Wednesday
3:30pm Phoenix Steps 1, 2, & 3
5:30 Women's Big Book
5:30 Happy Hour
7:00 Celebration of Sobriety

Sunday

9:00am Step
9:00 Clean Air
9:00 Back Room Men's
10:30 11th Step
1:00pm Nuevos Caminos Español
1:00 Discussion
6:00 Sunday Sobriety
7:00 Women's Each Day

Thursday

8:15am Topic
11:30 Step
3:30pm Discussion
5:30 Serenity
6:00 Men's Step/Tradition (Closed)
7:00 Al-Anon (Women's)

10.1.2023

MISSION STATEMENT:

"To assist with the rehabilitation of alcoholics and others affected by alcoholism."