

# 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  
7:30 Secular Sobriety

## Saturday

8:00am Outer Circle  
8:00 Sunrise  
9:15 Learning to Live  
11:30 Promises  
3:30 Discussion  
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  
3:30 The Essentials  
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)

4.1.2024

### MISSION STATEMENT:

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