

ALANO CLUB EAST



220 South Howard Street Lansing, Michigan 48912 (517) 482-8957 alanoeastclub.org

Monday

8:15 a.m. Big Book Study
11:30 a.m. Hopeful Monday
3:30 p.m. Relapse & Recovery
5:30 p.m. Topic
6:30 p.m. Traditions
8:00 p.m. Beginners

Tuesday

8:15 a.m. Steps 1, 2 & 3
11:30 a.m. Promises
3:30 p.m. Big Book Discussion
5:30 p.m. Discussion
6:30 p.m. Clean Air
7:30 p.m. Secular Sobriety

Wednesday

8:15 a.m. 12 & 12
10:30 a.m. Jim's Garage
11:30 a.m. Willingness Wednesday
3:30 p.m. Phoenix Steps 1, 2 & 3
5:30 p.m. Women's Big Book
5:30 p.m. Happy Hour
7:00 p.m. Celebration of Sobriety (open)

Thursday

8:15 a.m. Topic
11:30 a.m. Step
3:30 p.m. Discussion
5:30 p.m. Serenity
6:00 p.m. Men's Dignitary
7:00 p.m. Al-Anon (Women's)

Friday

8:15 a.m. Promises
11:30 a.m. Free for All
3:30 p.m. Foundations
5:30 p.m. New Hope
6:00 p.m. Clean Air
8:00 p.m. Speaker Meeting (open)

Saturday

8:00 a.m. Outer Circle
8:00 a.m. Sunrise
9:15 a.m. Learning to Live
11:30 a.m. Promises
3:30 p.m. Discussion
5:00 p.m. AA/Al-Anon Couples (open)
6:00 p.m. We Are Not Saints - LAYPAA
(Lansing Young People in AA)

Sunday

9:00 a.m. Step & Gratitude
9:00 a.m. Clean Air
10:30 a.m. 11th Step
1:00 p.m. Nuevos Caminos Espanol
1:00 p.m. Discussion
3:30 p.m. The Essentials
6:00 p.m. Sunday Sobriety
7:00 p.m. Women's Each Day

MEETINGS ARE CLOSED UNLESS DESIGNATED OPEN.

Date: 12-8-24

Attendance at closed meetings is limited to persons who have a desire to stop drinking.