

# COON RAPIDS ALANO MEETING SCHEDULE (UPDATED APRIL 2024)

## AA

*MONDAY	10:00 AM	Design for Living - AA/AL-Anon Open, Mixed	SQUAD 20
MONDAY	5:00 PM	Voices of Recovery - Open, Women	SQUAD 17
MONDAY	6:30 PM	Open, Mixed	SQUAD 8
*TUESDAY	10:00 AM	Design for Living - AA/AL-Anon Open, Mixed	SQUAD 20
TUESDAY	6:30 PM	Open, Mixed	SQUAD 6
*WEDNESDAY	10:00 AM	Design for Living - AA/AL-Anon Open, Mixed	SQUAD 20
WEDNESDAY	6:30 PM	Serenity Sisters - Open, Women	SQUAD 11
WEDNESDAY	8:00 PM	Open, Mixed	SQUAD 3
*THURSDAY	10:00 AM	Design for Living - AA/AL-Anon Open, Mixed	SQUAD 20
THURSDAY	4:30 PM	Women's Big Book Study - Closed	SQUAD 13
THURSDAY	6:30 PM	Women's Step Study - Closed	SQUAD 21
THURSDAY	8:00 PM	Closed, Mixed	SQUAD 5
*FRIDAY	10:00 AM	Design for Living - AA/AL-Anon Open, Mixed	SQUAD 20
FRIDAY	6:30 PM	Big Book - Open, Mixed	SQUAD 1
SATURDAY	8:05 AM	Open, Mixed	SQUAD 2
*SATURDAY	7:00 PM	AA/AL-Anon - Open, Mixed	SQUAD 7
SUNDAY	7:00 PM	Open, Mixed	SQUAD 10

## AL-Anon

*MONDAY	10:00 AM	SQUAD 20	*WEDNESDAY	10:00 AM	SQUAD 20
MONDAY	6:30 PM	SQUAD 14	WEDNESDAY (BEGINS MAY 1, 2024!)	5:00 PM	SQUAD 19
*TUESDAY	10:00 AM	SQUAD 20	*THURSDAY	10:00 AM	SQUAD 20
TUESDAY	2:00 PM	SQUAD 9	*FRIDAY	10:00 AM	SQUAD 20
			*SATURDAY	7:00 PM	SQUAD 7

## AA/AL-Anon General Meeting (Speaker Meeting)

\*2nd TUESDAY OF EVERY MONTH - 8:00 PM

\*AA/AL-Anon - Open, Mixed

"OPEN" Meeting → families, friends, observers welcome

"CLOSED" Meeting → AA = for those who have a drinking problem and have a desire to stop drinking

AL-Anon = for families and friends who have been affected by the disease of alcoholism