











# Triangle Alano Club Meeting Schedule

All meetings are one hour in duration unless otherwise noted






## SUNDAY

6:30 AM		Morning Meditation Group	11th Step Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
8:30 AM		Greenwood Forest Group	Spiritual Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
10:00 AM		Greenwood Forest Group	Men's Meeting	This is a closed meeting of Alcoholics Anonymous (A.A.)
1:00 PM		Living Now Group	Big Book Discussion	This is an open meeting of Alcoholics Anonymous (A.A.)
6:00 PM		Greenwood Forest Group	Women's Meeting	This is a closed meeting of Alcoholics Anonymous (A.A.)






## MONDAY

















6:30 AM		Morning Meditation Group	11th Step Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
12:00 PM		Living Now Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
6:00 PM		Living Now Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)

## TUESDAY

6:30 AM		Morning Meditation Group	11th Step Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
9:00 AM		Be Still... Mid-Morning Meditation Group	Meditation	This is an open meeting of Alcoholics Anonymous (A.A.)
12:00 PM		Living Now Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
6:00 PM		Greenwood Forest Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
8:00 PM		YRAC Group	Big Book Study	This is an open meeting of Alcoholics Anonymous (A.A.)

## WEDNESDAY

6:30 AM		Morning Meditation Group	11th Step Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
12:00 PM		Living Now Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
1:30 PM		Courage to Change Group	Discussion Meeting	This is an open meeting of Al-Anon
6:00 PM		Living Now Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
8:00 PM		Cary Young People Group	Beginners' Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)

THURSDAY				
6:30 AM		Morning Meditation Group	11th Step Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
9:00 AM		Be Still... Mid-Morning Meditation Group	Meditation	This is an open meeting of Alcoholics Anonymous (A.A.)
12:00 PM		Living Now Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
6:00 PM		Living Now Group	Literature Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
FRIDAY				
6:30 AM		Morning Meditation Group	11th Step Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
9:00 AM		Be Still... Mid-Morning Meditation Group	Meditation	This is an open meeting of Alcoholics Anonymous (A.A.)
12:00 PM		Living Now Group	Speaker Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
6:00 PM		Greenwood Forest Group	Speaker Meeting and Discussion	This is an open meeting of Alcoholics Anonymous (A.A.)
8:00 PM		YRAC Group	Discussion	This is a closed meeting of Alcoholics Anonymous (A.A.)
SATURDAY				
6:30 AM		Morning Meditation Group	11th Step Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
8:00 AM		Living Now Group	Discussion Meeting	This is an open meeting of Alcoholics Anonymous (A.A.)
9:30 AM		Courage to Change Group	Discussion Meeting	This is an open meeting of Al-Anon
11:00 AM		Be Still Mid-Morning Meditation Group		This is an open meeting of Alcoholics Anonymous (A.A.)
12:30 PM		Keep it Simple Group	Literature Discussion	This is an open meeting of Alcoholics Anonymous (A.A.)
6:00 PM		Living Now Group	Big Book Discussion	This is an open meeting of Alcoholics Anonymous (A.A.)
8:00 PM		Cary Young People Group	Big Book Discussion	This is an open meeting of Alcoholics Anonymous (A.A.)