

SUNDAY

HERMOSA BCH

HL Alano Club 630PM
701 11th Pl. (Back room)

TORRANCE

*HCW Torrance Alano Club 300PM
1645 Arlington Av. (Women – 1 hr)

MONDAY

HAWTHORNE

*H St. Joseph Church (Spanish)
11901 Acacia Ave. 10AM
Accion Y Superacion De Estudio GFA

HERMOSA BCH

*L St Cross Episcopal Ch. 7AM (1 hr)
1818 Monterrey Bl
Room 9 – upstairs, rear

MANHATTAN BCH

H American Martyrs¹ 7PM (1 hr)
Holy Family House, 624 15th St

ROLLING HILLS

*HST Presbyterian Ch. 10AM
26825 Rolling Hills Rd.

SAN PEDRO

HS Good Shepard Luth. Ch. 730PM²
1350 25th St (Step Study)

TORRANCE

ST 1st Methodist Ch. 730PM
1551 El Prado (Btw Western/Crenshaw)
(7PM beginners' meeting)

TUESDAY

EI SEGUNDO

HY United Methodist Church 730PM
540 Main St. at Mariposa

MANHATTAN BCH

*HB Community Church 12PM (1 hr)
303 S. Peck Av.
American Martyrs Church³ 730PM

Mixed mtg at St. Mother Teresa Rm, 2nd Fl, O'Donnell Hall, East

REDONDO BCH

H⁴ 514 N. Prospect (near Beryl) 7PM (1hr)
Beach Cities Health Dist. Candlelight

SAN PEDRO

*H St. Peters Epis. Church 12PM
1648 W. 9th St.

HM Peninsula Recovery Ctr (Men) 7PM
1386 W. 7th St. (Bldg. A)
Room 6 – ring for entry

¹ 'Serenity in the South Bay' - North of gym

² Was 8pm.

³ Past issues of *The Forum* given to newcomers. 1st wk - steps/trad., 2nd- birthday, 3rd - speaker.

⁴ Directions: Elevator to basement. Business mtg last Step-study last Tue. of month.

HW St. Peters Epis. Church 7PM
1648 W. 9th St, San Pedro

TORRANCE

H Thelma McMillen Center 8PM (1hr)
3333 Skypark Circle #200 - room 5
(745PM newcomer mtg)

WEDNESDAY

HERMOSA BCH

W St. Cross Episcopal Ch. (Women) 7AM (1 hr)
1818 Monterrey Bl.
Room 9 – upstairs, rear

EL SEGUNDO

*HY United Methodist Church 12PM (1 hr)
540 Main St. (near Mariposa)
Johnson Hall--bring lunch

MANHATTAN BCH

HP Trinity Lutheran Ch. 730PM
1340 11th St

PALOS VERDES

*H Mary & Joseph Retreat Ctr 10AM
5300 Crest Rd. at Crenshaw
(930AM beginners' mtg)

TORRANCE

*HL St. Andrews Epis. Ch.⁵ 930AM
1432 Engracia Av. – pending delisting
M St. Andrews Epis. Ch. (Men)⁶ 7PM (1 hr)
1432 Engracia Av. – pending delisting

THURSDAY

EI SEGUNDO

M United Methodist Ch. (Men) 730PM
540 Main St. at Mariposa

GARDENA

HCW Nakaoka Community Ctr 730PM
1670 W. 162nd St (Rm C) (Women)

HERMOSA BCH

* St. Cross Epis. Church 12PM (1hr)
1818 Monterrey Bl. (upstairs, rear)

LOMITA

W Baycities Community Ch. (Women) 7PM(1hr)
2043 Lomita Bl. (classroom)

PALOS VERDES

H Mary & Joseph Retreat Ctr. 730PM
5300 Crest Rd. at Crenshaw (Annex)

HLP St. Francis Epis. Ch. 730PM

2200 Via Rosa at PV Dr. (library)
(7PM beginners' mtg)

TORRANCE

* 1st Christian Ch. 10AM
2930 El Dorado St.

1st Methodist Ch. 730PM
1551 El Prado (Btw Western/Crenshaw)

⁵ 'Tools for Solutions' - new location - meeting status unknown.

⁶ Meeting status unknown.

FRIDAY

HERMOSA BCH (Was MB)

*H St. Cross Episcopal Ch. 7AM (1 hr)
Room 9 – upstairs, rear

PALOS VERDES

*H St. Peters by the Sea Ch. 1PM
6410 Palos Verdes Dr.South

SAN PEDRO

H⁷ Lutheran Ch. (school behind) 8PM
1350 25th St.

SATURDAY

GARDENA

*HS Nakaoka Community Ctr 10AM
1670 W. 162nd St (Rm C)

HERMOSA BCH

* St. Cross Epis. Church 10AM
1818 Monterey Bl.
Room 9 – upstairs, rear

REDONDO BCH

HP 201 Herondo 430PM
Clear Recovery Center - *Mamas and Papas*

TORRANCE

*&B⁸ WALTERIA United Methodist Ch. 9AM
Y 3646 Newton (2nd Fl.) South of PCH/Hawth. Bl.
(830AM beginners' mtg)

ALATEEN⁹

EL SEGUNDO (Alateen)

*&HY United Methodist Ch. 730PM
540 Main St. (2nd Fl.) (TUESDAY)

TORRANCE (Young Alateen/ Alateen)

*&HY WALTERIA United Methodist Ch. 9AM
3646 Newton (3rd Fl.) (SATURDAY)

⁷ Candlelight 2nd and 4th Fridays

⁸ 1st wk - business meeting after main meeting

⁹ Young Alateen 7 - 12 yrs. and Alateen 13 - 19 yrs.

Announcements/Events:

Next District 54 GR Meeting: Wed. Sept 18 at 7PM at Unity Church of South Bay in Torrance.

Alateen Sponsors needed for District 54 (Contact Sandy K. ODAT4SANDYK@aol.com).

On-line AMIAS certificate training available.

Register at aapp@scws-al-anon.org. See SCWS website for additional information. New Alateen meeting on Tuesday night in El Segundo.

**** Aug 30 – Sept 2**, South Bay Roundup (Sept 1 – Al-Anon Long-timer's Tea). **** Sept 18** – D54 GR Meeting. **** Sep 27 - 29**, Southern California AA Convention w/ Al-Anon Participation - Rancho Mirage, CA. Visit District, SCWS, LA Central Office¹⁰ websites for additional information and announcements. Note that the Al-anoucer is available for download through the LA Central Office site.

SCWS Calendar

<http://scws-al-anon.org/calendar.php>

LA Events

<http://www.alanonla.org/events.html>

OC Calendar

<http://www.ocalanon.org/calendar-of-events/>

Alathon

See District website.

Quick Response (QR) code - district website



The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

The Twelve Traditions

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. The Al-Anon Family Groups, ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Our Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

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AL-ANON

Alateen/Young Alateen

September 2019 (Rev. 1)

SOUTH BAY AREA MEETING DIRECTORY

SCWS Area 004, District 54

<http://www.alanonsouthbay.org>

Meeting Information Hotline:
310-544-9668

Related Websites:

<http://www.alanonla.org> (central office)

<http://scws-al-anon.org> (SCWS)

<http://www.al-anon.alateen.org/> (WSO)

Abbreviations/Codes

&... concurrent Al-Anon and Alateen Meetings

4... 4th Step

*... Daytime

B... Baby Sitting

C... Closed (Al-Anon members only)

G... Gay

H... Accessible to handicapped

562 AJ... Thomas Guide example

K... Adult Children of Alcoholics

L... Literature study

M... Men's group

Mtg - meeting

P... Parents' group

S... Step study

SCWS...Southern California World Service

T... Traditions study

TBD... To Be Determined

W... Women's group

WSO...World Service Office

Y... Younger members

Disclaimer:

Copies made of this meeting list are permitted by Al-Anon/Alateen groups only. The listing of facilities (e.g. Alano Clubs, hospitals, churches, etc...) is provided to locate meetings. Al-Anon Family Groups, Inc. does not endorse any outside interest or organization.