

Reality Center South County Alano Club
632 West Main 1317 Harvey Rd
Auburn, WA Auburn, WA
253-833-6783 253-939-6541

SUNDAY

7:00 am Renton Early Birds *O ns we wp wb*
South County Alano Club, Auburn
8:00 am Auburn Awake *O ns oh we wp wb*
South County Alano Club, Auburn
9:00 am Evergreen South Breakfast *O ns we wp*
Eagles, 702 M Street SE, Auburn
9:00 am Solid Sobriety Breakfast Group *O ns we wp wb*
Golden Steer Restaurant 23826 104th SE, Kent
10:30 am Freedom to Change *O oh ns we wp wb*
South County Alano Club, Auburn
10:30 am Promises (Big Book Study) *O ns wo*
Reality Center, Auburn
12:00 pm New Kent Fellowship *O ns we wp wb*
South County Alano Club, Auburn
2:00 pm Sobriety Seekers *O ns we*
South County Alano Club, Auburn
5:30 pm Psychic Change *O ns oh we wp wb*
South County Alano Club, Auburn
7:00 pm Federal Way Sunday Step *O ns*
Luth Ch. 2501 SW 320th St, Fed Way
7:00 pm New Found Freedom *O ns an at wp we wb*
South County Alano Club, Auburn
7:00 pm Sunday Night Dinner Bunch *O ns we wp wb*
IHOP, Super mall, 15th SW, Auburn
7:00 pm Ultima Esperazo (Spanish) *O ns ss*
South County Alano Club, Auburn
7:30 pm Auburn Alkies *C ns an*
Holy Family Cath Ch, 505 - 17th S.E., Auburn
7:30 pm Healthy Women *C ns wo ns*
Ch of Good Shepard 345 S 312th, Fed Way
9:00 pm Serenity after Hours *O ns we wp*
South County Alano Club, Auburn

MONDAY

6:30 am Renton Early Birds *O ns oh we wp wb*
South County Alano Club, Auburn
8:00 am Auburn Awake *O ns oh we wp wb*
South County Alano Club, Auburn
10:30 am Freedom to Change *O ns we wp wb*
South County Alano Club, Auburn
10:30 am Auburn Group *C ns oh we wp*
1st Meth Ch. Main & N St., Auburn
12:00 pm Brown Bag Group *O ns oh*
Sunrise United Method 150 S 356 St, Fed Way
12:00 pm New Kent Fellowship *O ns we wp wb*
South County Alano Club, Auburn
2:00 pm Sobriety Seekers *O ns we wp wb*
South County Alano Club, Auburn
3:30 pm The Old Hall *O ns oh we wp wb*
South County Alano Club, Auburn

4:30 pm Breakaways (Study Group) *O ns*
South County Alano Club, Auburn
5:30 pm Psychic Change *O ns oh we wp wb*
South County Alano Club, Auburn
6:30 pm Federal Way Men's Stag Study *C mo ns we wp wb*
Ch of Christ, 30012 Military RD S, Fed Way
7:00 pm Angels In Disguise *C ns wo we wp wb*
South County Alano Club, Auburn
7:00 pm Federal Way Women *O ns wo*
Lutheran Ch 2501 SW 320th, Fed Way
7:00 pm Finally Free *O an cc*
Brookelake Church 629 S 356th St, Federal Way
7:00 pm New Found Freedom *O ns an at wp we wb cc*
South County Alano Club, Auburn
7:00 pm Step Up *O ns we wp wb*
South County Alano Club, Auburn
7:00 pm Ultima Esperazo (Spanish) *O ns ss*
South County Alano Club, Auburn
7:30 pm Federal Way Big Book Study *O ns we wp*
Light of Christ Ch, 2400 SW 344th St., Fed Way
7:00 pm Woman's Book Study *O wo*
South County Alano Club, Auburn
8:00 pm One Way Group *O ns we wp*
All Saints Luth Ch 27225 Military Rd S, Fed Way
8:00 pm Do It Together *O ns we wp*
Light of Christ Ch, 2400 SW 344th St., Fed Way
8:00 pm Pacific Group *O ns we*
New Hope Luth Ch 603 3rd Ave SE, Pacific
9:00 pm Serenity after Hours *C ns we wp*
South County Alano Club, Auburn

TUESDAY

6:30 am Renton Early Birds *O ns oh we wp wb*
South County Alano Club, Auburn
8:00 am Auburn Awake *O ns oh we wp wb*
South County Alano Club, Auburn
10:30 am Freedom to Change *O ns oh we wp wb*
South County Alano Club, Auburn
12:00 pm New Kent Fellowship *O ns we wp wb*
South County Alano Club, Auburn
12:00 pm Brown Bag Group *O ns oh*
Sunrise United Method Ch 150 S 356 St, Fed Way
2:00 pm Sobriety Seekers *O ns we wp wb*
South County Alano Club, Auburn
3:30 pm The Old Hall 2 *O ns we wp wb*
South County Alano Club, Auburn
5:00 pm South End Veterans *C we wp wb*
South County Alano Club, Auburn
5:00 pm Horseman's Group *O ns we wp wb*
South County Alano Club, Auburn
5:00 pm New Miracle Hall *O ns oh we wp wb*
South County Alano Club, Auburn
5:30 pm Psychic Change *O ns oh we wp wb*
South County Alano Club, Auburn
7:00 pm Federal Way Tues Mens Stag *C mo ns we wp*
2000 SW Dash Point Rd, Fed Way
7:00 pm Ultima Esperazo (Spanish) *O ns ss*
South County Alano Club, Auburn

7:00 pm New Found Freedom *O ns wp we wb*
South County Alano Club
7:00 pm The First 12 Months *O ns wp we wb*
Celebration Church 1039 22nd NE, Auburn
7:30 pm Auburn Stag Group *C ns mo we wp*
Episcopal Ch, 123 L St. NE, Auburn
7:30 pm South Sound Young People *O yp ns wp we wb*
Brookelake Church 629 S 356th St, Federal Way
8:00 pm Fed Way Tue Step Study *C ns we*
Calvary Luth Ch, 2415 S 320th, Fed Way
9:00 pm Serenity after Hours *O ns we wp*
South County Alano Club, Auburn

WEDNESDAY

6:30 am Renton Early Birds *O ns oh we wp wb*
South County Alano Club, Auburn
8:00 am Auburn Awake *O ns oh we wp wb*
South County Alano Club, Auburn
10:30 am Freedom to Change *O ns oh we wp wb*
South County Alano Club, Auburn
12:00 pm New Kent Fellowship *O ns we wp wb*
South County Alano Club, Auburn
12:00 pm Brown Bag Group *O ns oh*
Sunrise United Method 150 S 356 St, Fed Way
2:00 pm Sobriety Seekers *O ns we wp wb*
South County Alano Club, Auburn
3:30 pm The Old Hall 2 *O ns oh we wp wb*
South County Alano Club, Auburn
4:30 pm Breakaways (Study Group) *O ns we wp wb*
South County Alano Club, Auburn
5:00 pm New Miracle Hall *O ns oh we wp wb*
South County Alano Club, Auburn
5:30 pm Psychic Change *O ns oh we wp wb*
South County Alano Club, Auburn
7:00 pm New Found Freedom *O ns wp we wb*
South County Alano Club, Auburn
7:00 pm Ultima Esperaza (Spanish) *O ns ss*
South County Alano Club, Auburn
7:00 pm Healing Time *O ns oh wp we wb*
30441 38th Ave, S., Auburn
7:30 pm The Anonymity Group *O ns we wp wb*
United Methodist Church 29645 51st ave s Fed Way
7:30 pm Wed Night Women in Recovery *O wo ns we wp wb*
Church of Christ, 30012 Military Rd So, Fed Way
8:00 pm Auburn Group *C ns an at we wp wb*
1st Method Ch. Main & N St, Auburn
8:00 pm Federal Way Wednesday Open *C ns*
Ch of Good Shepherd - 345 So. 312th, Fed Way
9:00 pm Serenity after Hours *O ns we wp*
South County Alano Club, Auburn

THURSDAY

6:30 am Renton Early Birds *O ns oh we wp wb*
South County Alano Club, Auburn
8:00 am Auburn Awake *O ns oh we wp wb*
South County Alano Club, Auburn
10:30 am Freedom to Change *O ns oh we wp wb*
South County Alano Club, Auburn

10:30 am Vista Group *O ns oh we wb*
Reality Center, Auburn
12:00 pm New Kent Fellowship *O ns we wp wb*
South County Alano Club, Auburn
12:00 pm Brown Bag Group *O ns oh*
Sunrise United Method Ch 150 S 356 St, Fed Way
2:00 pm Sobriety Seekers *O we wb*
South County Alano Club, Auburn
3:30 pm The Old Hall 2 *O ns oh we wp wb*
South County Alano Club, Auburn
5:00 pm Horsemen's Group *O ns we wp wb*
South County Alano Club, Auburn
5:30 pm Women In Recovery *O ns wo cc we wp wb*
All Saints Ch, 27225 Military Rd S., Fed Way
5:30 pm Psychic Change *O ns oh we wp wb*
South County Alano Club, Auburn
6:00 pm EYCEL, Russian Speaking *O ns we wp wb*
33309 1st Way S, Fed Way
7:00 pm New Found Freedom *O ns wp wb wb*
South County Alano Club, Auburn
7:00 pm South End Veterans *O ns wp wb wb*
South County Alano Club, Auburn
7:00 pm Ultima Esperaza (Spanish) *O ns ss we wp wb*
South County Alano Club, Auburn
7:00 pm Something New at 302 *O ns oh wb we*
302 Recovery House, 302 4th St. NE, Auburn
7:30 pm Camelot Square Group *O ns we wp*
Rec Hall, 3001 S. 288th, Fed Way
7:30 pm Fed Way Thu Night Men's Stag *C mo ns we wp*
Steel Lake Presb, 1829 S. 308th, Fed Way
7:30 pm Rainbow Recovery *gs we*
Church of Christ 30012 Military Rd Federal Way
8:00 pm White River Group *C ns wp*
St. Matthews Epis Ch. 123 "L" St NE, Auburn
8:00 pm Do It Together *C ns we wp*
Light of Christ Ch. 2400 SW 344th St, Fed Way
9:00 pm Serenity after Hours *O ns we wp*
South County Alano Club, Auburn

FRIDAY

6:30 am Renton Early Birds *O ns oh we wp wb*
South County Alano Club, Auburn
8:00 am Auburn Awake *O ns oh we wp wb*
South County Alano Club, Auburn
10:30 am Auburn Group *C ns an we wp wb*
1st Method Ch. Main & N St., Auburn
10:30 am Freedom to Change *O ns oh we wp wb*
South County Alano Club, Auburn
12:00 pm New Kent Fellowship *O ns we wp wb*
South County Alano Club, Auburn
12:00 pm Brown Bag Group *O ns oh*
Sunrise United Method Ch 150 S 356 St, Fed Way
2:00 pm Sobriety Seekers *O ns we wp*
South County Alano Club, Auburn
3:30 pm The Old Hall 2 *O ns oh we wp wb*
South County Alano Club, Auburn
4:30 pm Breakaways (Study Group) *O ns*
South County Alano Club, Auburn

Alcoholics Anonymous

District 32

Federal Way, Auburn, Kent

District 32 Website: www.district32aa.org
 Seattle Intergroup Website: www.seattleaa.org
 South King County Alano Club Website:
www.southkingalanoclub.com
 Washington Area Website: www.area72aa.org
 Seattle Intergroup Phone: 206-587-2838
 Al-Anon Phone: 206-625-0000

May 2010

O Open – anybody may attend
C Closed – Alcoholics only
an Al-Anon meeting at same time and location
asl American Sign Language
at Alateen meeting at same time and location
cc Child care available at meeting
gs Gay/lesbian supported meeting
mo Men only
no Native Only
ns No smoking meeting
oh One hour meeting
sn Smoking and no smoking tables
sp Speaker meeting
ss Spanish Speaking
vo Veterans Only
wb Wheelchair accessible bathrooms
we Wheelchair accessible entrance
wo Women only
wp Wheelchair accessible parking
yp Young People

PREAMBLE

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Notes/Phone Numbers:

Call before you pick up

5:00 pm New Miracle Hall *O ns oh we wp wb*
 South County Alano Club, Auburn
 5:00 pm Vista Group *O ns oh we wb*
 Reality Center, Auburn
 5:30 pm Psychic Change *O ns oh we wp wb*
 South County Alano Club, Auburn
 6:30 pm Southeast Group *O ns we wp wb*
 Ch of Nazarene 1225 29th St SE, Auburn
 7:00 pm 3rd Friday Of The Month Speaker *O ns oh we wp wb*
 South County Alano Club, Auburn
 7:00 pm Ultima Esperaza (Spanish) *O ss we wp wb*
 South County Alano Club, Auburn
 7:00 pm New Found Freedom *O ns wp we wb*
 South County Alano Club, Auburn
 7:00 pm T.S.A.A.(Trauma Survivors) *C ns wp wb si*
 South County Alano Club, Auburn
 8:00 pm Friday Night Live *C ns we wp*
 1st Method Ch. Main & N St, Auburn
 8:00 pm Federal Way Friday Night *O ns we wp wb*
 Wayside Un Ch 2000 SW Dash Pt Rd, Fed Way
 8:00 pm New Hope Candlelight *O ns wp we wb*
 New Hope Ch, 603 3rd Ave SE, Pacific
 8:00 pm As Bill Sees It *O ns oh wp we*
 Luth Ch. 2501 SW 320th St, Fed Way
 9:00 pm Serenity after Hours *O ns we wp wb*
 South County Alano Club, Auburn

SATURDAY

6:30 am Renton Early Birds *O ns oh we wp wb*
 South County Alano Club, Auburn
 8:00 am Auburn Awake *O ns oh we wp wb*
 South County Alano Club, Auburn
 8:30 am Freedom in Sobriety *O ns we wp wb*
 Dennys - 2132 S. 320th, Fed Way
 9:00 am Federal Way Mens Stag Sat *O ns mo cc*
 Ch of Good Shepherd, 345 So 312th, Fed Way
 10:00 am Auburn Women *C ns wo*
 1st Method Ch. Main & N St., Auburn
 10:00 am Vista 4th Step Study Group *O ns we wp wp*
 Reality Center, Auburn
 10:30 am Freedom to Change *O ns oh we wp wb*
 South County Alano Club, Auburn
 12:00 pm New Kent Fellowship *O ns we wp wb*
 South County Alano Club, Auburn
 2:00 pm Sobriety Seekers *O ns we wp wb*
 South County Alano Club, Auburn
 3:30 pm The Old Hall 2 *O ns oh we wp wb*
 South County Alano Club, Auburn
 5:00 pm New Miracle Hall *O ns oh we wp wb*
 South County Alano Club, Auburn
 5:00 pm All About Choices, Auburn Business Park *O oh we*
 1833 Auburn Way N, Ste J, Auburn
 5:30 pm Psychic Change *O ns oh we wp wb*
 South County Alano Club, Auburn
 7:00pm Just4Today Speaker Meeting *O ns sp we cc*
 Brookelake Church 629 S 356th St , Federal Way
 7:00 pm South End Veterans *C ns we wp wb*
 South County Alano Club, Auburn

7:00 pm Ultima Esperaza (Spanish) *O ss we wp wb*
 South County Alano Club, Auburn
 7:00 pm New Found Freedom (3rd Sat Spkr) *O ns wp we wb*
 South County Alano Club, Auburn
 7:00 pm Healing Time (Korean Speaking) *O yp oh we wp wb*
 33919 9th Ave S, Ste 3 Fed Way
 8:00 pm Auburn Group *O ns an we wb*
 1st Method Ch. Main & N St, Auburn
 8:00 pm Sober on Saturday (Big Book Stdy) *O ns we wp wb*
 9 Lakes Bapt Ch, 1636 So. 330th., Fed Way
 9:00 pm Serenity After Hours *O ns wp we wb*
 South County Alano Club, Auburn
 10:00 pm Sunlight of the Spirit *O ns oh*
 Ch of Good Shepard 345 S 312th , Fed Way

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 Him*, praying only for knowledge of His 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 alcoholics, and to practice these principles in all our affairs.