

**MEDITATIONS HOME GROUPS MEETINGS**

**MONDAY**

- 5am Naam Yoga Morning Meditation
- 7:15a Morning Watch Group (24Hr/Daily Reflections)
- Noon Out To Lunch Bunch (12 Steps/12 Traditions)
- 5:30p Happy Hour Group (24Hour/Daily Reflections)
- 7:00p Beginner's Meeting (Beginner's/12&12/ Steps 1, 2, 3)
- 7:30p Back Door Big Book Group (Big Book Study/Back Room)

**TUESDAY**

- 5am Naam Yoga Morning Meditation
- 7:15a Morning Watch Group
- Noon Out To Lunch Bunch (Topic/Discussion)
- 5:30p Happy Hour Group (Speaker/Discussion)
- 7:00p Meeting In A Pocket (Beginner /Topic/Discussion)

**WEDNESDAY**

- 5am Naam Yoga Morning Meditation
- 7:15a Morning Watch Group (Step Meeting)
- Noon Out To Lunch Bunch (Speaker/Discussion)
- 5:30p Happy Hour Group (Topic/Discussion)
- 7:00p Back To Life (Narcotics Anonymous)
- 7:00p Treasure Trove Group (Spiritual Discovery/Practice/Back Room)
- 7:00p Marching In Step (Closed Step Meeting/FrontRoom)

**THURSDAY**

- 5am Naam Yoga Morning Meditation
- 7:15a Morning Watch Group
- Noon Out To Lunch Bunch (Grapevine/Discussion)
- 5:30p Happy Hour Group (Big Book)
- 6:30p Art in Recovery (Back Room)
- 7:00p Back To Basics (Beginner/Topic/Discussion)
- 7:00p Thursday Night Men's Meeting (Front Room)

**FRIDAY**

- 5am Naam Yoga Morning Meditation
- 7:15a Morning Watch Group (Joe and Charlie Meeting)
- Noon Out To Lunch Bunch (Big Book)
- 5:30p Happy Hour Group (As Bill Sees It/Living Sober)
- 7:00p Meeting Makers Make It (Beginner/Topic/Discussion)

**SATURDAY**

- 5am Naam Yoga Morning Meditation
- 7:15a Morning Watch Group
- 8:30a Open Meditation
- Noon Out To Lunch Bunch (Beginner/Living Sober/Discussion)
- 6:00p A Power Greater Than Ourselves (Open Discussion)

**SUNDAY**

- 5am Naam Yoga Morning Meditation
- 9:00a Morning Watch Group (The Promises/Discussion)
- Noon Out To Lunch Bunch (Came To Believe /As Bill Sees It)
- 5:30p Pink Cloud Party (Women's Meeting/Topic/Discussion/Front Room)
- 6:00p 24 Hour Book Group (Topic/Discussion/ 24 Hour Book/Daily Reflections)



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