

**SUNDAY**

**6:45 AM**  
Sunrise Sobriety  
(Promises)  
**Bill W. Room** (O)

**10:30 AM**  
Women’s Group  
(Step)  
**Bill W. Room** (O)

**11:45 AM**  
Women’s Big Book Study  
**Chuck O. Room** (O)

**1:00 PM**  
Beginners  
(Topics)  
**Bill W. Room** (O)

**6:00 PM**  
Contingent Group  
**Bill W. Room** (O)

**6:30 PM**  
Gamblers Anonymous  
**Chuck O Room** (O)

**6:30 PM**  
Gam-Anon  
**Kitty Room** (O)

**8:30 PM**  
Woodmont Group  
(Topics)  
**Bill W. Room** (O)

**MONDAY**

**6:45 AM**  
Sunrise Sobriety  
(Step Study & Discussion)  
**Bill W. Room** (O)

**Noon**  
Back Room Noon Group  
(How It Works)  
**Bill W. Room** (O)

**6:00 PM**  
Del Ray Early Bird  
(As Bill Sees It)  
**Bill W. Room** (C)

**6:00 PM**  
Alanon  
**Chuck O. Room** (O)

**8:30 PM**  
Fifth Chapter  
(Big Book Reading)  
**Bill W. Room** (C)

All meetings are Alcoholics Anonymous (AA) unless otherwise specified.  
O = meeting is open to all  
C = meeting is for those with a desire to stop drinking

**Updated 1/22/2025** -- Please email any updates to this meeting schedule to [delrayclub1@comcast.net](mailto:delrayclub1@comcast.net)

**TUESDAY**

**6:45 AM**  
Sunrise Sobriety  
(Speaker & Discussion)  
**Bill W. Room** (O)

**Noon**  
Back Room Noon Group  
(Step Meeting)  
**Bill W. Room** (O)

**6:00 PM**  
Del Ray Early Bird Group  
(Steps, Reading)  
**Bill W. Room** (C)

**7:00 PM**  
Dignitaries Sympathy Group  
Men’s AA with Crosstalk  
**Chuck O. Room** (C)

**8:30 PM**  
Woodmont Group  
(Steps)  
**Bill W. Room** (C)

**WEDNESDAY**

**6:45 AM**  
Sunrise Sobriety  
(Big Book & Discussion)  
**Bill W. Room** (O)

**Noon**  
Back Room Noon Group  
(Big Book Meeting)  
**Bill W. Room** (O)

**5:00 PM**  
Adult Children of Alcoholics  
**Chuck O. Room** (O)

**6:00 PM**  
Del Ray Early Bird Group  
(Topics)  
**Bill W. Room** (C)

**7:30 PM**  
Celebrations  
(Young People – YP)  
**Chuck O. Room** (O)

**8:30 PM**  
Fifth Chapter  
(“How it Works”)  
**Bill W. Room** (C)

**THURSDAY**

**6:45 AM**  
Sunrise Sobriety  
(Grapevine)  
**Bill W. Room** (O)

**Noon**  
Back Room Noon Group  
(Slogans Meeting)  
**Bill W. Room** (O)

**5:45 PM**  
Adult Children of Alcoholics  
Loving Parent Workbook  
**Chuck O. Room** (O)

**6:00 PM**  
Del Ray Early Bird Group  
(Big Book Reading)  
**Bill W. Room** (O)

**7:15 PM**  
Refuge Recovery  
(Non AA – Hybrid Meeting)  
**Chuck O. Room** (O)

**8:00 PM**  
Women’s Alanon  
Kitty Room (O)

**8:30 PM**  
12 and 12  
(Steps & Traditions)  
**Bill W. Room** (C)

**FRIDAY**

**6:45 AM**  
Sunrise Sobriety  
(As Bill Sees It)  
**Bill W. Room** (O)

**Noon**  
Back Room Noon Group  
(Steps 3 and 11)  
**Bill W. Room** (O)

**6:00 PM**  
Del Ray Early Bird Group  
(Beginners/Steps 1,2,3)  
**Bill W. Room** (C)

**7:00 PM**  
Spanish Alanon  
**Kitty Room** (O)

**8:30 PM**  
Acceptance Two-fer  
(AA/Al-Anon)  
**Bill W. Room** (O)

Acceptance Group  
(Chip Meeting)  
**Chuck O. Room** (O)

**SATURDAY**

**6:45 AM**  
Sunrise Sobriety  
(Speaker & Discussion)  
**Bill W. Room** (O)

**8:30 AM**  
Saturday Morning Live  
Adult Children of Alcoholics  
**Chuck O. Room** (O)

**9:00 AM**  
Debtors Anonymous  
(Speaker)  
**Kitty Room** (O)

**Noon**  
Tools  
**Bill W. Room** (O)

Del Ray Noon Group (Tools)  
**Chuck O. Room** (O)

**4:00 PM**  
Meditation Meeting  
**Chuck O. Room** (O)

**6:00 PM**  
Topics  
**Bill W. Room** (O)

**8:30 PM**  
Celebration  
(Speakers Meeting)  
**Bill W. Room** (O)

**Del Ray Club House Rules:** Members and Guests of the Del Ray Club are subject to House Rules that are posted within the Clubhouse and at [delrayclub.org](http://delrayclub.org). A few key excerpts:

- The Club is open to Members who are current with their dues between 6:30 am and 9:45 pm.
- Non-members are welcome to attend 12-step meetings and may stay on the premises 30 minutes prior to and following meetings, during the Club’s open hours.
- The following is prohibited: abusive, vulgar or profane language; noisy or disruptive behavior; sleeping on the premises; the use of radios; bicycles within the building; animals or pets except for service dogs; smoking or vaping within the facility; and the use of cameras on the premises.
- Children must be supervised at all times by a parent or other adult.
- While in meetings, phones should be turned off or be in silent mode.

**Personal belongings may not be left on the premises.**

**Contact Names, Numbers and Emails:**

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**We also have numerous zoom meetings.**  
To find the latest, visit [delrayclub.org/resources/online](http://delrayclub.org/resources/online)