

AA MEETING RECOMMENDATIONS

You are welcome to go to any open AA meeting listed on the Oahu meeting website (<http://www.oahucentraloffice.com/>). Sometimes students do not know which meetings are appropriate to visit. We recommend the following meetings located in and around the University of Hawaii at Manoa area:

SUNDAY- **SUNDAY MORNING SOBRIETY**, Topic/Discussion – Non-Smoking/Wheel Chair Access
Moiliili Community Center
2535 S. King Street (behind Down to Earth)
Moiliili - **10:00 AM**

Who: About 30 people from age 18 to 50+.

Where: Upstairs on the second floor of the Moiliili Community Center, which is located behind Down to Earth.

Why we like this one: It is located within walking distance of UH. It is a friendly and welcoming environment.

MONDAY- **SICK AND TWISTED**, Young People's Meeting – Non-Smoking
Unity Church
3608 Diamond Head Circle near Waikiki, up Monsarrat from Honolulu Zoo.
Waikiki - **6:30 PM til 7:30 PM**

Who: Mostly people in their 20s – 30s

Where: Outside in the courtyard of the church.

Why we like this one: This meeting is for young people just like the BAD BRAINS group. BASICS students recommended this meeting to us because they felt comfortable attending, and we felt the same.

TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY, MONDAY

HAPPY HOUR

Mauka side of Kapiolani Park, across Paki Ave. from Diamond Head Tennis Courts
Under the Big Banyan Tree
Waikiki - **5:30 PM**

Who: About 25 – 40 people attend this meeting; most are in their 30s, 40s and 50s.

Where: You'll see a circle of people sitting in beach chairs under the big banyan tree and near a picnic table in the park. There are two tennis courts in that area, so make sure you are near the ones closest to the Diamond Head Crater on Paki Ave.

Why we like this one: The Happy Hour meetings are held seven days a week, which is convenient for students who have hectic schedules. It is a casual, large meeting located outdoors in Kapiolani Park. You can sit up close and be involved or sit back and observe.

WEDNESDAY- BAD BRAINS GROUP, Speaker/Discussion
St. Mark's Church,
539 Kapahulu Ave., near Waikiki
Kapahulu - **7:00 PM til 8:30 PM**

Who: Mostly people in their 20s – 30s

Where: You can park across the street in the lot designated for St. Mark's and Irifune. The meeting is located behind St. Mark's Church, inside the meeting room and playground area. You can sit wherever you are most comfortable.

Why we like this one: This is an easy-going, young people's group. Most people are welcoming and open about sharing their own experiences with alcohol and/or drugs. You can sit inside and participate or sit outside and observe.

THURSDAY- MANOA GARDENS, Big Book Study
2790 Kahaloa Dr. (Community Center Bldg. down the street from the Manoa Shopping Center)
Manoa - **7:30 PM**

Who: A small group of middle-aged people. (There were five people present when we attended).

Where: This meeting is NOT held at the Manoa Gardens on the UH campus. It is held inside the office/ community center bldg. of an apartment complex called "Manoa Gardens" back in Manoa Valley. No parking is available inside the apartment complex, so please park outside on the street.

Why we like this one: It is located close to UH. This is a book study group, so members read passages from the Alcoholics Anonymous book and share related personal stories.

FRIDAY- PALOLO DISCUSSION
Good Samaritan Church
1801 10th Ave.
Palolo - **8:00 PM til 9:15 PM**

Who: About 20 - 30 people from all walks of life attend this meeting and take part in discussion.

Where: It is held inside the rec room of the Good Samaritan Church on 10th Avenue. Street parking is available.

Why we like this one: This meeting is on our list because it is located in the Kaimuki area, close to UH. It is not within walking distance, but it is convenient if you live in Kaimuki or take the bus.

AA MEETING GUIDELINES

Things to consider when attending an AA meeting:

Please dress appropriately. Also, come prepared with a sweatshirt or umbrella if your meeting is outdoors.

Pay close attention to the “rules” and traditions of AA, which are read aloud at the beginning of each meeting.

It is up to you to decide if you want to introduce yourself to the group. Although it is generally expected, it is not required that those who attend and share identify themselves as being alcoholic.

Be smart! BASICS does not recommend students attending midnight meetings in park settings. If in doubt about any meeting, take along a friend.

Do not attend a meeting if you have consumed any alcohol beforehand. Even smelling alcohol on another person can be a trigger for someone who is in recovery.

A basket is usually passed around for voluntary contributions to defray expenses (for coffee, etc...). No contribution is required.

Be respectful to AA members. AA is an anonymous and confidential group. Detailed information shared at AA stays within the group. When writing about your AA experiences, please be general and do not identify anyone.

Do not attend CLOSED meetings. On the Oahu Central Office website, these meetings are listed with a “C.” You are welcome to attend any meeting that is OPEN. The meetings are flagged with the following information:

Meeting Flags:

C : Closed Meeting **CF** : Child Friendly

G : Gay/Lesbian **LIT** : Literature Based

M : Men Only **NS** : Non-Smoking

SS : Smoking Section **W** : Women Only

WC : Wheel Chair Access

If there are no flags, the meeting is OPEN.

For more information, go to: <http://www.alcoholics-anonymous.org>

For meeting schedules on Oahu, go to: <http://www.oahucentraloffice.com/meetings.htm>