



Lambda Center Houston

A LGBTQ Center Hosting Alcoholics Anonymous, AI-Anon, ACA, and CMA Meetings

1201 W Clay Street, Houston, TX 77019 * 713-521-1243 www.lambdahouston.org

Last updated 3/22/16

Sunday

Time / Room	Program / Group	Type / Format
9:30 a.m. 3 AA	Came to Believe	Open Discussion
10:45 a.m. 1 ACA	ACA Step Study	Open Step Study
10:45 a.m. 3 AA	One Step per Month	Closed Step Study
5:00 p.m. 1 AA	Stretch & Surrender	Open Yoga / Step Study
5:30 p.m. 3 CMA	Breaking Free	Open Discussion
7:00 p.m. 1 AA	Sunday Evening	Open Discussion
7:00 p.m. 3 AI-Anon	Lambda AI-Anon	Closed Discussion
8:30 p.m. 3 AA	Last Call for Serenity	Open Discussion

Monday

Time / Room	Program / Group	Type / Format
6:30 a.m. 3 AA	Eyes Wide Shut	Open Discussion
12:15 p.m. 3 AA	Monday Magic	Open Step Study
5:15 p.m. 3 AA	Keep Coming Back	Open Discussion
6:30 p.m. 3 AA	Back to Basics	Closed Women
6:45 p.m. 4 CMA	Sex, Intimacy & Relationships	Open Men
6:45 p.m. 1 CMA	Miss Amphetamine	Open Women
8:00 p.m. 1 AA	Beginners	Open Beginners
9:30 p.m. 3 AA	Last Call for Serenity	Open Discussion

Tuesday

Time / Room	Program / Group	Type / Format
6:30 a.m. 3 AA	Eyes Wide Shut	Open Book Study
12:15 p.m. 3 AA	Unity	Closed Discussion
12:15 p.m. 4 AA	Surrender Dorothy	Open Beginners
5:15 p.m. 3 AA	Unwound	Open Discussion
6:30 p.m. 3 AA	Double Digit	Closed Discussion
8:00 p.m. 4 AA	Little Table Group	Closed Discussion
8:00 p.m. 3 AI-Anon	Lambda AI-Anon	Closed Discussion

(Lambda AI-Anon Birthday Night Celebrated Last Week Every Month)

9:30 p.m. 3 AA	Last Call for Serenity	Open Big Book
9:30 p.m. 4 CMA	Keep It Simple	Open Discussion

Wednesday

Time / Room	Program / Group	Type / Format
6:30 a.m. 3 AA	Eyes Wide Shut	Open Discussion
12:15 p.m. 3 AA	Hump Day	Open Speaker
5:15 p.m. 3 AA	Traffic Jam	Closed Discussion
6:30 p.m. 1 AI-Anon	Double Winners	Open Discussion
6:30 p.m. 3 AA	Silent Journey II	Open Meditation
6:30 p.m. 4 AA	Women on Wednesday	Open Women

Wednesday *(continued)*

Time / Room	Program / Group	Type / Format
8:00 p.m. 3 AA	Athiests & Agnostics in AA	Open Speaker/ Discussion
9:30 p.m. 3 AA	Last Call for Serenity	Open Beginners

Thursday

Time / Room	Program / Group	Type / Format
6:30 a.m. 3 AA	Eyes Wide Shut	Open Discussion
12:15 p.m. 3 AA	Leisure	Closed Discussion
12:15 p.m. 4 AA	Surrender Dorothy	Open Beginners
5:15 p.m. 3 AA	I Want to Scream!	Open Discussion
6:30 p.m. 4 ACA	Adult Children of Alcoholics Open Book Study (90 minutes)	Open Beginners
6:30 p.m. 3 AA	12 Steps & 12 Traditions	Closed Book Study
8:00 p.m. 3 AA	Recovery Pages	Open Book Study
8:00 p.m. 1 CMA	Are You a Tweaker?	Open Discussion
9:30 p.m. 3 AA	Last Call for Serenity	Open 12X12

Friday

Time / Room	Program / Group	Type / Format
6:30 a.m. 3 AA	Eyes Wide Shut	Open Discussion
12:15 p.m. 3 AA	TGIF	Closed Discussion
5:15 p.m. 3 AA	Study and Grow	Open Book Study
6:30 p.m. 3 AA	Positive Sobriety	Open HIV
7:45 p.m. 3 AA	The 10th Step Group	Open Discussion
8:00 p.m. 4 CMA	The Young and the Restless	Open Discussion
9:30 p.m. 3 AA	Last Call for Serenity	Open Candlelight

Saturday

Time / Room	Program / Group	Type / Format
8:30 a.m. 3 AA	Early Bird	Open Discussion
10:00 a.m. 3 AA	Silent Journey I	Open Meditation
11:30 a.m. 3 AA	Eye Opener	Open Discussion
2:00 p.m. 4 AI-Anon	But One Purpose (Men's AI-Anon)	Open Discussion
7:00 p.m. 1 AA	Birthday Night	Open Birthday

(Last Saturday of Every Month)

8:00 p.m. 1 AA	Saturday Night Live	Open Speaker
----------------	---------------------	--------------

(Except the Last Saturday of Every Month)

9:30 p.m. 3 CMA	Candlelight Meeting	Open Discussion
-----------------	---------------------	-----------------

About Lambda Center Group Meetings

Meetings held at Lambda Center Houston are typical of many Alcoholics Anonymous and other Twelve Step Groups. Meetings will be "Open" or "Closed," and may have a special focus or format, depending upon the particular Group.

Open: Open to anyone: Group Members, families, friends and anyone interested in solving a personal drinking problem or helping someone else to solve such a problem.

Closed: Limited to Group Members. They provide an opportunity for members to share openly with one another on alcoholism and the methods used to achieve and maintain a life of stable sobriety. They are closed to observers.

General Meeting Format: Most Twelve Step Meetings follow the same opening format: A chairperson opens the meeting with the Alcoholics Anonymous preamble. This is usually followed by a "moment of silence" after which the Serenity Prayer is recited. The chair will then welcome Newcomers or Visitors to the Group. A short reading will follow, usually "How it Works," or some other selection from the Alcoholics Anonymous "Big Book." The meeting format will vary at this point, depending upon whether it is a Discussion, Speaker, Beginners, Book Study or special focus meeting (see the descriptions of the various meeting types below).

Announcements may be made during the meeting, depending upon the Group's convention. A basket is passed to defray costs of the meeting room rent, literature, and incidental expenses. After the meeting adjourns, there is usually visiting and fellowship outside the meeting room. Guests at Open Meetings are reminded that any opinions or interpretations they may hear are solely those of the individual speakers. All members are free to interpret the recovery program in their own terms, but none can speak for the local group or 12- Step Program as a whole.

Meeting Types

Birthday: Birthday meetings are celebrations held monthly to recognize each year of continuous sobriety. Celebrants are presented certificates and bronze "chips" to recognize their sobriety anniversary, and asked to briefly share about their experiences. To be recognized, add your name and sobriety date to the sign-up sheet in the television lounge. Cake is provided for all after this very special meeting.

Book Study: Often referred to as "Literature" meetings, Book Study meetings begin with the same general meeting format. After the meeting has opened, the chairperson will invite members to read from the Alcoholics Anonymous "Big Book," the "Twelve and Twelve," or "As Bill Sees It." Other titles may be used, depending upon the conventions of the individual Group. Most literature meetings will spend half the meeting reading, with each member taking his or her turn to read a few paragraphs or perhaps a page from the selected book, following the chairperson's direction. The second half of the meeting will usually be a group discussion, led by the chairperson, of the material read. Books are provided for literature meetings.

Candlelight: Some evening meetings are Discussion meetings held by candlelight.

Discussion: These meetings are the most common Twelve Step meeting type. A chairperson will introduce a topic for discussion, after which those attending will have an opportunity, if desired, to share their own experiences and observations about recovery, usually for three to five

minutes per "share." "Sharing" is not required of everyone in attendance—many choose only to listen. "Take what works and leave the rest," is a comment frequently heard at these meetings.

HIV: These meetings focus on issues of particular interest to alcoholics who are HIV+.

Meditation: These meetings begin with an introduction of approximately ten minutes, followed by 30 minutes of silent meditation, followed by 20 minutes of discussion.

Men: Limited to men only, in order to focus on special issues of particular interest to men.

Speaker: These meetings feature an invited "guest speaker," with two or more years of recovery, to tell his or her "story" to the group, after which a portion of the time may be set aside for comments on the speaker's story by members. "Our stories disclose in a general way what we used to be like, what happened, and what we are like now," as the Alcoholics Anonymous "Big Book" says.

Step Study: These meetings focus on one particular step as the meeting's topic for discussion. Some Step Study Groups use literature in combination with discussion, while others use worksheets and writing for an in-depth approach to the individual steps.

Beginners: These meetings typically concentrate on the first three steps in recovery, and follow the Discussion format.

Women: Limited to women only, in order to focus on special issues of particular interest to women.

YOGA: These meetings begin with 50-55 minutes of Yoga, followed by 5 to 10 minutes of silent meditation, and then follow with a traditional AA Discussion meeting for 30 minutes.

12-Step Programs at Lambda Center

AA: 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 A.A. membership; we are self-supporting through our own contributions. A.A. 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.

AI-Anon: AL-ANON is fellowship of relatives and friends of alcoholics. AI-Anon believes that alcoholism is a family illness and that changed attitudes can aid recovery. Meetings are for family members and those in relationships with alcoholics, and follow a meeting format similar to that of Alcoholics Anonymous meetings, but with different literature and readings.

ACOA: Adult Children of Alcoholics is a Twelve Step, Twelve Tradition program of women and men who grew up in alcoholic or otherwise dysfunctional homes. ACA helps individuals discover how childhood has affected them in the past and continues to influence them in the present. Meetings follow a format similar to that of Alcoholics Anonymous meetings, but with different literature and readings.

CMA: Crystal Meth Anonymous meetings are for those individuals for whom all drugs, specifically Crystal Meth, have become a problem. CMA is based on the Twelve Steps of Alcoholics Anonymous. Meetings follow a format similar to that of Alcoholics Anonymous meetings, but with different literature and readings.