

The Marina Dock Non Profit Corporation San Francisco Schedule Spring 2008 A Non-Profit Clean and Sober Recovery Meeting Facility Open to the Public Since 1986								ArtsAnon: Arts Anonymous AA: Alcoholics Anonymous AB: AsBillSeesIt ACA: Adult Children of Alcoholics BG: Beginners CODA: Codependent Anonymous DR: Daily Reflections NA: Narcotics Anonymous OA: Overeaters Anonymous NiCA: Nicotine Anon SLAA: Sex Love Addicts Anon BB: Big Book CB: Came to Believe ST: Steps & Traditions RS: Relationships SS: Step Study WO: Women Only
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	1)AA DS 2)AA (Men Only)	AA BB	AA ST	1)AA CB 2) AA(Men Only)	AA LS	AA SD	AA AB	
7:00 AM	AA GB	AA DS	AA LS	AA SD	AA AB	AA SS	AA BB	
7:30 AM				AA WO				
8:30 AM	AA CB	AA SD	AA BB	AA ST	AA SD	AA SD	AA SD	
10:00 AM	AA SS	AA LS	AA BB	AA DR & Meditation	AA BB	(1) AA BGChip (2) NicA	AA DS	
11:05 AM						ACA BG		
Noon	AA SD	AA DS Chip	AA SD	AA SD	AA SD	ACA	AA BB	
12:15 PM						AA SD		
1:00 PM							SLAA (WO)	
1:30 PM	AA SD	(1) AA SS (2) ACA	AA SD	1) AA SD 2) ACA	AA SD			
2:00 PM						1) AA ST 2) NA	AA BB	
3:30 PM	AA SD	AA SD	AA SS	AA SD	AA SD	AA BB	AA SD	
3:45 PM								
4:45 PM						CODA		
5:00 PM				Arts Anon			AA Betty Ford Alum.	
5:15 PM	AA SD	AA ST	AA BB	AA SD	AA SD	AA SD	AA SD	
5:30 PM					AA SD WO			
5:45 PM	OA WO		OA WO(5:50)					
6:00 PM				AA SD				
6:30 PM		(1)AAWO (2)AABG 3)CODA	AA SD		SLAA		1) AA SD 2) NA	
6:45 PM						AA RS Discussion		
7:00 PM	(1) AA SS WO (2) AA SD		ACA		AA DS			
7:15 PM				1) ALA WO 2) AA				
7:30 PM							Relaxation&Meditation	
8:00 PM					NA	NA		
8:30 PM	1)NA 2)1,2,3StepWorksho	1) NA 2) AA LS	1) NA 2) AA SD	1) NA BG 2) AA SD	AA SD	AA SD	AA BG	
9:00 PM								
10:00 PM	AA SD	AA SD	AA AB	AA SD	AA SD	AA SD	AA SS	
Midnight					AA SD	AA SD		

Interested in Starting a New Recovery Meeting? We have rooms available for rent at very competitive rates. Ask at the front desk. Don't forget to sign up for the monthly Marina Dock newsletter online. See www.marinadock.org for details.

Regular Workshops Spring 2008

1st, 2nd, a	Mon @ 8:30 pm	Relaxation &	Sun @ 7:30 pm
3rd Step		Meditation	

NEWSLETTER TO YOUR INBOX!

Newsletter e-mailed to you: contact webmaster@marinadock.org.

Read the newsletter online at www.marinadock.org

Telephone Contacts

AA	(415) 674-1821	CODA	(415) 905-6331
NA	(415) 621-8600	CA	(415) 821-6155
DA	(415) 522-9099	MA	(415) 522-7373
ALANON	(415) 424-5634	SLAA	(415) 979-4715
OA	(415) 436-0651	EA	(415) 567-0495

The Marina Dock Non-Profit Corporation

Welcome to the Marina Dock, San Francisco's leading meeting and workshop facility dedicated to recovery. It is safe, clean and sober, and open to members of the public who have a desire to stop drinking and using and to recover from other compulsive and addictive disorders through 12 Step and other therapies.

The Marina Dock began back in February 1986. Even the earthquake that struck in October 1989 could not break the momentum of daily recovery meetings that have taken place here every day since we opened.

Over time, tens of thousands of people found recovery in the Marina Dock rooms. Any one day will see hundreds of people through our doors in search of recovery, starting and six in the morning and late into the night.

The Marina Dock keeps empowering those seeking recovery from alcohol, substance abuse and other related problems all the time. We offer a full range of Twelve Step meetings (AA, CODA, OA, NA, etc.) and recovery-related workshops for relationships, the AA 4th Step, Art Therapy, Relaxation and Meditation and AA Secretaries.

Please contribute generously to the basket at meetings and make the Marina Dock the place to buy your coffee, tea, soft drinks and recovery literature. All subscriptions and additional donations and welcome and tax-deductible. We can accept Visa and MasterCard, as well as ATM Debit transactions.

The Marina Dock is the *only* place that you can get a decent cup of coffee in San Francisco after 10:00 pm every night of the year, and now we have Internet PCs for use at very competitive rates too. For more information on the Marina Dock and what it offers, check out our website or drop by and ask at the front desk.

Marina Dock Attendance

The Marina Dock first opened in February 1986 and we have maintained a good record, respected as an asset to the community. We want to keep it that way. Members and patrons must act responsibly so we can all continue to enjoy what the Marina Dock has to offer.

Follow these rules:

- ✓ **SOLICITING** for money, business, favors or members for any cause is prohibited in the Marina Dock or using the Marina Dock name. If you are made to feel uncomfortable by someone in the Marina Dock or a meeting there or feel that your boundaries are not being respected, then report it to a staff member.
- ✓ There is no **HARASSMENT** of any kind tolerated in the Marina Dock or in any meeting held in the Marina Dock. If you are harassed by anyone in the Marina Dock, then report it to a staff member.
- ✓ Verbal and physical **CONFRONTATIONS** and harsh language of any sort are not allowed inside the Marina Dock. If you subjected to a confrontation or harshness by anyone in the Marina Dock, then report it to a staff member.
- ✓ There is absolutely **NO SMOKING** allowed in the Marina Dock, or outside the Marina Dock on Greenwich Street, including along the school railings at the Webster Street side. If you want to smoke, then please go to Fillmore Street.
- ✓ Do not **CONGREGATE** outside the Marina Dock. To chat before/after meetings, come inside and enjoy our social area.
- ✓ Do not sit on the **CHAIRS, STAIRS** or the **PLANTER BOXES** of neighboring businesses or throw cigarette ends or other garbage in front of their premises.
- ✓ Respect the privacy of the **TENANTS** who live directly **ABOVE** and to the **LEFT** and the **RIGHT** of the Marina Dock.
- ✓ Inside the Marina Dock, dispose of coffee cups, cans and other **GARBAGE** properly in the cans provided. Rearrange the chairs properly and leave the meeting rooms and bathrooms clean for the next meeting.
- ✓ In all areas of the Marina Dock and in meetings, turn your **CELL PHONE** or **PAGER** to "off" or to "mute".
- ✓ If you ride a **MOTORBIKE**, then park to the right of the building, up by the school fence when there is no parking space available on the road.
- ✓ The Marina Dock is not responsible for items left or **LOST** on the premises.
- ✓ **CHILDREN** are welcome in the Marina Dock, but guardians are responsible for their behavior.
- ✓ Support and service **ANIMALS** such as guide dogs are welcome in the Marina Dock. Other animals are not allowed.

Dues: \$30 per month / \$175 6 months / \$300 1 year / \$500 2 years. Cash, Checks, Visa, Mastercard, and EFT forms now available too!
Donations keep our doors open for everyone and expand our services. A 501 (C) (3) tax-deductible corporation. FEIN 94-3356957.