

## **Friday Night, 6pm, Happy Hour – History**

The meeting started in 1978, at the old Alano Club on Locust St. In 1988, it moved to the new Alano Club on 1050 State St. The meeting was at 8:00pm then it changed to 6:00pm. The last Friday of the month was a birthday meeting, and it was the biggest in town. We have members who attended this meeting for 30yrs, then there was a split. It was built back up, and it was going strong, then cov.19 hit, and there was a mandatory shut down. Members had never, in the history of Alcoholics Anonymous, had they seen such a shut-down. People in AA started ZOOM meetings and meetings in homes. The shut down was lifted, and some stayed with zoom and some members started meetings back up. Slowly people returned to in person meetings. A lot of people had to be careful returning, as they had compromised immune systems. Rolling the clock forward to 2024: On a Friday night, we think there is no better place to be than with us, at the Alano Club@ 6pm sharing our experience, strength and hope for “a Happy Hour” of recovery. After COVID, a few of us picked it up and here we are – continuing to grow. Today, the meeting format is a speaker meeting for 3 Fridays, then the 4th Friday birthdays are with sobriety chips and yummy cake. A business meeting is conducted the 1st Friday of each month, and in the spirit of rotation we fill all positions. Let me paint the scene of a typical Friday night: the Steps and Traditions are hanging on the stage wall with pictures of Bill and Bob, the founders of AA; people, children, and babies are lined up on the stage with toys all over. The speaker sits at a desk in front of the stage; in the middle of the room are chairs filled with alcoholics, and on the outside of the chairs are desks surrounding the room filled with recovering alcoholics. Around the peripheral of the room are people on benches and chairs, and sometimes there’s many people standing. We encourage children of all ages to join us, especially little babies. We welcome lots of newcomers, and many returnees with many years of sobriety, along with visitors from Eureka, Reno, Oakland and from all over the state. The meeting is a safe place for alcoholics on a Friday night, with over 65 people. We serve strong coffee in the Winter and stronger tea in the summer! The Happy Hour meeting follows the Steps, Traditions, passes the 7th Tradition & H&I can, supports Intergroup, REDYPAA and other AA events, and generates a phone list for newcomers that ask for one. If you haven’t visited us on a Friday night, we are in the Meeting Guide database and we’d love for you to join us!!