



The Bay View

*The Newsletter of Trinity Episcopal Church, Apalachicola, Florida
A congregation of the Episcopal Diocese of the Central Gulf Coast
The Rev. Martha C. Harris, Rector
The Rt. Rev. Philip Menzie Duncan II, Bishop*

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August 2010

SUN	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>HE Rite II 9 am</i> Brunch following	2	3 Food Pantry Natural Spirituality @ 6	4	5 Natural Spirituality @ 10	6 Office Closed	7
8 <i>HE Rite II 9 am</i> Coffee hr following	9 Outreach @ 10 Natural Spirituality @ 2	10 Your Penny's Worth Open Natural Spirituality @ 6	11 <i>healing service @ 11</i> Centering Prayer 4:00	12 Natural Spirituality @ 10	13 Office Closed	14
15 <i>HE Rite I 9 am</i> Coffee hr following	16 Natural Spirituality @ 2	17 Food Pantry Natural Spirituality @ 6	18 <i>healing service @ 11</i> Cent. prayer 4:00	19 Natural Spirituality @ 10	20 Office Closed	21
22 <i>HE Rite II 9 am</i> Coffee hr. following	23 Food Pantry Natural Spirituality @ 2 Vestry @ 5:30	24 Caregiver Support FUMC-11:30 -1 Natural Spirituality @ 6	25 <i>healing service @ 11</i> Centering Prayer 4:00	26 Natural Spirituality @ 10	27 Office Closed	28
29 <i>HE Rite I 8 am Lafayette Park</i> <i>HE Rite I 9 am</i> Coffee hr. following	30 Natural Spirituality @ 2	31 Natural Spirituality @ 6	<i>healing service @ 11</i> Centering Prayer 4:00	Natural Spirituality @ 10	Office Closed	

DID YOU KNOW?

MEMORIALS AND GIFTS GIVEN TO TRINITY CHURCH(cont.)
The Apalachicola Times

By Miss Dorothea Hoppe
Saturday, February 1, 1936

Both sets of candlesticks are memorials. The Eucharistic, in memory of Ella Lind Muart given by The Daughters of the King, 1903. The seven branch office lights (symbolic of the sacraments), a memorial to Julia Hoppe were given by her parents at the time of her death in 1902. Miss Hoppe was organist for many years.

The Brass Receiving Alms basin was given Easter 1906 by the Daughters of the King in memory of Ruby Theobald, one of their members.

The Private Communion Set, for Communicating the sick is of sterling silver and consists of a small Chalice, Paten, Cruet, Bread Box and Spoon and is in a Morroco Case--was given by the Daughters of the King at Easter 1905 in memory of Mrs. Alice Purdue, wife of the resident Rector.

When the Church was remodeled in 1921 and the Recess Chancel added, \$3000 had been given the Church in memory of Mrs. Josephine Harris, a former member, by her four children, Leona, Tom, Ed, and Rebecca. This together with a like sum given by Mrs. Chas. Lind, the Vestry used for the Recess Chancel, the center Stained glass window representing the Ascension and the Altar Rail were especial parts designed by Mrs. Lind to be included. The work was done by George H. Marshall and Paul Snelgrove. The Pulpit symbolizing the teaching power and authority of the Church, was given in 1921 by Mrs. Laura Burr Coombs in memory her husband, Herbert Coombs and was made by Paul Snelgrove of this city. The Litany Desk was also made by him and given in 1932, in memory of John Ruge by his wife Fannie Fenno Ruge. The Litany Desk is always in the Nave. Thus the priest descends into the body of the Church to read the Litany, because it is distinctly penitential.

The beautiful organ now in use was also given in 1921 by John Ruge as a memorial to Herman and Catherine Ruge, the smaller stained glass windows, the one on the Epistle side in memory of his brother George H. and on the Gospel side, his twin sisters, Catharina, Sophia and Sophia Catharina, and the large brass vases are a memorial to George H. Ruge. Other vases are in memory of Hester R. Cullen, given by her children. The Processional Cross should kindle devotion in the heart of the Christian and should be to us an inspiration to better soldiership in behalf of our religion.

The handsome Bible, Altar Service and Litany Books are memorials to John Ruge by his wife Fannie. The small Prayer Book on Altar a memorial to Cornelia E. Parlin and given by her family on June 28, 1931.

The Sacred Vessels now in use, consisting of Chalis, Paten and Bread Box in Sterling Silver were present to the Church by Mrs. Fannie Ruge on Easter 1933.

Trinity Church was built in 1838 and consecrated in 1841.

“I love the Church, the Holy Church
That o’ver our life presides
The birth, the bridal and the grave

And many an hour besides
Be mine, through life, to live in her,
And, when the Lord shall call,
To die in her, the spouse of Christ.
The mother of us all.”

THE GREEN GARDENER’S GUIDE

by Joe Lamp’l

A prayer in response to catastrophic oil accident

As the catastrophic oil accident in the Gulf continues, O God, for the wonders of technology,
we give thanks.

For the limits of technology,
we pray for awareness.

For the arrogance of technology, when it harms your Creation,
we pray for humility.

For the victims of this technology,
we pray for forgiveness.

For the recklessness which prevents careful preparation for accident,
we pray with repentance and for enlightenment.

And for our capacity to learn from this huge mistake and to minister compassionately as a society to those harmed by it,
we give you thanks.
Amen

The Rev. John Widdows
Episcopal Diocese of Maine

Feed the soil first, then let the soil feed the plants.

Most fertilizer is *organic* and *natural*. They are often used interchangeably, but they don’t mean exactly the same thing. *Organic* fertilizer means a plant nutrient that contains carbon and provides water-insoluble nitrogen. *Natural* simply means a plant, animal, or mineral source.

Eco-friendlier consumers want their lawn and garden nutrients to be truly natural and from the earth since these kinds of ingredients seem to be safer and more responsible.

Classic organic or natural fertilizers and amendments include compost and manures of various types. They improve the conditions of soil naturally and once applied, organic nutrients are first broken down and digested by soil microorganisms, which then release these nutrients in a form available to plants.

This digestive process also produces *humus*, a vital ingredient to improving soil structure. Since organically-derived nutrients are very resistant to leaching and contain a very low salt index, the net result is nutrients that remain in the soil until utilized by plants, with less risk of burning or dehydration even in periods of extreme drought or over-application.

Non-organic fertilizers are produced chemically. They are developed either to deliver nutrients rapidly, or to give nutrients over time, as a controlled release. They have a high salt index which can result in burning and dehydration along with the leaching of unabsorbed chemicals into waterways.

TRY IT--YOU'LL LIKE IT

(Spiritual Practices)

Spiritual practices are activities we undertake to open ourselves up to God's presence in our lives, to enable us to deepen our relationship with God. Some spiritual practices may best be done with others, some more appropriately alone. The purpose of this new column is to make you aware of the various community spiritual practices that Trinity offers and to recommend various solitary practices that people have found helpful in order to whet your appetite, to encourage your participation in the hopes that you will "Try It {and find that} You'll Like It."

We initiate this column with Trinity's community spiritual practice of healing prayer. There are a variety of ways of trying out this practice. At the primary service on Sunday, during the musical prelude, the altar rail is open for people to come up for prayer for themselves or others, for a specific need or general concern. These needs are kept confidential. The prayer includes anointing with oil and laying on of hands as cited in scripture (James 5:13-16). Those who come for prayer are welcome to join intercession for others in the laying on of hands. On Wednesdays, at 11 am, as Ruth Young described in the July *Bay View*, a Eucharist is held in the Memorial Garden, weather permitting, offering healing prayer for those attending and for those whom they intercede. Being anointed, receiving the laying on of hands, hearing the words of the pray-ers is a powerful experience.

Trinity also provides a healing prayer chain, where the participants' practice is to be in prayer for each request for 30 days and to pass the request along to the next link in the chain. New people are always welcome to join the prayer chain, and the chain may be initiated by calling anyone on the chain (note: the person requesting prayer is also considered a participant in this intercessory prayer practice). Current links in our prayer chain are: Denise Butler, Debbie Flowers, Pat Horn, Hollis Vail, and Ruth Young. Pray-ers acknowledge that they feel blessed as they commit their time and energy to this practice.

Prayer shawls provide a mutual practice for knitters and receivers. Knitters pray for future recipients as they knit shawls, trusting God to use the blessed shawls for those who may need its enfolding warmth as a sign of God's healing grace. If you can knit, you can take up this practice. (Knitting instructions are available on Trinity's website.) Those who have contributed shawls to Trinity agree that the knitting has been a blessing to them. Recipients of our prayer shawls gratefully testify to the blessing they receive as they use the shawls, as they allow the shawls to be a sign of God's healing power at work in their lives, so much so that some recipients have then become knitters.

Taking up any of these opportunities to participate in the spiritual practice of healing prayer is open to all at any time. There are no prerequisites. "Try It--You'll Like It!"

Different people will write each month's spiritual practices column, and they may identify themselves or remain anonymous. Pat Horn has volunteered to organize the column. Please call her at 653-1533 or email her at grania@mediacombb.net with any questions you may have or to volunteer to describe your own practice(s) for this column.

Hollie's Daily Journal

Saturday, July 10, 2010

Hi to all,

Sorry it's been a while since my last update. On June 27th I went to the ER as I was not feeling well. It turned out that I had a Pulmonary Embolism in my left lung and Pneumonia. So they had to admit me. Put me on heparin and antibiotics, 2 different kinds. Oh, and oxygen as well. There had to be about 8 different Dr.s that came to visit me and tell me the exact same thing. I wanted new news. The important thing was to thin my blood to stop any more clots from occurring and let my body eat the few that were there. I asked the Dr.s if there were a chance I could SAFELY get out by Friday night so I could cheer Ric on for the 3 mile swim for cancer (July's *Bay View*). It was close but it did happen. There was supposed to be a 48 hour overlap of time with therapeutic levels of heparin & cumidin together. They were able to give me 2 injections and one that I had to give to myself and I was good to go. So at 9:30 Friday night Ric & Diana sprung me from Southhampton Hospital.

We got up at 5 am to head for Amagansett for the event. It was very emotional for me and everyone else as well. There were about 30 who swam 3 miles, 50+ that swam the 1 mile and about 50 that swam the 1/2 mile. I will swim the 1/2 mile next year. It was overwhelming to see so much support out there. To all of you who sent in your pledges and dollars I thank you from the bottom of my heart. I think Ric & his friend expressed their feeling in the following as he answered a letter:

Thank you all who donated to this very important cause. In the end, I collected a total of \$5,415 including pledges to be mailed. The swim was described by my friend, Sinead Fitzgibbon, perfectly. She said it was similar to the journey of cancer patients, "out there swimming a long course, surrounded by friends, and loved ones, yet all alone, on a journey, the lifeguards on their stand-up paddle boards, like angels guiding the way."

The day was perfect and Sinead was right about the stand-up paddle boarders. With the early morning sun reflecting off the glassy water, and a once-in-a-while peek during a breath, through goggles a little foggy, the images, standing on the water in front of us seemed to shimmer and double up as they guided us toward our goal. It was a moving experience.

With all my gratitude and understanding - thank you again. I will be there again next year.

Sincerely, Ric Stott

Swim Across America, Inc., [SAA] is dedicated to raising money and awareness for cancer research, prevention and treatment through swimming-related events. With the help of volunteers nationwide and past and current Olympians, SAA is helping find a cure for cancer through athleticism, community outreach and direct service.

THE AMAZING CUCUMBER

1. Cucumbers contain Vitamins: B1, B2, B3, B5, B6, C, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc and Folic Acid.
2. Feeling tired in the pm? Pick up a cuke. Not only are they a source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours....
3. Does your bathroom mirror fog up after a shower? Try rubbing a slice of cucumber along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests. The chemicals in the cukes react with the aluminum to give off a scent to keep pests away.
5. Looking for a fast way to remove cellulite before going to the pool? Rub a slice along your problem area for a few minutes, the phytochemicals cause the collagen in your skin to tighten, firming the skins outer layer and reducing the visibility of cellulite. Works great on wrinkles too!
6. Want to avoid a hangover or terrible headache? Eat a cuke before bed and wake up refreshed.
7. No shoe polish? Rub freshly cut cucumber over the shoe, its chemicals will provide a shine and repel water.
8. Need to fix a squeaky hinge? A slice rubbed along the problematic hinge and the squeak is gone!
9. Using a pen and made a mistake? Take the outside of the cuke and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!
10. Just finished lunch and realize you don't have gum or mints? Press a slice of cucumber to the roof of your mouth for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth that causes bad breath.

St. Giles' Church, Jefferson, Maine

invites you to join them on a mission trip to New Orleans, LA to help the victims of hurricane Katrina. The dates that 3 -5 people from St. Giles' will be heading to New Orleans are Sunday, October 31st - Saturday, Nov. 6th. Last year a number of people from St. Giles' found the trip very positive. The trip was under the aegis of Louisiana United Disaster Response and is called "Volunteers in Mission (VIM)." It is sponsored by the Methodist Church.

In speaking with the Rev. Raymond Anderson here in Maine, a retired hospital chaplain, Ray found this group to be very well organized. A social worker there identifies the family in need, then a professional builder evaluates what is to be done at each home and materials are supplied. Each day the group worked from 8:30 to 3 or 4 pm. In New Orleans you would stay in the former Trinity (!) U.M.C. on Filmore Ave. (across the street from a wonderful bakery).

The cost is \$250 which includes lodging and meals. The St. Giles' people pay for their plane fare plus the \$250, whereas the people from Trinity could drive. (Dick may sign up).

Ray Anderson needs to know by MID AUGUST to make reservations.

We are both well and looking forward to Martha, Randy, Rennie and Tom's visit to St. Giles' and their help with our fair which raises funds to support our operation and provides us with money for outreach. We pray that Trinity would consider this mission work and send you our hearts full of love. We shall see you in October.

In Peace, Dick and Jane Pickering

Questions: call Revs. Anderson @ 207-549-5148 or email: revanders2@adelphia.net

FROM TRINITY'S LIBRARY

Listening to your Life by Frederick Buechner

The writers who get my personal award are the ones who show exceptional promise of looking at their lives in this world as candidly and searchingly and feelingly as they know how and then of telling the rest of us what they have found there most worth finding. We need the eyes of writers like that to see through. We need the blood of writers like that in our veins.

J.D. Salinger's *The Catcher in the Rye* was one of the first books I read that did it to me, that started me on the long and God knows far from finished journey on the way to becoming a human being--started making that happen. What I chiefly learned from it was that even the slobs and phonies and morons that Holden Caulfield runs into on his travels are, like Seymour Glass's Fat Lady, "Christ Himself buddy," as Zoey explains to his sister Franny in the book that bears her name. Even the worst among us are precious. Even the most precious among us bear crosses. That was a word that went straight into my bloodstream and has been there ever since. Along similar lines I think also of Robertson Davies' Deptford trilogy, Ford Madox Ford's *The Good Soldier*, Rose Macaulay's *The Towers of Trebizond*, George Garrett's *Death of the Fox*, some of the early novels of John Updike like *The Poorhouse Fair* and *The Centaur*, John Irving's *A Prayer for Owen Meany*. I think of stories like Flannery O'Connor's "The Artificial Nigger" and Raymond Carver's "Feathers" and works of non-fiction, to use that odd term (like calling poetry non-prose) such as Annie Dillard's *Holy the Firm* and Geoffrey Wolff's *The Duke of Deception* and Robert Capon's *The Supper of the Lamb* or plays like *Death of a Salesman* or *Our Town*.

LIFE PRAYERS

Edited by: Elizabeth Roberts
Elias Amidon

Prayers of gratitude and praise are a gateway through which the beauty of the earth enters our lives. They give us a common vision of the wondrous blue-green planet that is our home.

Touched by gratitude we realize that we *belong* here, and in our mutual dependence we are freed to love this world wholeheartedly. It may be that the greatest gift we humans can give the rest of creation is our love and our heartfelt appreciation. Our love is as essential a part of life's give-and-take as the cycles of water and oxygen or any other nourishment flowing through the biosphere. And for millennia prayers and songs of praise have been offered up to celebrate the miracle of existence:

...I know nothing else but
miracles...
To me every hour of the light and
dark is a miracle,
Every cubic inch of space is a
miracle,
Every square yard of the surface
of the earth is spread with
miracles,
Every foot of the interior swarms
with miracles.
---Walt Whitman

May our voices join in this lineage of prayer celebrating the ordinary miracles of our lives!

FLORIDA WEATHER FACTS

Top 10 Tropical storm/Hurricane prone cities

- 2. Delray Beach
3. Hollywood
4. Deerfield Beach
5. Boca Raton
6. Florida City
8. Ft. Pierce
9. Miami
10. Ft. Lauderdale

Florida ranks #1 of the Top 10 Tornado states averaging 9.4 per year.

Top 10 Thunderstorm cities:

- 1. Fort Myers 89
2. Tampa 87
3. Tallahassee 83
4. Gainesville 81
5. Orlando 80
9. Daytona & Vero Beach (10) 75

10 hottest cities

- 1. Key West 77.7
2. Miami 75.6
3. West Palm Beach 74.6
7. Orlando & Vero Beach (8) 72.4
10. Tampa 72.0

10 wettest cities

- 6. Tallahassee 64.59
7. Pensacola 61.16
9. West Palm Beach 59.72
10. Miami 59.55

Apalachicola (5) and Gainesville (6) have an average humidity of 76.5%

West Palm Beach (5) and Miami (6) are ranked in the Top 10 most uncomfortable cities in the U.S.

Tampa (3) & Orlando (9) are in the Top 10 Worst cities for allergies

JR. WARDEN REPORT

The vestry recently voted to hire a professional cleaning service. Our new cleaning company is owned by Blanca Zambrino; Bianca's company specializes in vacation and private homes within Franklin County. Blanca will clean both Benedict Hall and the Church every Friday. If we have any special events that will require additional services please contact the Jr. Warden to schedule.

I would like to thank Renee Bacott for many years of service to Trinity Church.

You will also see a draft maintenance reserve budget in this months Bay View. This budget is an attempt to forecast our needs over an extended period of time. Over the years Trinity has used the income from the Tour of Homes for general maintenance of our historic buildings. The income from the Tour of Homes is approximately fifty percent of our overall needs. The Budget and Finance Committee would like to increase the maintenance budget to reflect actual needs. Please review the budget and if you have any comments or suggestions please see anyone on the vestry or finance committee.

Respectfully, Gary Ulrich, Jr. Warden

TRINITY ANNOUNCEMENTS

We are saddened to report the death of Trinity member Ed Daniel on July 26th.

Your Penny's Worth volunteer's are needed. There is a shortage due to illnesses of our regular volunteers and our "snowbirds" have yet to return from the north.

WEDNESDAYS: Healing Service at 11 am and Centering Prayer at 4 pm in BH.

August 1: The Rev. David Luckett will be the celebrant and preach. There is a brunch following the 9 am service. Bring a dish.

August 3 & 17: Food Pantry open

August 9: Maine missionaries return today.

August 10: Your Penny's Worth reopens today!

August 16: Outreach is at 10 am in Benedict Hall

August 23: Vestry meets at 5:30 in the Library.

August 25: Juanita McKenna celebrates her 102 nd birthday. Send a card to: Bay St. Joseph Care & Rehabilitation 220 Ninth Street Port St. Joe, FL 32456

August 29: 8 o'clock service in Lafayette Park. 9 am service at Trinity

September 5: Services return to fall schedule of 8 am Rite I and 10:30 Rite II. Choir resumes practices on Wednesday at 5 pm. Adult education resumes meeting at 9 am in Benedict Hall. ECW and St. Margaret's Guild will again meet in September. TOH will kick off a new year this month.

PRAYERS OF THE PEOPLE

Mary Virginia, Denise Roux, Lynn Wilson and her daughter Alycia, Annie Mae, Ruby, George, the Krolls, Allan Garry, Mary Flanagan, Allen Smith, Hollie, Wallace, Ann Dexter, Bob Connors, Wayne, Alice Jean, Olga, David Wingate & family, Jack Sherer, Ruth, Lisa Dean, Michael Brandon, Charlotte Kiester, Nancy Hicks, Betty Liles, Gracie Vaughn, Patricia Cody, Laura Randolph, Juanita McKenna, Louise Joyner, Elizabeth Marshall, Lee, Heather and children, Chelsea Repola, Phil and Zelda Stanley, Buddy Carothers, Nancy, Alex and Laura Moody, Francis Cook, Julia Anthony, Laura Baney, and Capt. Michael Dolan

SCRIPTURES

August 1 - The Tenth Sunday after Pentecost

Hosea 11:1-11; Colossians 3:1-11; Luke 12:13-21

August 8 - The Eleventh Sunday after Pentecost

Isaiah 1, 10-20; Hebrews 11:1-3, 8-16; Luke 12:32-40

August 15 - The Twelfth Sunday after Pentecost

Isaiah 5:1-7; Hebrews 11:29--12:2; Luke 12:49-56

August 22 - The Thirteenth Sunday after Pentecost

Jeremiah 1:4-10; Hebrews 12:18-29; Luke 13:10-17

August 29 - The Fourteenth Sunday after Pentecost

Jeremiah 2:4-13; Hebrews 13:1-8, 15-16; Luke 14:1, 7-14

Lay Ministries Schedule--August

If you have a conflict, please get someone to fill in for you and alert the church office of the change

August 1

Acolyte: 9:00 - Alan Pierce
Lectors: C.T. Ponder & Jim Anderson
Prayers: Pat Horn
Chalice: Pat Horn
Greeters: Marci & Robert Daniels
Healing Ministers: Pat Horn & Kay Wheeler
Flower Guild: Dot Hill & Laura Moody
Altar Guild: Aglaia Dolan & Susan Clementson

August 15

Acolytes: 9:00 - Hunter & Bill VanDerTulip
Lectors: Margy Oehlert & Rennie Edwards
Prayers: C.T. Ponder
Chalice: C.T. Ponder
Greeters: Frank Stephens & Dot Hill
Healing Ministers: Kay Wheeler & Pat Horn
Flower Guild: Nancy Luther
Altar Guild: Aglaia Dolan & Susan Clementson

August 29

Acolyte: 8:00 - Frank Cook;
10:30 - Cody Clark, Connor Clark
Lectors: C.T. Ponder & Jon Hooper
Prayers: Kristin Anderson
Chalice: Pat Horn
Greeters: Jim & Geri Anderson
Altar Guild: Denise Butler & Susan Clementson
Healing Ministers: Kay Wheeler & Pat Horn

August 8

Acolyte: 9:00 - Jon Hooper
Lectors: Lee Sewell & Kristin Anderson
Prayers: Susan Galloway
Chalice: Dave McLain
Greeters: Aglaia Dolan
Healing Ministers: P. Horn & K. Wheeler
Flower Guild: Arlene Wingate
Altar Guild: Aglaia Dolan & S. Clementson

August 22

Acolyte: 9:00 - D. Flowers & R. Saucer
Lectors: Alan Pierce & Susan Galloway
Prayers: Dave McLain
Chalice: Jon Hooper
Greeter: Patti McCartney
Healing Ministers: P. Horn & K. Wheeler
Flower Guild: B. Coxwell & P. Moss
Altar Guild: A. Dolan & S. Clementson

Hospitality Hour

August 1st- Everyone

August 8th-

August 15th - Renee Bacot

August 22 - ?????

August 29 - ?????

SUNDAY SERVICES

8:50 am: Ministry of Healing

9:00 am: Holy Eucharist

August 29: 8 am Lafayette Park

WEEKDAY SERVICES

Wednesday:

Healing Service - 11 am

Centering Prayer - 4 pm

CLERGY, VESTRY & STAFF

The Rev. Martha Harris, Rector

Evelyn Ogilvie, Rector's Asst.

VESTRY MEMBERS

Rennie Edwards,
Sr. Warden (09)

Gary Ulrich, Jr. Warden (08)

Landy Luther (09)

Ina Margaret Meyer (08)

C. T. Ponder (08)

Shirley Taylor (10)

Richard Saucer (10)

Robert Daniels (09)

Jon Hooper (10)

Jim Anderson, Treasurer

Clerk of the Vestry

Robert Stallings, Chancellor

Trinity Office Hours

Mon-Thursday 10-4
Friday Closed

Library

Mon-Thursday 10-4
Sunday 9-11

**Pennysworth
(653-9405)**

Tuesday 10-4
Wednesday 10-4
Saturday 10-3

**AA
(653-2000)**

Monday 7:30 pm
Tuesday 5:30 pm
Wednesday 6 pm
(women) 7:30
(men)
Thursday 7 am
Friday 5:30 pm

**N/A
(323-0974)**

Tuesday 7 pm
Thursday 6 pm

**ALANON
(653-3153)**

Monday 5:30 pm