

## TUESDAY

1:00 PM Sit-N-Bull (English - Open)  
#14 Del Pilar Sreet, Bo Barretto  
Olangapo, Zambales  
Porter T. 0939-497-7066  
Woody E 0939-178-4024

## WEDNESDAY

7:00 PM Sit-N-Bull (English - Open)  
#14 Del Pilar Sreet, Bo Barretto  
Olangapo, Zambales  
Porter T. 0939-497-7066  
Woody E 0939-178-4024

## THURSDAY

6:00 PM Sit-N-Bull (English - Open)  
#14 Del Pilar Sreet, Bo Barretto  
Olangapo, Zambales  
Porter T. 0939-497-7066  
Woody E 0939-178-4024

## FRIDAY

6:00 PM Sit-N-Bull (English - Open)  
#14 Del Pilar Sreet, Bo Barretto  
Olangapo, Zambales  
Porter T. 0939-497-7066  
Woody E 0939-178-4024

## SUNDAY

10:00 AM Sit-N-Bull (English - Open)  
#14 Del Pilar Sreet, Bo Barretto  
Olangapo, Zambales  
Porter T. 0939-497-7066  
Woody E 0939-178-4024

## CENTRAL LUZON

### PANGASINAN

#### WEDNESDAY

10:00 AM Big Book (English)  
Dr. Marcelo M. Chan Memorial Hospital  
Mc Arthur Highway, Carmen  
Rosales, Pangasinan  
Call Jacquelyn F. (094772902239)  
Call Hospital (075-582-3303)

### BAGUIO

#### MONDAY

6:00 PM Step Meeting (English/Tagalog)  
Silungan Center  
Upper Session Road, Baguio City,  
Mel M (0912-321-4341)

#### WEDNESDAY

6:00 PM Daily Reflection (English/Tagalog)  
Silungan Center  
Upper Session Road, Baguio City,  
Mel M (0912-321-4341)

#### FRIDAY

6:00 PM Big Book (English/Tagalog)  
Silungan Center  
Upper Session Road, Baguio City,  
Renato F. (0919-596-7354)

## SOUTHERN LUZON

### CAVITE-MINDORO

#### TUESDAY

7:00 PM Victory Church  
Level 1 Robinson's Place  
Aguinaldo Highway cor.  
Governor's Drive Cavite, Dasmariñas  
Maggie E. (0915-530-9717)  
046-686-7567  
U.S. 1-415-992-5410)

#### WEDNESDAY

4:00 PM El Canonera Hotel  
Talipanan Beach,  
Aninuan, Puerto Galera,  
Call Oliver (0915-528-3866)  
Call Rick (0927-913-9800)

#### SATURDAY

7:30 PM Starbucks  
\*across De La Salle University  
Medical Center  
Antlers Square, Congressional Avenue  
Dasmariñas, Cavite  
Maggie E. (0915-530-9717)  
046-686-7567  
U.S. 1-415-992-5410)

#### SUNDAY

4:00 PM Swiss Garden Restaurant (English)  
Aninuan Puerto Galera, Mindoro  
Call Casey (0916-365-3316)  
Oliver (0915-528-3866)

## GET PHONE NUMBERS AND USE THEM!

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## ALCOHOLIC ANONYMOUS Websites:

[www.aaphilippines.com](http://www.aaphilippines.com)  
[www.aa.org](http://www.aa.org)

# PHILIPPINE REGION MEETING DIRECTORY



## AA PHILIPPINES

If you think you may have a drinking problem,  
or you have trouble staying sober, please...

**Call the AA Help Line**  
**+63 917 893 2372**

All Meetings Open to the Public  
Unless Marked "C"

(Closed Meeting for Alcoholics that has  
a desire to stop drinking)

All Meetings are Non-Smoking Unless Marked "S"  
All Meetings are in English Unless Marked "F"  
Meetings are 1 Hour Unless Specified

**Problema sa Pag-INOM?**

**Tumawag o Mag-text sa**

**AA Philippines Help Line**

**+63 917 893 2372**

**philippinesaa@gmail.com**

There are no fees or dues for AA Membership.  
The only requirement is a desire to stop drinking.  
walang gastos para maging miyembro ng AA.  
Tanging kinakailangan upang maging miyembro ay  
ang kagustuhang tumigil na sa pag-inom.

# MEETINGS

## METRO MANILA

### SUNDAY

12:30 PM Manila Bay Group  
Malate Church  
2000 MH Del Pilar St. Malate, Manila  
Call Annie - +63 916 423 5887

7:00 PM Primary Purpose Group  
Amici's Restaurant,  
Don Bosco School,  
A. Arnaiz Ave. cor. Pasay Road,  
Makati City  
Call Emile - +63 917 830 9200

### MONDAY

7:00 PM 164 Group  
Holy Trinity Church  
48-A McKinley Road, Forbes Park,  
Makati City  
Call Butch - +63 917 585 4355

### TUESDAY

6:30 PM Happy, Joyous and Free Group  
ABS-CBN Compound  
ABS-CBN ELJ Building,  
13th Floor, Mother Ignacia,  
Quezon City  
\*Bring a valid ID to sign in  
Call Raul - +63 927 731 0817

### WEDNESDAY

6:30 PM New Manila Group  
55-A 11th Street, New Manila,  
Quezon City  
Call Nathaniel - +63 915 215 3471

7:30 PM Primary Purpose Group  
Neurosciences Center,  
3rd Floor Makati Medical Center,  
Makati City  
Call Emile - +63 917 830 9200

### THURSDAY

7:30 PM Big Book Study Group  
Holy Trinity Church  
48-A McKinley Road, Forbes Park,  
Makati City  
Call Anton - +63 917 596 0090

### FRIDAY

7:30 PM Primary Purpose Group  
Neurosciences Center,  
3rd Floor Makati Medical Center,  
Makati City  
Call Emile - +63 917 830 9200

### SATURDAY

12:30 PM Manila Bay Group  
Malate Church  
2000 MH Del Pilar St. Malate, Manila  
Call Annie - +63 916 423 5887

7:30 PM Primary Purpose Group  
Amici's Restaurant,  
Don Bosco School,  
A. Arnaiz Ave. cor. Pasay Road,  
Makati City  
Call Emile - +63 917 830 9200

## CENTRAL LUZON

## PAMPANGA ANGELES CITY

### MONDAY

10:30 AM 12x12 Meeting  
Blue Boar Inn  
511 Tamarind St., Clarkview  
Pampanga, Angeles City  
Call Brian S 0949.957.642

5:30 PM Sobriety Foundation  
Big Book 850 Mt. Mayon St.  
Subdv Plaridel 1  
Angeles City  
Call Jay 0906.699.0266  
Ramon 0923.748.9031

### TUESDAY

8 AM Northern Brew Coffee  
Trinity Square  
Villa Angela Subd.  
Angeles City  
(near boundary between Angeles  
and San Fernando)  
Call Art 0933.990.8636  
Pengot D 0908.866.4763

10:00AM Big Book (English/Tagalog)  
Blue Boar Inn  
511 Tamarind St., Clarkview  
Pampanga, Angeles City  
Call Pat M 0999-382-9528  
Pat C 0919-568-5583

2:00 PM High Bottom  
9-26 Bertha St.  
2 blocks down from Central Gas  
Mountain View, Balibago Angeles City  
Call Don C 0927.508.5869/045.892.4258

5:30 PM Sobriety Foundation  
850 Mt. Mayon St.  
Subdv Plaridel 1  
Angeles City  
Call Marco 0927.485.8446  
George G 0920.903.7656

### WEDNESDAY

12:00 NN VFW Post 2485 (English/Tagalog - Open)  
Santol Rd & Pinatubo St,  
Clarkview, Malabanas  
Angeles City, Pampanga  
Call Pat M 0999-382-9528  
Pat C 0919-568-5583

1:00 PM Tagalog Big Book (until 3PM)  
Angeles City Hall Complex  
Just beyond Marquee Mall  
Angeles City  
June T 0915.807.9630  
Art 0933.990.8636  
Robert B 0928.502.2858

### THURSDAY

2:00 PM High Bottom  
9-26 Bertha St.  
2 blocks down from Central Gas  
Mtn. View, Balibago  
Angeles City  
Call Don C 0927.508.5869  
Landline: 045.892.4258

5:30 PM Sobriety Foundation (Speaker)  
850 Mt. Mayon St.  
Subdv Plaridel 1  
Angeles City  
Call Marco 0927.485.8446  
George G 0920.903.7656

### FRIDAY

8:00 AM Sobriety Foundation  
850 Mt. Mayon St. Subdv Plaridel 1  
Angeles City  
Call Marco 0927.485.8446  
George G 0920.903.7656

10:30 AM Blue Boar Inn (English/Tagalog - AA)  
511 Tamarind St., Clarkview  
Pampanga, Angeles City  
Call Pat M 0999-382-9528  
Pat C 0919-568-5583

### SATURDAY

9:00 AM High Bottom  
9-26 Bertha St.  
2 blocks down from Central Gas  
Mtn. View, Balibago  
Angeles City  
Call Don C 0927.508.5869  
Landline: 045.892.4258

12:00 PM VFW Post 2485  
Santol Rd & Pinatubo St, Clarkview,  
Malabanas Angeles City, Pampanga  
Call Pat M 0999-382-9528  
Pat C 0919-568-5583

5:30 PM Sobriety Foundation  
850 Mt. Mayon St.  
Subdv Plaridel 1 Angeles City  
Call Marco 0927.485.8446  
George G 0920.903.765

### SUNDAY

8:00 AM Sobriety Foundation  
850 Mt. Mayon St.  
Subdv Plaridel 1 Angeles City  
Call Marco 0927.485.8446  
George G 0920.903.7656

Gloria Jean's Coffeshop  
(Eng-Fil-Kapampangan - Open)  
Northwalk 1, Olongapo Gapan Road  
Dolores San Fernando Pampanga  
Call Jay 0906.699.0266  
Ramon 0923.748.9031

10:30 AM Blue Boar Inn (English/Tagalog - AA)  
511 Tamarind St., Clarkview  
Pampanga, Angeles City  
Call Pat M 0999-382-9528  
Pat C 0919-568-5583

## CENTRAL LUZON

## SUBIC BAY

### MONDAY

9:00 AM 12X12 Men's Study Group  
Vascos Restaurant, SBMA

1:00 PM Sit-N-Bull (English - Open)  
#14 Del Pilar Sreet, Bo Barretto  
Olangapo, Zambales  
Porter T. (0939-497-7066)  
Woody E (0939-178-4024)

## VISAYAS

### CEBU

#### SUNDAY

10:00 AM Pajac, Abuno  
\*going to Maribago  
Lapu Lapu City, Cebu  
Call Thomas (0917-620-0824)

#### MONDAY

7:30 PM Redemptorist Church Convent  
Queen's Road, Cebu City, Cebu  
Call 24-hour hotline 032-406-1637  
0917-309-0118

#### TUESDAY

7:30 PM #39 Dr.J.Pardis Chiropractic clinic  
2nd basement level, Ayala Center  
Bohol Avenue, Cebu City  
Call 24-hour hotline 032-406-1637  
Call Dale 0908-770-8019

#### WEDNESDAY

8:00 AM Lapu-Lapu City Jail  
Caasia-Song Road, Lapu Lapu City  
Call Thomas (0917-620-0824)  
Call Jack (0919-379-6244)

#### THURSDAY

7:30 PM Step Meeting  
Redemptorist Church Convent  
Queen's Road, Cebu City  
Call 24-hour hotline 032-406-1637  
0917-309-0118

#### FRIDAY

5:00 PM Pajac, Abuno  
\*going to Maribago  
Lapu Lapu City, Cebu  
Call Thomas (0917-620-0824)

7:30 PM Redemptorist Church Convent  
Queen's Road, Cebu City  
Call 24-hour hotline 032-406-1637  
Call Nick 032-416-4553

#### SATURDAY

2:00 PM Marie's Restaurant  
Dalaguete, Cebu  
Call Jack (0916-966-3565)  
Call Mike (0929-677-6109)

7:30 PM Redemptorist Church Convent  
Queen's Road, Cebu City  
Call 24-hour hotline 032-406-1637  
0917-309-0118

## NEGROS ORIENTAL

#### SUNDAY

6:30 AM Our Mother of Perpetual Help  
Redemptorist Church  
Geroge Sy St. cor Manuel L. Teves St.  
Dumaguete City, Negros Oriental  
Call Reza 0935-856-1111  
Call 24-hour hotline 0915-836-8426

#### TUESDAY

10:15 AM Provincial Jail  
\*in front LTO Office  
\*beside Lamberto Macias Sports Complex  
Dumaguete City, Negros Oriental  
Call Henry (0939-927-1215)  
24/7 hotline (0915-836-8426)

7:00 PM Big Book (English/Illongo)  
Redemptorist Parish House  
Benigno S. Aquino Drive, Bacolod City  
Call Aljay (0920-951-7123)

#### WEDNESDAY

6:30 PM Lady of the Abandoned Cathedral  
Rizal Street, Valencia  
Negros Oriental  
24/7 hotline (0916-966-3565)

#### THURSDAY

7:00 PM Step Meeting (English/Illongo)  
Redemptorist Parish House  
Benigno S. Aquino Drive, Bacolod City  
Call Fean (0917-300-0140)

#### FRIDAY

10:15 AM Café Antonio (Open - English)  
2/F Spanish Heritage Bldg.  
Sta. Catalina St. corner San Juan St.  
Dumaguete City, Negros Oriental  
Call 24/7 Hotline (0915-836-8426)  
Ray (0920-697-0557)

## BORACAY, AKLAN, ILO-ILO

#### MONDAY

7:00 PM The Holy Rosary Parish Church  
The Plaza, Balabag  
Boracay Island, Aklan  
Call Stuart 0920-920-6135  
Call Nadine 036-288-5340

#### WEDNESDAY

11:00 AM 2nd/F food court (Open - English)  
Robinsons Place  
Puerto Princesa, Palawan  
Call Phil (0908-891-0142)

6:30 PM Saint Clement Church  
\*off Luna Street  
\*beside Western Institute of  
Science and Technology Bldg  
Iloilo City, Iloilo  
Call Mark A (0929-8056-312)  
Call Trix (0917-302-0072)

7:00 PM The Holy Rosary Parish Church  
The Plaza, Balabag  
Boracay Island, Aklan  
Call Stuart 0920-920-6135  
Call Nadine 036-288-5340

#### FRIDAY

7:00 PM The Holy Rosary Parish Church  
The Plaza, Balabag  
Boracay Island, Aklan  
Call Stuart 0920-920-6135  
Call Nadine 036-288-5340

## MINDANAO

### CAGAYAN DE ORO, MISAMIS ORIENTAL

#### MONDAY

6:30 PM Cathedral Church  
Cagayan De Oro, Misamis Oriental  
Call Boyboy (0915-559-5789)

Big Book  
Licoan Barangay Hall  
Cagayan De Oro, Misamis Oriental  
Call Emily (0920-926-7911)

#### WEDNESDAY

6:30 PM Step Meeting  
Licoan Barangay Hall  
Cagayan De Oro, Misamis Oriental  
Call Emily (0920-926-7911)

#### THURSDAY

6:30 PM Cathedral Church  
Cagayan De Oro, Misamis Oriental  
Call Boyboy (0915-559-5789)

#### FRIDAY

6:30 PM Licoan Barangay Hall  
Cagayan De Oro, Misamis Oriental  
Call Emily (0920-926-7911)

#### SATURDAY

6:30 PM Licoan Barangay Hall  
Cagayan De Oro, Misamis Oriental  
Call Emily (0920-926-7911)

#### SUNDAY

6:30 PM Provincial Jail  
Cagayan De Oro, Misamis Oriental  
Call Bobot C. (0927-439-2925)

## DAVAO

#### TUESDAY

6:00 PM Step Meeting  
Lispher Inn, Juna Avenue  
Juna Subdivision, Davao City  
Davao Del Sur, Mindanao  
Call Tony (082-297-2927)

#### THURSDAY

6:00 PM Big Book  
Lispher Inn, Juna Avenue  
Juna Subdivision, Davao City  
Davao Del Sur, Mindanao  
Tony (082-297-2927)

#### FRIDAY

6:00 PM Redemptorist Church  
\*off J.P. Laurel Avenue  
Bajada St., Davao City  
Davao Del Sur, Mindanao

## ZAMBOANGA DEL NORTE/DEL SUR

### MONDAY

7:00 PM Dipolog City Jail  
Dipolog City  
Call Varn (0920-503-1279)

### TUESDAY

7:00 PM Big Book  
Jimboy's Carmela's Cakes & Pastries  
\*In front of DENR office  
Pagadian, Zamboanga Del Sur  
Call Larry (0920-228-5700),  
Call Patrick (0920-954-7128),  
Call Jimboy (0918-766-7520),  
Hockiard (0929-514-0883)  
Call Andy (0928-977-4844)

### WEDNESDAY

7:00 PM SVC Annex  
Dipolog, Zamboanga Del Norte  
Call Dave N (0915-114-6886)

### FRIDAY

7:00 PM Sto Nino Cathedral Convent  
Pagadian, Zamboanga Del Sur  
Call Larry (0920-228-5700),  
Call Patrick (0920-954-7128),  
Call Jimboy (0918-766-7520),  
Hockiard (0929-514-0883)  
Call Andy (0928-977-4844)

### SUNDAY

10:00 AM Sabakan Pre-school  
\*beside Holy Child Academy  
Pagadian, Zamboanga Del Sur  
Call Larry (0920-228-5700),  
Call Patrick (0920-954-7128),  
Call Jimboy (0918-766-7520),  
Hockiard (0929-514-0883)  
Call Andy (0928-977-4844)

## AGUSAN DEL NORTE

### FRIDAY

3:00 PM Big Book (Visayan/English)  
Private Home (Call 1st)  
Buena Vista, Agusan del Norte  
Call Steve O (0949-143-5074)

### SATURDAY

12:00 PM Step Meeting (Visayan/English)  
Rotating Weekly (Call 1st)  
Butuan City, Agusan del Norte  
Craig (0939-217-0168)  
Steve (0949-143-507)

## GEN. SAN, DIPOLOG, LANA O DEL NORTE

### MONDAY

5:00 PM Dipolog City Jail (English/Visayan)  
Dipolog City  
Mindanao  
Call Varn (0920-503-1279)

### TUESDAY

5:00 PM Dipolog City Jail (English/Visayan)  
Dipolog City  
Mindanao  
Call Varn (0920-503-1279)

### WEDNESDAY

5:00 PM Dipolog City Jail (English/Visayan)  
Dipolog City  
Mindanao  
Call Varn (0920-503-1279)

5:30 PM Cathedral of St. Michael  
\*2/F Bell Tower  
Manuel Quezon Avenue cor M. Obach St.  
Iligan City, Lano Del Norte  
Call Lloyd B. (0916-394-8617)

### FRIDAY

5:30 PM Cathedral of St. Michael  
\*2/F Bell Tower  
Manuel Quezon Avenue cor M. Obach St.  
Iligan City, Lano Del Norte  
Call Lloyd B. (0916-394-8617)

### SATURDAY

5:30 PM Cathedral of St. Michael  
\*2/F Bell Tower  
Manuel Quezon Avenue cor M. Obach St.  
Iligan City, Lano Del Norte  
Call Lloyd B. (0916-394-8617)

Paunang Salita ng A.A.

Alcoholics Anonymous ® ay isang pagsasama ng mga kalalakihan at kababaihan na ibinabahagi ang kanilang mga karanasan, lakas at pag-asa sa isa't isa na malutas ang kanilang karaniwang problema at tulungan ang iba upang mabawi mula sa alkoholismo. Ang tanging kailangan para maging kasapi ay ang kagustuhang itigil ang pag-inom. Walang mga bayarin para sa pagiging miyembro ng AA; tayo ay nabubuhay sa sariling kita sa pamamagitan ng aming sariling mga kontribusyon. Ang A.A. ay hindi kaugnay sa anumang sekta, pulitika, organisasyon o institusyon; ay walang nais na makisali sa anumang kontrobersya; hindi sumusuporta o tumututol sa anumang ibang layunin. Ang aming pangunahing layunin ay manatiling matino at makatulong Sa iba pang mga Alcoholic na makamit ang matinong pag-iisip.

#### The AA Preamble

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.