**TOKYO AA MEETINGS**

**Website:** [www.aatokyo.org](http://www.aatokyo.org)

**AA Hotline:** 080-4355-2285

Please leave a message and someone will get back to you as soon as possible.

- Japan Service Office: 03-3590-5377
- World Service Office: [www.aa.org](http://www.aa.org)

**Al-Anon**

Tokyo Al-Anon is a fellowship of relatives and friends of alcoholics. They meet Tuesday, 7pm-8pm at FCC on the 3rd Floor. Contacts:

- Connie 090-9833-4049
- Yasu 090-4435-4566
- [www.al-anontokyo.org](http://www.al-anontokyo.org)

**Meeting Legend**

"O" - Open meetings are open to the general public.

"C" - Closed meetings are meetings for those with a desire to stop drinking.

"Military" - MILITARY MEETING. To go on secure military bases, civilians must be accompanied by someone with a military ID, and must be arranged beforehand.

"chip" - Anniversary Chips are given out.

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### Tokyo

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
<td>10:00</td>
<td>WEEKLY PROGRAM REVIEW&lt;br&gt;St. Ignatius Catholic Church 6 Chome-5-1 Kōjimachi</td>
</tr>
<tr>
<td>MON</td>
<td>07:30</td>
<td>LIVING SOBER&lt;br&gt;St. Andrew’s Church 3 Chome-6-18 Shibakōen</td>
</tr>
<tr>
<td></td>
<td>Noon</td>
<td>BIG BOOK&lt;br&gt;Franciscan Chapel Center 4 Chome-2-37 Roppongi</td>
</tr>
<tr>
<td></td>
<td>19:00</td>
<td>BIG BOOK&lt;br&gt;Yokota Air Base 197-0011</td>
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<tr>
<td></td>
<td>19:00</td>
<td>MOTORCYCLE BOB BIG BOOK STUDY&lt;br&gt;Franciscan Chapel Center 4 Chome-2-37 Roppongi</td>
</tr>
<tr>
<td>TUE</td>
<td>07:30</td>
<td>JOY OF LIVING&lt;br&gt;St. Andrew’s Church 3 Chome-6-18 Shibakōen</td>
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<tr>
<td></td>
<td>19:20</td>
<td>MEDITATION MEETING&lt;br&gt;St. Ignatius Catholic Church 6 Chome-5-1 Kōjimachi</td>
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<tr>
<td></td>
<td>21:30</td>
<td>CARRYING THE MESSAGE&lt;br&gt;Tokyo Station 1 Chome Marunouchi</td>
</tr>
<tr>
<td>WED</td>
<td>07:30</td>
<td>LIVING SOBER&lt;br&gt;St. Andrew’s Church 3 Chome-6-18 Shibakōen</td>
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<tr>
<td></td>
<td>Noon</td>
<td>DISCUSSION&lt;br&gt;Franciscan Chapel Center 4 Chome-2-37 Roppongi</td>
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**Tokyo: Chiba**

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<tbody>
<tr>
<td>TUE</td>
<td>21:30</td>
<td>EXPERIENCE STRENGTH &amp; HOPE&lt;br&gt;Funabashi 3 Chome Honcho</td>
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<tr>
<td>WED</td>
<td>19:30</td>
<td>BIG BOOK STUDY&lt;br&gt;West Chiba Catholic Church 11-14 Shiomigaokachō</td>
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<tr>
<td>FRI</td>
<td>20:30</td>
<td>LIVING SOBER&lt;br&gt;Shinkamagaya 2-chôme-7-1 Shinkamagaya</td>
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**Tokyo: Kanagawa**

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<th>Day</th>
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<th>Event</th>
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<tbody>
<tr>
<td>SUN</td>
<td>19:00</td>
<td>YOKOHAMA NEGISHI REGULARS&lt;br&gt;Yokohama International Baptist Church 231-0839</td>
</tr>
<tr>
<td>MON</td>
<td>18:00</td>
<td>BIG BOOK Yokosuka Thumpers Group&lt;br&gt;Cadence Lighthouse 45-1 Fukadai</td>
</tr>
<tr>
<td></td>
<td>19:00</td>
<td>12 &amp; 12&lt;br&gt;Naval Air Facility Atsugi Tatekawa</td>
</tr>
<tr>
<td>WED</td>
<td>18:00</td>
<td>YOKOSUKA NEW COMERS MEETING&lt;br&gt;Chapel of Hope, Room #6 Honcho</td>
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<tr>
<td></td>
<td>19:00</td>
<td>BIG BOOK STUDY Zama Solutions Group&lt;br&gt;Camp Zama Japan</td>
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<tr>
<td>THU</td>
<td>18:00</td>
<td>12 &amp; 12&lt;br&gt;Cadence Lighthouse 45-1 Fukadai</td>
</tr>
<tr>
<td>FRI</td>
<td>19:30</td>
<td>SHONAN GROUP ENGLISH MEETING&lt;br&gt;Fujisawa Catholic Church 1-chôme-1-17 Kugenumaishigami</td>
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**Tokyo: Saitama**
SUN  15:30  BIG BOOK DISCUSSION
ONL  Saizeriya Hiyoshicho
Francisca\n\nCenter

Take the
Hibiya Subway
Line or Oedo
line to
Roppongi
Station. Exit
4A. It is less
than a 10
minute walk.
Ask at the
Police Box for
the Franciscan
Chapel Center
if you need
help.

Tokyo
Union
Church

Between the
Harajuku
Station (JR)
and the
Omotesando
Subway
Station (Ginza,
Chiyoda and
Hanzomon
Lines) on
Omotesando. If
main door is
closed, use
entrance on
side street
through
garage area.
Meeting on
2nd floor.
Intergroup is
held on the 3rd
floor.

St.
Andrews

From
Kamiyacho
Station, walk
up-hill and
then towards
Tokyo Tower.
From
Akabanebashi
or Onarimon,
just go up to
Tokyo Tower.
The meeting is
in the St.
Andrew’s stand-
alone hall, to
the left of St.
Andrew’s
church, which
is to the left of
St. Alban’s
church. It is
the building
furthest to the
LEFT in this
two-church
campus.
Roppongi Lutheran Church

From Roppongi station walk down Roppongi Dori to Roppongi Hills complex. Walk straight through Roppongi Hills with Tokyo Tower on your left side. Go down escalators and you will see the church, there is a large illuminated cross on the roof. Meeting is on the third floor. Doors open at 19:00 and meetings start at 19:30.

Shinjuku

(No Map) West exit of JR. Stay underground. Walk through the underground passage to the end, near the 58-story Mitsui Building—in the outside courtyard. If bad weather—call Patricia I, 090-2145-2399.

Alternate Phone Contacts

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<thead>
<tr>
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<tbody>
<tr>
<td>Tokyo</td>
<td>Patricia I</td>
<td>080-4719-1025</td>
</tr>
<tr>
<td></td>
<td>John R</td>
<td>090-9302-2091</td>
</tr>
<tr>
<td></td>
<td>Satoru</td>
<td>080-5690-1995</td>
</tr>
<tr>
<td>Yokohama</td>
<td>Bill</td>
<td>0463-34-2557</td>
</tr>
<tr>
<td>Yokota AFB / KPF</td>
<td>Mark</td>
<td>080-4154-4417</td>
</tr>
<tr>
<td>West Tokyo</td>
<td>Pat B</td>
<td>080-1164-2496</td>
</tr>
<tr>
<td>Chiba</td>
<td>Jay L</td>
<td>090-1767-1814</td>
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<tr>
<td>Saitama</td>
<td>Daniel F</td>
<td>090-1104-6772</td>
</tr>
<tr>
<td></td>
<td>Mike</td>
<td>080-7659-5151</td>
</tr>
<tr>
<td>Spanish</td>
<td>Ricardo</td>
<td>090-9676-6028</td>
</tr>
<tr>
<td>Swedish</td>
<td>Lars</td>
<td>090-1254-2743</td>
</tr>
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