

GREYSHEETERS ANONYMOUS MEETINGS - NEW YORK & NEW JERSEY

All meetings one hour unless indicated. 'WC'= Wheelchair Accessible. THIS PDF WAS UPDATED AS OF MARCH 13, 2010

Call Greysheet telephone information line 212 479-7302 for New York area meeting information with phone contacts

MEETING LIST CHANGES:

Please inform Pam W, bandpwood@aol.com.
Email Pam to receive monthly updates of meeting list.

GREYSHEETS for your group:

Email or call Gary G., gguttman@compuserve.com;
make check or money order payable to Gary (not to Shades)
and send it to him at his home (not to Shades.)

GSA METRO INTERGROUP, INC. meets the first Saturday of each month, 5:00 PM, Boys Harbor, 1 East 104 Street (btwn Madison & 5th Aves.) – 4th Fl, Rm 454. All Greysheeters are welcome! Elected Group Representatives can make motions and vote. For info contact Theda -- thedascott@earthlink.net. Mail contributions to PO Box 1741, NY NY 10150.

MANHATTAN	MON	TUE	WED	THUR	FRI	SAT	SUN
BACK TO BASICS-Jan Hus Church , 351 E 74 St, btwn 1 st & 2 nd Av, just west of 1 st Av, 2 nd Fl.- Kitchen; Dianne C (Di) – aandgdi@yahoo.com					6:30 PM		
CARNEGIE – Jewish Board of Family & Childrens Services , 120 W. 57 St, 6 th Fl. (btwn 6 th & 7 th Aves); Mon Pat H – patpics@hotmail.com , Fri Pam W – bandpwood@aol.com ; GS lunch OK. In 2010, closed (no mtg) Mondays 3/29, 4/5, 5/31, 7/5, 9/6; and Fridays 9/10, 9/17, 12/24, 12/31 WC	12:15 PM Qual				12:15 PM Qual		
EASTSIDE LUNCH – St. Bart’s Church , 325 Park Ave (50/51 Sts) enter thru main church – go straight back to Welcome Ctr. Mary B - marathonmary83@hotmail.com GS lunch OK. WC access thru garden, E 51 & Park Ave		12:00 PM Q'n	Note NEW entrance				
HARLEM – Boys & Girls Harbor , 1 E. 104 St., Rm 454, between 5 th & Madison Avenues; Steve stvnwillms@yahoo.com , Juanita juanitakv@hotmail.com ‡ 4:30 PM Step mtg meets 2 nd , 3 rd , 4 th & 5 th week of month; Rhonda-Marie rmbeaudette@verizon.net WC						2-3:30 PM Qual & 4:30 PM Step ‡	
MEN’S MEETING – Harlem Childrens Zone 35 E. 125 St. Frank gino1054@msn.com			7:00 PM Men				
SOLDIERS CLUB , 283 Lexington Av (between 36 & 37 Streets) OPEN ALL HOLIDAYS - wheelchair lift Sat 8:30 AM Step; Helen hsinger@rssnyc.org Sat 10:00 AM Qual; Jacqui singdiva23000@yahoo.com Sun 7:15 AM Rotating Lit; Mary B is contact for Sun 8:30 AM Tools; all 3 Sunday meetings: Sun 10:00AM Tools; marathonmary83@hotmail.com						7:15 AM Literature 8:30 AM Step 10:00 - 11:30 AM	8:30-9:45 AM Tools 10-11:15 AM Tools
UNION SQUARE – Realization Center , 25 East 15 St btw Union Square W. & 5 th Av, 7 th Fl; Jillian bluesybear@aol.com , Tapu tapuworld@hotmail.com No cell phones, no food, no drinks-only water. WC	Monday 7:45 PM	Please check in each week with receptionist (7 th floor) for room assignment. Bring ID & sign in with guard downstairs.			Friday 7:45 PM		
UPPER WEST SIDE – All Angels Ch , 251 W 80 Street (between Broadway & West End Ave). Penny S onecentfox@nj.rr.com		5:30 PM Qual		5:30 PM Qual			
WEST 14th ST. – Our Lady of Guadalupe at St. Bernard , Church Rectory, 328 W. 14 St (8 / 9 Av), ring bell. Theda thedascott@earthlink.net	5:45 PM Big Bk						
WEST 63rd ST – Westside YMCA , 5 W 63 St (btwn Central Park West & Broadway), (Wheelchair, buzz + enter on W 64 St. ramp). WC							5:30 PM Qual
WOMEN’S MEETING. – Our Lady of Guadalupe at St. Bernard Church Rectory (Basement), 328 W. 14 St (btwn 8 & 9 Av) ring bell; Theda thedascott@earthlink.net			6:15 PM Women				
BROOKLYN	MON	TUE	WED	THUR	FRI	SAT	SUN
BORO PARK – Public Library , 1265 43 rd St, Basement Mtg Rm; Rochelle rochelle.kimmel@gmail.com , Chavie denmw301@gmail.com . Closed 3/31 & 5/19/10. WC			10:15 AM Big Book				
BKLYN HEIGHTS – First Unitarian Church , 50 Monroe Pl., corner Pierpont St; Mary grace2mary@optonline.net		6:30 PM Qual					
FLATBUSH / MIDWOOD – 1517 Avenue H , Basement; Sarah A. Bhfine@aol.com . Closed on 3/30, 4/6 and 5/18 in 2010.		7:30 PM WOMEN			more Brooklyn meetings on next page....		

BROOKLYN (cont'd)	MON	TUE	WED	THUR	FRI	SAT	SUN
FLATBUSH – Salem Bapt.Ch, 303 E.21 St. at Albemarle Rd, elevator to 3 rd Fl, last classroom on left; Mary P. mlpendg@aol.com						10:45AM-12:00P Qual	
NORTH BKLYN—WILLIAMSBURG –one subway stop from Manh. Pam bandpwood@aol.com for info usually DOES NOT MEET July & August – WOMEN ONLY		10:15 AM Qual Women					
SATURDAY MORNING SERENITY – Brooklyn Heights Realization Ctr, 175 Remsen St, 2 nd Fl., Henry henryrose@yahoo.com , or Mary grace2mary@optonline.net WC						11:00AM Qual	BKLYN
QUEENS	MON	TUE	WED	THUR	FRI	SAT	SUN
HOLLISWOOD (Jamaica) , Holliswood Hosp, 87-37 Palermo St, in the Atrium; *Rotates Step, Trad'n, Big Bk, Promises; Lydia F littlebigbabe@aol.com ; Rochelle rkimmel1567@yahoo.com GS BREAKFAST OK WC							8:00 AM Step*
JAMAICA , Queens Hospital Ctr, 82-68 Parsons Blvd (one block north of Grand Central Pkwy), T Bldg, 3 rd Fl. Conference Room; Geoffrey nlindenauer@gmail.com , Elizabeth dyzzlyzz301@hotmail.com WC		5:30 PM Qual		5:30 PM Step			
STATEN ISLAND	MON	TUE	WED	THUR	FRI	SAT	SUN
MIND BODY & SPIRIT , 96 McClean Ave, VZ bridge to Lily Pond Rd. 2 lights, Rt onto McC Av, 96 is on left, sign reads Dance Studio. Lynne felinetat1@aol.com WC					6:30 PM Qual		
LONG ISLAND - NASSAU COUNTY	MON	TUE	WED	THUR	FRI	SAT	SUN
HICKSVILLE , "Without Exception," Hksvl. United Meth. Church, 130 W. Old Country Rd, Children's Chapel. Harris harristrad@aol.com					7:30 PM Qual		
MANHASSET , Unitarian Universalist Congregation, 48 Shelter Rock Rd; Mondays ***Jul & Aug meets 5 PM; Mon-Carolyn carolyngardenlover@nyc.rr.com Wed-David Z DEZCFE@aol.com No mtg 4/5, 5/31, 7/5, 9/6, 10/11, 12/27 in 2010.	*** 8:00 PM Qual – or 5pm		8:00 PM Qual				
MINEOLA , Winthrop Hosp, 259 1 st St (btw 1 st & Mineola Blvd.) Pediatrics Conf. Rm., N. Pavilion, Basement; Geoffrey nlindenauer@gmail.com Sat mtg no dogs. WC						9:30 AM Qual	9:00 AM Qual
SYOSSET , North Shore Univ Hosp, 221 Jericho Tpk., Downstairs MD's lounge behind cafeteria. Katie at Horseable@aol.com , or Ellie inmchieber@att.net WC				7:00 PM Step 8:00 Qual			
WEST HEMPSTEAD , Wesley UM Church, 619 Fenworth Blvd (corn.Dogwood Av) in Franklin Square; Ari L. higherpower4me2@aol.com		8:00 PM Qual					
LONG ISLAND – SUFFOLK COUNTY	MON	TUE	WED	THUR	FRI	SAT	SUN
DEER PARK , Ascension Lutheran Ch, 33 Bayshore Rd, Rm 12; Marco marcopolohurt@yahoo.com , Norman nfelsen@verizon.net WC							7:30 PM Qual
SAINT JAMES —"Another Suffolk Meeting!" St. James Epis. Church, 490 North Country Rd, NY 11780; Mon in nursery school; Fri in rectory. Terry TMRN@optonline.net WC-but a few stairs to restroom	7:30 PM Qual				7:30 PM Qual NO PETS		
SOUTH BAYSHORE / ISLIP , Southside Hosp, 301 E. Main St., Ground Fl., Board Room; Marco marcopolohurt@yahoo.com WC		7:00 PM Qual					
UPSTATE NEW YORK	MON	TUE	WED	THUR	FRI	SAT	SUN
ARMONK (Westchester Cty) , Hillside Church, 448 Bedford Rd (Rte 22). Alternates Big Book & Qual. Gwen gtorrenmw@verizon.net WC		6:00 PM Qual'n Or BBk					
MONSEY (Rockland Cty) , 20 min. w. of Tappansee Bridge; for information--Judy A, jainny.j@gmail.com	9:30AM Step						
ONEONTA (Otsego Cty) , St James Epis. Ch., 305 Main St; Raina raina1@mac.com WC		5:00 PM Qual	IMPORTANT: EMAIL RAINA BEFORE COMING TO VERIFY MEETING AVAILABILITY				
NEW JERSEY	MON	TUE	WED	THUR	FRI	SAT	SUN
(no meetings currently listed in New Jersey)							