

District 23 Schedule of Al-ANON Meetings

www.WA-AL-ANON.org, <http://www.dist23.org>

Legend: HCA=Handicapped Access, CC = Childcare Available, O = Open Meeting (for anyone interested) C = Closed Meeting (for anyone affected by close contact with a problem drinker), ***= AA meeting same time & location

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	Group Name		Venue and Address			District
SUNDAY						
6:30 p.m. O, HCA	Courage to Change AFG		Camano Lutheran Church Hwy 532 & Heichel Rd (Pioneer Room) Camano Island			#28
7:00 p.m. O, ***, HCA	Together We Can AFG		1st Congregational United Church Of Christ 2624 Rockefeller Ave, Everett			#23
MONDAY						
10:00 a.m. O, CC, HCA	Easy Does It		Word of Life Church 9028 51st Ave NE , Marysville			#23
4:30 p.m. O	3rd Place Literature Study AFG		Lake Forest Park Presp. Church 17440 Brookside Blvd N.E., Lake Forest Park			#22
6:00 p.m. O, ***, HCA	Serenity Station AFG		Free Methodist Church 730 East Highland, Arlington			#28
7:00 p.m. O, HCA	Granite Falls AFG		402 S. Granite Ave., Granite Falls, WA (The Father's House)			#28
7:00 p.m. O	Meadowdale AFG		St. Hilda's Episcopal Church 15223 52nd Ave W Lynnwood			#22
7:00 p.m. O	Tulalip AFG		8226 21 st Ave. N.E. Marysville			#23
7:30 p.m. C, ***	Lake Stevens Study, Write & Share AFG		Lake Stevens First Baptist Church 1702 Main Street, Lake Stevens			#23
7:30 p.m. C, CC, HCA, ***	New Freedom AFG		Free Methodist Church 9506 7th Ave. SE, Everett			#23
7:30 p.m. CC, ***	Richmond Beach AFG		Aurora Church of the Nazarene 1900 N. 175 St, Shoreline			#22
7:30 p.m. O, HCA	Sultan-Monroe AFG		St. Mary of the Valley Catholic Church 601 W. Columbia, Monroe			#23
TUESDAY						
9:30 a.m. CC, HCA	Reflections		Christ the King Church 13th & Pine Snohomish (enter at South end across from B-Ball hoop)			#23
1:00 p.m. O, HCA	Tuesday Afternoon AFG		First United Methodist Church 36th & Colby, Downstairs, Everett			#23
7:30 p.m. C	North End's Men's Group		St. David & Emmanuel Episcopal 18824 Meridian Ave. N., Shoreline			#22
7:30 p.m. C, HCA, ***	Arlington AFG		Immaculate Conception Church 1200 5th St., Basement – Arlington			#28
7:30 p.m.	Edmonds Al-Anon Family Group		South County Senior Center 220 Railroad Ave. Edmonds			#22
WEDNESDAY						
10:30 a.m. O	Check It Out AFG		Word of Life Church 9028 51st Ave NE, Marysville			#23
7:00 p.m. O	Back to Basics AFG		Bethesda Lutheran Church 23406 56th Ave W., Mountlake Terrace			#22

7:00 p.m.	One Day At A Time AFG	United Methodist Church 27112 102nd DR, Stanwood	#28
7:00 p.m. O, HCA	Let It Begin With Me AFG	Cascade View Presbyterian Church 1030 E. Casino Rd., Everett (Across from Cascade High School)	#23
7:30 p.m. O, HCA	Snohomish Wed. night AFG	St. John's Episcopal Church 913 2nd St.- Snohomish	#23
THURSDAY			
11:00 a.m. O, HCA	Study, Write & Share AFG	North Creek Presbyterian Church 621 164th St. S.E. Mill Creek Enter in back of Church # C76	#23
7:00 p.m. O, CC, HCA	Terrace View AFG	Mt Zion Lutheran 21428 44th Av W, Mountlake Terrace	#22
7:00 p.m.	Hope on Hwy 9 AFG	Calvary Chapel Hwy 9 & 4th St. S.E. Lake Stevens (one block south of Target)	#23
7:00 p.m. O	Snohomish Thursday AFG	Bridge Church of Snohomish County 2500 Lake Ave (by King Charlie's)	#23
8:00 p.m. C, ***, HCA	Stanwood AFG	United Methodist Church 27112 102nd Dr., Stanwood	#28
FRIDAY			
*5:00 p.m.(2011) HCA, CC, C	Silverlake Serenity AFG *(5:30-6:30 January 2012 on)	Cedar Cross United Methodist 1210 - 132nd SE, Mill Creek	#23
7:00 p.m. ***	Free to Change AFG	Freeland Trinity Lutheran Church 1460 E Hwy 525-Freeland/Whidbey Island	#23
7:00p.m. O, ***, HCA	Home AFG	Advent Lutheran Church 4306 132nd Mill Creek (meets in Lamb portable next to church)	#23
7:00 p.m. O ***	Friday Solutions	Alpine Recovery Services 16404 Smokey Pt. Blvd Suite 109 Smokey Pt (enter on N. side of Bld)	#28
8:00 p.m. O, HCA	Flicker of Hope	St Aidan's Episcopal Church 1318 E. SR 532, Camano Island	#28
8:00 p.m. C, ***, HCA	New Beginnings AFG	Marysville School Dist. Admin. Ctr. Strawberry Rm. 4220 80th St NE, Marysville	#23
8:00 p.m. O, HCA	T.G.I.F. AFG	Maplewood Presbyterian Church 19523 - 84th W (Corner of 196th) ,Lynnwood	#22
SATURDAY			
10:30 a.m. O, CC	Just For Today AFG	Lake Stevens First Baptist Church 1702 Main Street, Lake Stevens	#23
2:30 p.m. ***	Just For Today Too AFG	Snohomish Alano Club 625 Ford, Snohomish	#23
7:00 p.m. O, HCA, CC	3rd Saturday Speaker's Meeting Note: ONLY held third Sat. of each month	Prince of Peace Lutheran Church 9320 Meadow Way Everett, WA 98208-2432 (3rd Sat. of Month only)	#23
7:30 p.m.	Sat. Nite Open Door AFG	Stevens Hospital 4th Floor 21601 76th Ave.W. Edmonds	#22

Twelve Steps

Study of these Steps is essential to progress in the Al-Anon Family Group program. The principles they embody are universal, applicable to everyone, whatever his personal creed. In Al-Anon, we strive for an ever-deeper understanding of these Steps, and pray for the wisdom to apply them to our lives.

1. We admitted we were powerless over alcohol- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Twelve Traditions

These guidelines are the means of promoting harmony and growth in Al-Anon Family Groups and in the world-wide fellowship of Al-Anon as a whole. Our group experience suggests that our unity depends upon our adherence to these Traditions.

1. Our common welfare should come first. Personal progress for the greatest number should depend upon unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The relatives of alcoholics, we gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to the families of alcoholics.
6. Our Al-Anon Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.