

The Twelve Steps

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 of 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 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 a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

For more information call:

1-888-4AL-ANON

(1-888-425-2666)

Visit the Website:

National website: www.al-anon.org

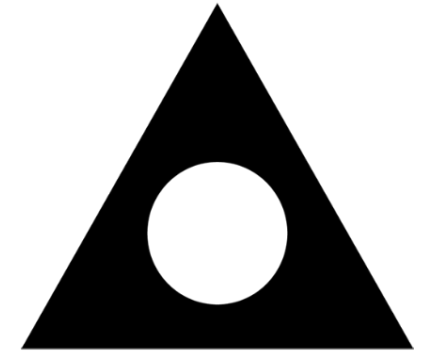
WA Website: www.wa.al-anon.org

Download our app:

“Al-Anon Family Groups”

The Twelve Traditions

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one 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, when 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 families of alcoholics.
6. Our Family Groups ought never endorse, finance, or lend our name to any outside enterprise, lest problems of money, property, or 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 non-professional, 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, films and TV. 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.



AL-ANON FAMILY GROUPS

*God grant me the serenity
to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.*

October, 2023

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Yakima Area	<p><u>Esperanza Para Hoy **</u> 5:30 p.m. 201 E Lincoln Ave (Yakima) Upper Level (OPEN)</p> <p><u>Serenidad **</u> 7:00 - 8:30 p.m. Holy Redeemer Church 1707 South 3rd Ave (Yakima) (OPEN)</p>		<p><u>Steps To Recovery</u> 5:30 – 6:30 p.m. Bethlehem Lutheran Church 801 Tieton Drive (Yakima) Parking In Back (OPEN)</p>		<p><u>Think About It</u> 6:30 - 7:30 p.m. Lady of Lourdes Catholic Church 1111 W. Freemont (Selah) Classroom #1 (Concurrent with AA Meeting) (OPEN)</p> <p><u>Serenidad **</u> 7:00 – 8:30 p.m. Holy Redeemer Church 1707 South 3rd Ave (Yakima) (OPEN)</p>	<p><u>Family and Friends</u> 9:00 - 10:30 a.m. Wesley United Methodist Church 48th and Chestnut (Yakima) Room 9 Main Floor (OPEN)</p> <p><u>Esperanza Para Hoy **</u> 8:00 a.m. 201 E Lincoln Ave (Yakima) Upper Level (OPEN)</p>	<p><u>Moving On</u> 6:30 – 8:00 p.m. Bethlehem Lutheran Church 801 Tieton Drive (Yakima) Parking In Back (CLOSED)</p>
Ellensburg	<p><u>Serenity Seekers</u> 6:00 – 7:30 p.m. Chestnut Street Baptist Church 609 N Chestnut St (OPEN)</p>		<p><u>Discovering Choices</u> 12:00 - 1:00 p.m. First United Methodist Church 210 N Ruby Street (OPEN)</p>	<p><u>Literature For Progress</u> 12:00 – 1:00 p.m. The Palace Restaurant 323 Main Street (OPEN)</p>			
General Info	<p><u>DISTRICT 7 AFG</u> District Meeting 2nd Sunday of the month Bethlehem Lutheran Church 801 Tieton Drive (Yakima)</p>		<p><u>Literature Depot</u> Call for Appt 509-952-9451</p> <p><u>Order Books and Supplies</u></p>		<p><u>Newcomers Zoom Meeting</u> “Handshake of Al-Anon” 7:00 - 8:15 p.m. 2nd and 4th Friday Email for Info al.anon.handshake@gmail.com</p>	<p>** Spanish Speaking Meeting</p>	<p>Open=Open to anyone interested</p> <p>Closed- Al-Anon and Alateen only (For anyone who is affected by someone else’s drinking)</p>