

## TWELVE STEPS

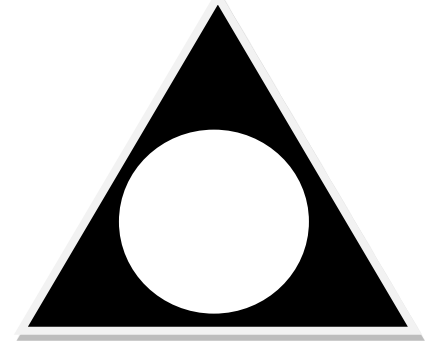
1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral 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 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

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 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.

# AL-ANON & ALATEEN

Virginia - Rappahannock District  
District 19



**District 19 website:**

**[www.al-anonfredericksburg.org](http://www.al-anonfredericksburg.org)**

District 19 meets the 2<sup>nd</sup> Monday of the month. Check the above website for time and place.

1-888-4Al-Anon  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
[www.vaalanon.org](http://www.vaalanon.org)

**Updated August 2021**

## How Can Al-Anon Help?

Our personal situations may be different, but we share as equals because of what we have in common: our lives have been affected by another person's drinking. Al-Anon is a mutual support group.

We can find understanding and support when we share our common experience with each other. Some of us are here because a spouse or partner has struggled with alcoholism. For others, the problem drinker is a parent, child, or grandchild. Sometimes a brother, a sister, or some other friend or relative brings us to Al-Anon. Many of us have had more than one alcoholic family member or friend.

Alcoholism has similar effects on us all, even though our relationships to the alcoholic may be different. Many newcomers are most interested in hearing about situations and relationships that are similar to their own. Over time, however, we come to understand that we can benefit from hearing how the Al-Anon principles worked in many different circumstances.

## Where and When

Changes and updates should be provided to any Group Representative (GR).

**AFG** – Al-Anon Family Group

**AT** – Alateen meeting same time & location

**AA** – Alcoholics Anonymous same time & location

**New** – Newcomer orientation session available

## MONDAY

### **10:00 AM Serenity Seekers** **HYBRID**

Trinity Episcopal Church, 825 College Ave,  
Fredericksburg, Admin Bldg 22401

Enter from College St - main floor

Attended child(ren) welcome

### **5:30 PM Serenity for Parents** **HYBRID**

Christ Lutheran Church  
1300 Augustine Ave, Martha Room,  
Fredericksburg 22401

Secured building-arrive by 5:30

### **8:00 PM Stafford Serenity AFG** (AA) **HYBRID**

Aquia Episcopal Church, 2938 Jefferson  
Davis Hwy, Stafford 22554

## TUESDAY

### **8:00 PM Step by Step** (AA) **VIRTUAL**

Salem Baptist Church, 4044 Plank Rd,  
Spotsylvania, Rt 3 West

Meeting in Children's Wing Library

Steps & Traditions Study Meeting

## WEDNESDAY

### **7:00 PM Over the Rainbow AFG** (AA, AT, New) **HYBRID**

Peace United Methodist Church, 801 Maple  
Grove Dr., Fredericksburg, 22407

### **7:00 PM All Day I Dream About Serenity**

**Alateen** (ages 7-19),

Peace United Methodist Church, 801 Maple  
Grove Dr., Fredericksburg, 22407

## THURSDAY

### **12:00 PM Serenity at Noon** (New) **HYBRID**

Trinity Episcopal Church, 825 College Ave,  
Fredericksburg, Admin Bldg 22401

Enter from College St - main floor

## THURSDAY Continued

### **7:00 PM Promises of Growth**

St. Mathias United Methodist Church,  
426 Deacon Rd, Fredericksburg, 22406

### **7:00 PM Solutions AFG** **HYBRID**

St. Johns Episcopal Church  
9403 Kings Hwy, King George

## FRIDAY

### **7:00 PM New Beginnings** (AA) **HYBRID**

Trinity Episcopal Church, 825 College Ave,  
Fredericksburg 22401

Enter from William St parking lot

## SATURDAY

### **10:00 AM Surviving the Weekend** **HYBRID**

Trinity Episcopal Church, 825 College Ave,  
Fredericksburg, Admin Bldg 22401

Enter from William St parking lot

### **10:00 AM Keeping it Simple**

**TEMPORARILY MEETING SUNDAY 9:30AM**

## SUNDAY

### **9:30 AM Keeping it Simple** **VIRTUAL**

### **6:00 PM Firm Foundations** **VIRTUAL**

Campus Community Christian Center  
Middle Conference room

1213 Dandridge St, Fredericksburg, 22401

**\*\*Meeting schedules can change – please  
check our website for updates\*\***

**Hybrid – meeting in person & on  
zoom simultaneously**

**Virtual – meeting on Zoom only**

**\*\*Please see website for Zoom links**