

TUESDAY

7:00 PM **Al-Anon** "Stepping Stones
AFG Beginners"
Presbyterian Church
55 Smith Street,
E. Stroudsburg
Side Entrance, Downstairs

7:00 PM **Al-Anon**
ZOOM MEETING ONLY
Milford
ID 917 4154 5153
Passcode 250017

WEDNESDAY

12 Noon **Al-Anon** "Easy Does It"
Evangelical
Presbyterian Church
308 Broad Street, **Milford**
Side Entrance, 2nd Floor
End of Hall, Room C-24

12 Noon **Al-Anon** "Let it Begin With Me"
Our Lady Queen of Peace
Route 209 (at Weir Lake
Road) **Brodheads ville**
Side Chapel Entrance

7:00 PM **Al-Anon** "Just For Tonight"
Trinity Episcopal Church
137 Trinity Hill Rd
Mount Pocono

THURSDAY

7:00 PM **Al-Anon** "Freedom from Despair"
Across the street from the
United Methodist Church
1721 Coshocton Turnpike
(Route 371), **Damascus**

THURSDAY (continued)

7:30 PM **Al-Anon**
ZOOM MEETING ONLY
Lords Valley
ID 913 2032 4201
Passcode 823776

FRIDAY

12 Noon **Al-Anon** "Easy Does It"
Evangelical
Presbyterian Church
308 Broad Street, **Milford**
Side Entrance, 2nd Floor
End of Hall, Room C-24

7:00 PM **New Beginning Al-Anon**
Family Group (Beginners)

7:30 PM **Al-Anon (Regular)**
St. Luke's Parish Center
818 Main Street (at 9th
Street) **Stroudsburg**
Parking Lot around back
Down hall on the right

SATURDAY

10:00 AM **Al-Anon** "We Found Hope AFG"
St. PAul Lutheran Church
158 Fish Hill Rd
Tannersville

7:00 PM **Al-Anon (Beginners)**
7:30 PM **Al-Anon (Regular)**
ZOOM MEETING ONLY
Dingmans Ferry
ID 956 3370 6139
Passcode 019247

AL-ANON

MEETING SCHEDULE

Pennsylvania District 29

Monroe and Pike Counties

STATE WEBSITE
www.al-anon.org

AL-ANON WORLD SERVICE
www.al-anon.alateen.org

1-800-344-2666

QUESTIONS?
Contact: dr29@pa-al-anon.org

SUNDAY

1:00 PM **Al-Anon** "Sunday Serenity AFG"
United Methodist Church
206 East Ann Street, **Milford**
Left Side Entrance

2:00 PM **Al-Anon** "Serenity for
Saylorsburg"
St. Peter's
United Methodist Church
Route 115, **Saylorsburg**

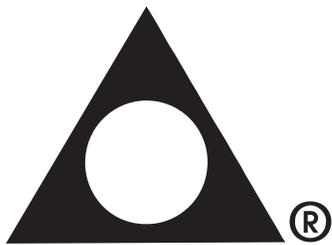
MONDAY

12 Noon **Al-Anon** "Just for Me"
United Methodist Church
206 East Ann Street, **Milford**
Front Entrance

12 Noon **Al-Anon** "Courage To Change"
Presbyterian Church
55 Smith Street,
E. Stroudsburg
Side Entrance

ARE YOU AFFECTED BY SOMEONE'S DRINKING?

Al-Anon & Al-Ateen Meeting Schedule



"Where & When"

**Pennsylvania District 29
Monroe and Pike Counties**

*When anyone, anywhere, reaches out for help,
let the hand of Al-Anon and Alateen always
be there, and - Let It Begin with Me.*

What is Al-Anon/Alateen?

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon's Purpose

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the 12 Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Membership

The only requirement for membership is that there be a problem of alcoholism in a relative or friend. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

No Affiliation

Al-Anon is not allied with any sect, denomination, political entity, organization or institution, does not engage in any controversy, neither endorses nor opposes any cause.

Al-Anon 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 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 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.

The Serenity Prayer

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.

Al-Anon 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 go 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.