

O—MONDAY 5:30—6:30 PM

Door to Hope

First Presbyterian Church
(South Entrance only)
9 So 8th AveYakima

O — MONDAY 7:00—8:00 PM

Sunnyside Community Hospital

Classroom C or
BoardroomSunnyside

O—MONDAY 7:00—8:30 PM

Serenity Seekers

First Presbyterian Church
1307 East 3rdEllensburg

O—TUESDAY 6:30—7:30 AM

Men's Morning Meeting

Yakima Alliance Church (basement entrance)
902 S 36th Ave.....Yakima

O—TUESDAY 1:00—2:00 PM

Sunshine Group

The Stone Church (Office entrance)
3303 EnglewoodYakima

C—TUESDAY 7:00—8:30 PM

New Life

St. Timothy's Episcopal Church
4105 Richey Road Yakima

O = Open to Anyone Interested

C = Closed*—Al-Anon/Alateen Only
*** Closed meeting is for anyone who is**
affected by someone else's drinking

DISTRICT 7 SCHEDULE

C—TUESDAY ALATEEN 7:00—8:00 PM

Hillside to Happiness

AlAteen is for teens affected by a parents alcoholism.
Information contact number 452-9549

O—TUESDAY 6:00—7:00 PM

We Have Choices

St. Mary's Catholic Church
40 W White Swan Rd.White Swan

O—WEDNESDAY NOON—1 PM

Serenity Seekers II

Central Washington University
Student Health & Counseling Center
Wickerath Lounge Ellensburg

O—WEDNESDAY 5:30—7:00 PM

Steps to Recovery

Unity Church
401 S. 8th Ave. Yakima
(Potluck 1st Wed. each month)

O—THURSDAY 5:30—6:30 PM

Three Daily Legacies

Unity Church
401 S. 8th Ave. Yakima
(Basement Room)

AL-ANON FAMILY GROUPS
AL-ANON/ALATEEN
INFORMATION & RESOURCES:

www.yakima1.com/alanon
(509)577-9401
(Leave Message 24 hours a day)

C—FRIDAY NOON—1 PM

Friday Lunch Bunch

Vineyard Church
221 E. Martin Luther King Blvd. . -Yakima

C—FRIDAY 6:30—7:30 PM

Think About It

Lady of Lourdes Catholic Church
1111 W. Fremont Selah
(Concurrent with AA meeting next door)

O—SATURDAY 9:00—10:30 AM

Family and Friends

Wesley United Methodist Church
48th & Chestnut
(Basement, south entrance) Yakima

C—SATURDAY 7:30—8:30 PM

Reach For Recovery

Sundown M. Treatment Center
(Family Building)

C—SUNDAY 6:30—8:00 PM

Moving On

Y.V. Memorial Hosp. Classroom A&B
2811 Tieton Drive.Yakima

District 7

Literature Depot

616 River Road, Yakima, WA
(East of 16th Ave between
Fruitvale and Highway 12)

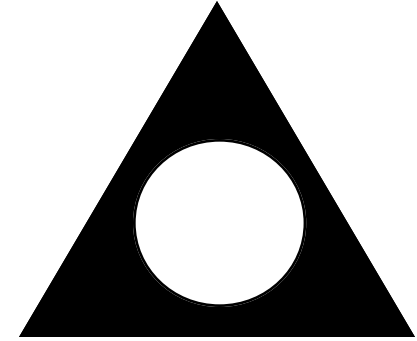
Hours: Open by appointment
(509) 452-9549 or (509) 697-9138

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 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.

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 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 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.*

*Updated April
2010*