

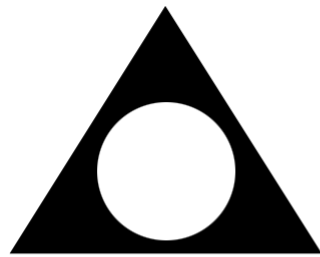
In Al-Anon, we learn . . .

Not to suffer because of the actions or reactions of other people.

- Not to allow ourselves to be used or abused by others in the interest of another's recovery.
- Not to do for others what they could do for themselves.
- Not to manipulate situations so others will eat, get up, pay bills, not drink.
- Not to cover up for anyone's mistakes or misdeeds.
- Not to create a crisis.
- Not to prevent a crisis if it is in the natural course of events.



www.southpugetsoundal-anon.org



**Al-Anon &
Alateen
South Puget Sound meetings**

updated Aug 2017

**Are you troubled
by
someone's
drinking?**

For general information for professionals, media, facilities, or organizations, please contact

Cheri at (360) 790-9457

For meeting schedule changes and updates, contact your Group Rep or email

districtTenWebmaster@gmail.com

To purchase Al-Anon literature, including brochures, pamphlets, books, and more, please contact

Brenda at olympiaLDC@gmail.com

hope & help for families and friends of alcoholics

Please copy + share this schedule :)

MONDAY

OLYMPIA **12 pm | Courage to Changers** Al-Anon
 First Christian Church
 701 Franklin St SE (7th & Franklin)
 Saima (360) 754-3381 WSO#14259

ABERDEEN **7 pm | Get A Life** Al-Anon
 Get a Life Al-Anon WSO 53659
 East Campus Community Hospital
 1006 North H Street (Front of building, 1st floor
 Conference Room D)
 Keelee (360) 532-3009 WSO#53659

YELM **7 pm | New Attitudes** Al-Anon
 Yelm United Methodist Church, 408 2nd S.E.
 Bill (360) 446-7981 or Nena (253) 380-6159
 WSO#52679

LACEY **7:30 pm | New Beginnings** Al-Anon
 St Benedict's Episcopal Church
 910 Bowker S.E., off Pacific Ave.
 Jenny (360) 754-1968 WSO#46371

OLYMPIA **7:30 pm | Just For Today** Al-Anon
 Gloria Dei Lutheran Church
 1515 Harrison Ave NW
 Janet (360) 819-4815
 WSO#26328

TUESDAY *

ELMA **9:30 am | New Elma** AFG
 Faith Lutheran Church
 1296 Monte-Elma Rd.
 Linda P. (360) 463-6683 WSO#501126

LACEY **6:30 pm | Serenity on Tuesday** AFG
 Lacey Community Church, 4501 19th S.E.
 Cara (360) 556-9674 WSO#30614484

* PLUS ONE MORE, SEE *OTHER MEETINGS* ➡

WEDNESDAY

ABERDEEN **7 pm | Get a Life** Al-Anon
 East Campus Community Hospital
 1006 North H Street, (front of building 1st floor
 Conference room D)
 Keelee (360) 532-3009 WSO#53659

LACEY **7 pm | Friends in Lacey** Al-Anon
 Lacey Community Church, 4501 19th Avenue S.E.
 Tom C. (360) 280-0242 WSO#14260

YELM **7 pm | New Attitudes** Al-Anon (Literature Study)
 Yelm United Methodist Church, 408 S.E. 2nd Street
 Bill (360) 446-7981 or Nena (253) 380-6159
 WSO#52679

THURSDAY

OLYMPIA **6:30 pm | Capital Improvements** (Babysitting available)
 United Churches, 110 11th Ave S.E.
 Patti (360) 888-7701 WSO#62850

ROCHESTER **7 pm | Thursday Night AFG** Al-Anon
 St Mark's Lutheran Church, 10000 Hwy 12
 Katherine (425) 736-9879 or Rita (360) 485-5288

YELM **7 pm | New Attitudes** Al-Anon
 Yelm United Methodist Church, 408 S.E. 2nd Street
 Bill (360) 446-7981 or Nena (253) 380-6159
 WSO#52679

FRIDAY

SHELTON **12 pm | Shelton** Al-Anon
 Episcopal Church
 324 W Cedar Street (Corner of 3rd & Cedar)
 Karyn (360) 426-3909 WSO#53658

OLYMPIA **12 pm | Courage to Changers** Al-Anon
 First Christian Church
 701 Franklin St. SE (7th and Franklin)
 Saima (360) 754-3381 WSO#14259

OLYMPIA **7 pm | South Sound Steppers** Al-Anon
 Gloria Dei Lutheran Church, 1515 Harrison Ave NW
 Shari O (360) 867-0575

SUNDAY

TENINO **6 pm | Hope House** Al-Anon
 Hope House Presbyterian Church
 125 Central Ave E.
 Julie C. (360) 347-1552

YELM **6:30 pm | New Attitudes** Al-Anon
 Yelm United Methodist Church, 408 S.E. 2nd Street
 Bill (360) 446-7981 or Nena (253) 380-6159
 WSO#52679

OTHER MEETINGS

TUESDAY

OLYMPIA **7 pm | AA Big Book Study** from the Al-Anon
 Members' Perspective
 Gloria Dei Lutheran Church, 1515 Harrison Ave NW
 Shari O. (360) 867-0575

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.