

**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](http://www.southpugetsoundal-anon.org)



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

**updated Nov 2018**

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

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

Annette at (253) 347-6418

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

[districtTenWebmaster@gmail.com](mailto:districtTenWebmaster@gmail.com)

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

Brenda at [olympialDC@gmail.com](mailto: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

**OCEAN SHORES** **5:30 pm | Al-Anon Family Group Meeting**  
 Ocean Shores Library  
 573 Point Brown Ave NW  
 Marlee (360) 339-3958

**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

**YELM** **6 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) 819-4805  
 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 19<sup>th</sup> Avenue S.E.  
 Tom C. (360) 280-0242 WSO#14260

**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. 2<sup>nd</sup> 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 3<sup>rd</sup> & 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 WSO# 30518101

**SUNDAY**

**OCEAN SHORES** **4 pm | Al-Anon Family Group Meeting**  
 North Beach Alano Club  
 873 Point Brown Ave NW  
 Marlee (360) 339-3958

**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.