

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 Nov 2018

Are you troubled
by
someone's
drinking?

hope & help for families and friends of alcoholics

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

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

Brenda at olympialDC@gmail.com

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.
 Becca (360) 970-8347 WSO#46371

OLYMPIA 7:30 pm | Just For Today Al-Anon
 Gloria Dei Lutheran Church
 1515 Harrison Ave NW
 Sady (317) 459-1481 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

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 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.