

## THE OPENING PRAYER

God grant me the serenity  
To accept the things I cannot change,  
Courage to change the things I can,  
And the wisdom to know the difference.

## SUGGESTED AL-ANON OPENING

We welcome you to the \_\_\_\_\_ Al-Anon/Alateen Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live or have lived with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon/Alateen we discover that no situation is really hopeless, and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon/Alateen ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Al-Anon/Alateen program is based on the Twelve Steps (adapted from Alcoholics Anonymous) which we try, little by little, one day at a time, to apply to our lives along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Al-Anon/Alateen literature thus make us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the Al-Anon/Alateen program. Everything that is said here in the group meeting and member-to-member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon/Alateen. (Al-Anon/Alateen Service Manual pg. 38)

## SUGGESTED STATEMENT OF PURPOSE

Our meetings last for approximately one hour. During this hour we come together for mutual help. We come to learn how to live the Al-Anon/Alateen program. The group conscience requests that all present refrain from gossip, dominance and discussion of religion, treatment centers, self-help programs, counseling and the use or mention of material other than our Al-Anon/Alateen conference approved literature.

Please remember that in Al-Anon/Alateen we keep the focus on us and not on the alcoholic. We thank you for your cooperation in our group effort to stick to Al-Anon/Alateen principles.

## SUGGESTED PREAMBLE TO THE TWELVE STEPS

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 is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic. (Al-Anon/Alateen Service Manual pg. 39)

## THE TWELVE STEPS

Because of their proven power and worth, AA's Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of goodwill, of any religious faith or of none. Note the power of the very words! (Al-Anon/Alateen Service Manual pg.40)

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

The Traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with AA, and the outside world. They recommend group attitudes toward leadership, membership, money, property, public relations, and anonymity.

The Traditions evolved from the experience of AA groups in trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon's unity and perhaps even its survival are dependent on adherence to these principles. (Al-Anon/Alateen Service Manual pg.41)

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 co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever nonprofessional, 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.

## SUGGESTED AL-ANON CLOSING

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven't been with us long: Whatever your problems, there are those among us who have had them too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll love us in a very special way the same way we already love you.

Talk to each other, reason things out with someone else but let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time. Will all who care to, join me in closing with the .....Prayer? (Al-Anon/Alateen Service Manual pg. 45 & 46)

## SUGGESTED MEETING FORMAT

Moment of Silence followed by the Serenity Prayer

Read Al-Anon Welcome

Read Al-Anon Statement of Purpose

Read Twelve Steps

Read Twelve Traditions

Business/Announcements

Program/Speaker

Pass 7<sup>th</sup> Tradition Basket – no dues or fees

Read Al-Anon Closing

Comments or Phone Numbers

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**GREATER LEXINGTON AREA MEETINGS DIRECTORY**  
**DISTRICT 12 AL-ANON & ALATEEN**  
**THE GREATER LEXINGTON AL-ANON/ALATEEN INFORMATION**  
**SERVICE OFFICE & LDC**  
**845 Lane Allen Rd #10 (downstairs)**  
**Lexington, KY 40504-3631**  
**859-277-1877**  
**office hours: Saturday 12 noon to 2 pm**  
**for meetings outside of this area, call AFG, Inc**  
**888-425-2666**  
<http://LEXINGTONAFG.COM>  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
**Kentucky Area 21 [www.kyal-anon.org](http://www.kyal-anon.org)**

**MEETING DESCRIPTIONS**

**AL-ANON:** membership is open to anyone who feels his or her life has been or is being affected by alcoholism in a family member or a friend  
**(O) OPEN:** open to anyone interested in the family disease of alcoholism.  
**(C) CLOSED:** limited to members & prospective members. These are persons who feel their lives have been or are being deeply affected by alcoholism in a family member or friend.

**ALATEEN:** part of the Al-Anon Family Groups. It is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. All Alateen meetings are **CLOSED**, in that they are designed for members in their teens only. Some groups may allow younger members. Please check in advance

**THE FOLLOWING DESIGNATIONS ARE GIVEN BY THE GROUPS THROUGH GROUP CONSCIENCE AND AUTONOMY.**

**Al-Anon Adult Children**  
Al-Anon members who identify themselves as growing up in the disease of alcoholism  
**Women** Group specifies it is for women only  
**Men** Group specifies it is for men only

**DISTRICT & AIS MEETINGS**  
**FOR AL-ANON & ALATEEN MEETINGS**  
**TIMES, DATES, LOCATION – subject to change**

**DISTRICT 12:** Meeting held on the 1<sup>st</sup> Thursday of each month at 6 pm, location travels around District. Call Stacie M for location, 859-269-6131 For Group Reps (to vote) and any interested Al-Anon member (for information)

**AL-ANON INFORMATION SERVICE:** Meeting held on the 2<sup>ND</sup> Tuesday of Feb, April, June, Aug, Oct and Dec at 6:15 pm. Rosemont Baptist Church, corner Clays Mill Rd & Rosemont Garden. Park in lot off Clays Mill Rd, enter church in back, downstairs, room 122. For Alternate Group Reps or a person chosen by the group to vote and any interested Al-Anon member (for information)

**SUNDAY**

**LEXINGTON (O)** .....RAINBOW..... 6:00 pm  
Word of Hope, Lutheran.....CHILD CARE.....1870 Armstrong Mill Rd

**LEXINGTON (O)**.....JOY..... 8:00 pm  
*(speaker 1<sup>st</sup> Sunday, Step meeting 2<sup>nd</sup> Sunday)*  
Rosemont Baptist, downstairs.....Clays Mill & Rosemont Garden

**ALATEEN**

**LEXINGTON (C)** .....ALATEENS FOR SERENITY..... 8:00 pm  
Rosemont Baptist, downstairs.....Clays Mill & Rosemont Garden

**MONDAY**

**BEREA ( )**..... 6:00 pm  
Union Church.....200 Prospect Street

**FRANKFORT (O)**.....NEW HOPE..... 6:30 pm  
Bridge St Club, upstairs..... non-smoking.....111 1/2 Bridge St

**IRVINE (O)** .....REACHING OUT..... 8:00 pm  
Dr Paterson's office.....Main Street

**LEXINGTON (O)**.....LIVE & LET LIVE..... 12 NOON  
La Roca (Epworth Methodist)...non-smoking.....1015 N Limestone

**LEXINGTON (O)** .....SISTERS of the SPIRIT..... 6:00 pm  
*Women only, child care provided*  
Maxwell St Presbyterian.....180 E Maxwell St

**LEXINGTON (O)** ..... WELCOME TO AL-ANON ..... 6:00 pm  
Ridge Behavioral.....Man O' War & Rio Dosa Dr.

**LEXINGTON (O)** ..... BEGINNERS GROUP..... 7:00 pm  
Ridge Behavioral.....Man O' War & Rio Dosa Dr.

**MOREHEAD (O)** ..... MOREHEAD AL-ANON..... 7:00 pm  
Cathedral of Praise.....905 Clearfield St

**PARIS (C)**..... AL-ANON..... 8:00 pm  
First Christian Church.....911 High St

**RICHMOND (O)** ..... SANITY..... 6:30 pm  
First United Methodist Church.....401 West Main St

**VERSAILLES (O)**..... MONDAY'S HOPE ..... 7:pp:00 pm  
St John's Episcopal .....210 N Main St

**TUESDAY**

**CARLISLE (O)**..... TUESDAY NIGHT AFG..... 8:00 pm  
Nicholas County Health Dept.....Paris Rd

**FRANKFORT (O)** .....TUESDAY'S SERENITY ..... 12 noon  
First Christian Church, Prayer Room, 1<sup>st</sup> floor .....316 Ann St

**FRANKFORT (O)**.....,ODAT..... 8:00 pm  
.....300 Strathmore Drive

**LEXINGTON (O)** .....GROWIN' UP.....5:30 pm  
*Al-Anon adult children – elevator inside door off playground*  
Maxwell St Presbyterian, Marshall Parlor, 1<sup>st</sup> floor.....180 E Maxwell St

**MT STERLING (O)** .....TUESDAY NIGHT AFG..... 7:00 pm  
Ascension Episcopal Church, basement, enter back door .....W High St

**PARIS (Closed)** .....Camino de Esperanza GFA..... 6:00 pm  
.....708 Main Street

**RICHMOND (O)**.....TUESDAY AFG..... 8:00 pm  
First Methodist Church .....Main St & Lancaster Rd

**WEDNESDAY**

**FRANKFORT (O)** .....NEW HOPE..... 6:30 pm  
Bridge St Club, upstairs..... non-smoking.....111 1/2 Bridge St

**FRANKFORT (C)**.....WONDERFUL STEPS TO HAPPINESS.... 6:30 pm  
Bridge St Club, upstairs.....111 1/2 Bridge St

**LEXINGTON (O)**..... BROWN BAG.....12 noon  
Good Shepherd, bride's room, basement.....533 E. Main St

**LEXINGTON (O)**..... SEEKES of SERENITY..... 7:30 pm  
Lafayette Christian Church, basement.....1836 Clays Mill Rd

**LEXINGTON (O)** .....UNITY .....7:30 pm  
*Al-Anon adult children*  
Maxwell St Presbyterian, in room off balcony .....180 E Maxwell St

**OWENTON (O)**.....OWENTON AL-ANON GROUP..... 8:00 pm  
Owenton Library .....118 N Main St

**PARIS (O)**.....TRADITIONS..... 8:00 pm  
1<sup>st</sup> Presbyterian Church.....6th & Pleasant Streets

**THURSDAY**

**BEREA (O)**.....FIRST THINGS FIRST..... 8:00 am  
Oh Kentucky RV Park & Campground .....1142 Paint Lick Road

**BEREA (O)**.....AL-ANON..... 8:00 pm  
Baptist Church, enter back Sun Sch. Bldg,  
elevator to 3<sup>rd</sup> Fl..... 310 Chestnut

**DANVILLE (C)**.....BLUEGRASS 12 STEP..... 6:30 pm  
Recovery Roadhouse, same bldg Tri State Trucking, side entrance

**FRANKFORT (O)**..... NEW HOPE STEP STUDY..... 7:30 pm  
Bridge St. Club, upstairs..... 111 ½ Bridge St.

**FRANKFORT (O)**.....12: noon  
1<sup>st</sup> United Methodist Church..... 207 Washington Street

**GEORGETOWN (O)**..... CIRCLE of HOPE..... 7:30 pm  
Harmony Christian Church, Christian Rd..bypass behind McDonald's

**LEXINGTON (O)**..... JUST for TODAY ..... 10:30 am  
Crestwood Christian Church.....1882 Bellefonte Dr

**LEXINGTON (O)**..... BLUEGRASS ..... 7:30 pm  
Hunter Presbyterian..... ..Rosemont Garden & Nicholasville Rd

**FRIDAY**

**FRANKFORT (O)**.....ODAT..... 8:00 pm  
.....300 Strathmore Dr

**FRANKFORT (O)**.....NEW HOPE..... 6:30 pm  
Bridge St Club, upstairs..... 111 1/2 Bridge St

**FRANKFORT ( )**..... **SPANISH SPEAKING**.....6:30 pm  
Bridge St Club, upstairs.....111 1/2 Bridge St

**LEXINGTON (O)**.....T.G.I.F. .... 12 noon  
Christ United Methodist.....Man O War & Harrodsburg Rd

**LEXINGTON (O)** .....NEW BEGINNINGS..... 8:00 pm  
Ridge Behavioral.....Man O' War & Rio Dosa Dr

**RICHMOND (O)**..... NEW HOPE.....8:00 pm  
First Methodist Church.....Main St & Lancaster Rd

**ALATEEN**

**RICHMOND (O)**..... PEACE.....8:00 pm  
First Methodist Church.....Main St & Lancaster Rd

**SATURDAY**

**DANVILLE (O)**.....ODAT..... 10:30 am  
First Christian Church, Rm. 100.....555 E Lexington Rd

**FRANKFORT (C)**.....NEW HOPE.....11:00 am  
Bridge St Club, upstairs..... non-smoking..... 111 1/2 Bridge St

**GEORGETOWN ( )**.....OASIS AFG ..... 9:00 am  
First Christian Church .....112 E College St

**IRVINE (O)**.....REACHING OUT ..... 8:00 pm  
Phillip Owens Law Office .....Richmond Rd

**LEXINGTON (O)** .....NEVER ALONE at NINE.....9:00 am  
Christ the King Church, 299 Colony Blvd

**(Enter Youth Activities Building, go down the stairs, through cafeteria and enter meeting on the left.)**

**LEXINGTON (O)**.....FIRST STEP..... 11:00 am  
*child care provided*  
St Michael's Church/School, basement.....2025 Bellefonte Dr

When our Information Service office lists a group, at their request, there is an informal agreement that the group will abide by Al-Anon Traditions and keep its doors open to any Al-Anon member. Listing in the directory does not constitute approval of any group's manner of practicing the Al-Anon program. If the group you attend is not right for you, please try another. There is help available in Al-Anon.

**PLEASE KEEP AN UPDATED SCHEDULE**  
**December 14, 2011**