

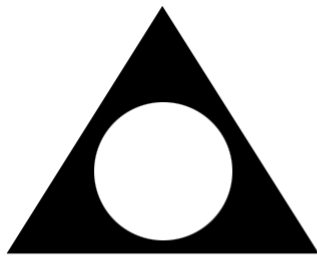
**In Al-Anon, we learn . . .**

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 May 2019**

**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	<b>12 pm   Courage to Changers</b> Al-Anon First Christian Church 701 Franklin St SE (7th & Franklin) Saima (360) 754-3381 WSO#14259
OCEAN SHORES	<b>5:30 pm   Al-Anon at the Shores AFG</b> Ocean Shores Library Conference Room 573 Point Brown Ave NW Marlee (360) 339-3958 or (206) 953-5383
ABERDEEN	<b>7 pm   Get A Life</b> 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	<b>6 pm   New Attitudes</b> Al-Anon Yelm United Methodist Church, 408 2nd S.E. Bill (360) 446-7981 or Nena (253) 380-6159 WSO#52679
LACEY	<b>7:30 pm   New Beginnings</b> Al-Anon St Benedict's Episcopal Church 910 Bowker S.E., off Pacific Ave. Becca (360) 970-8347 WSO#46371
OLYMPIA	<b>7:30 pm   Just For Today</b> Al-Anon Gloria Dei Lutheran Church 1515 Harrison Ave NW Sady (317) 459-1481 WSO#26328

## TUESDAY \*

ELMA	<b>9:30 am   New Elma</b> AFG Faith Lutheran Church 1296 Monte-Elma Rd. Linda P. (360) 463-6683 WSO#501126
LACEY	<b>6:30 pm   Serenity on Tuesday</b> AFG St. Mark's Lutheran, 2109 College St. Park in back & look for the "clean kids" sign. Brenda G 360-870-2961 WSO#30614484

\* PLUS ONE MORE, SEE *OTHER MEETINGS*



## WEDNESDAY

ABERDEEN	<b>7 pm   Get a Life</b> 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	<b>7 pm   Friends in Lacey</b> Al-Anon Beginning March 1, 2019: St. Mark's Lutheran, 2109 College St. Park in back & look for the "clean kids" sign. Tom C. (360) 280-0242 WSO#14260

## THURSDAY

OCEAN SHORES	<b>6:00 pm   Waves of Recovery</b> Al-Anon Ocean Shores Senior Center 573 Point Brown Ave NW Marlee (360) 339-3958 or (206) 953-5383
OLYMPIA	<b>6:30 pm   Capital Improvements</b> (Babysitting available) United Churches, 110 11th Ave S.E. Patti (360) 888-7701 WSO#62850
ROCHESTER	<b>7 pm   Thursday Night AFG</b> Al-Anon St Mark's Lutheran Church, 10000 Hwy 12 Katherine (425) 736-9879 or Rita (360) 485-5288
YELM	<b>7 pm   New Attitudes</b> 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	<b>12 pm   Shelton</b> Al-Anon Episcopal Church 324 W Cedar Street (Corner of 3 <sup>rd</sup> & Cedar) Karyn (360) 426-3909 WSO#53658
OLYMPIA	<b>12 pm   Courage to Changers</b> Al-Anon First Christian Church 701 Franklin St. SE (7th and Franklin) Saima (360) 754-3381 WSO#14259
OLYMPIA	<b>7 pm   South Sound Steppers</b> Al-Anon Gloria Dei Lutheran Church, 1515 Harrison Ave NW Shari O (360) 867-0575 WSO# 30518101

## SUNDAY

OCEAN SHORES	<b>4 pm   Al-Anon Family Group Meeting</b> North Beach Alano Club 873 Point Brown Ave NW Marlee (360) 339-3958
TENINO	<b>6 pm   Hope House</b> Al-Anon Hope House Presbyterian Church 125 Central Ave E. Julie C. (360) 347-1552
YELM	<b>6:30 pm   New Attitudes</b> 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	<b>7 pm   AA Big Book Study</b> from the Al-Anon Members' Perspective Gloria Dei Lutheran Church, 1515 Harrison Ave NW Shari O. (360) 867-0575
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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.