

For general information contact the District 10 Representative at

District10@southpugetsoundal-anon.org

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

olympiaLDC@gmail.com

District 10 meetings are scheduled bimonthly: January, March, May, July, September, and November, on the second or third\* Saturday, 9:30 a.m. to 12:00 noon.

Location: St. Benedict's Church, 910 Bowker SE (off Pacific Avenue) in Lacey, WA 98503

\*Please check the website to confirm dates.

Please copy & share this schedule :)

### 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 Sept. 2024

Are you troubled  
by  
someone's  
drinking?

*hope & help for families and friends of alcoholics*

MONDAY

OLYMPIA

12 pm | **Courage to Changers** WSO#14259  
**Online Only: Zoom** 830 68375664  
passcode 898629  
Suzanne (360) 705-1166

12 pm | **Fortaleza, Experiencia y Esperanza**  
Sacred Heart Parish WSO#30651906  
812 Bowker St SE  
Juana (206) 688-880-7513

HOQUIAM

6 pm | **Get A Life** WSO#53659  
**Hybrid: Zoom** 796 7054 4682, passcode GAL  
The Rose Center, 210 K Street  
Keelee (360) 532-3009

LACEY

7 pm | **New Beginnings** WSO#46371  
**Hybrid: Zoom** 831 3752 7299, passcode 694927  
St Benedict's Episcopal Church  
910 Bowker S.E., off Pacific Ave.  
Susie (360) 790-4142

OLYMPIA

7 pm | **Just For Today** WSO#26328  
Gloria Dei Lutheran Church  
1515 Harrison Ave NW  
Gail (360) 791-7744

7 pm | **Discovering Choices**  
Gull Harbor Lutheran Church  
4610 Boston Harbor Rd NE  
Kari (360) 528-9960

TUESDAY \*

LACEY

6:30 pm | **Serenity on Tuesday** WSO#30614484  
**Hybrid: Zoom** 819 4411 8769, passcode AFG  
St Mark's Lutheran Church, 2109 College St SE  
Brenda (360) 870-2961

WEDNESDAY

OLYMPIA

7 pm | **Fortaleza, Experiencia y Esperanza**  
Sacred Heart Parish WSO#30651906  
812 Bowker St SE - Olympia  
Juana (206) 688-880-7513

HOQUIAM

7 pm | **Get A Life** WSO#53659  
**Hybrid: Zoom** 796 7054 4682, passcode GAL  
The Rose Center, 210 K Street  
Keelee (360) 532-3009

LACEY

7 pm | **Friends in Lacey** WSO#14260  
**Hybrid: GoToMeeting** 144 538 013  
St. Mark's Lutheran Church, 2109 College St. S.E.  
Rachael B. (253) 448-9158

THURSDAY

SHELTON

12 pm | **Serenity in Shelton** WSO#30777492  
United Methodist Church, 1900 King Street  
Meet in Meditation Room of the South Hall  
Marlee (360) 339-3958

YELM

6 pm | **New Attitudes** WSO#52679  
Yelm United Methodist Church, 408 2nd S.E.  
**Hybrid: GoToMeeting** 720 416 197  
Debbie (360) 280-8329 | debsstillwell66@gmail.com

OLYMPIA

6:30 pm | **Capital Improvements** (Babysitting available)  
St. John's Episcopal Church, 114 20th Ave S.E.  
Casey L. (360) 951-0076  
WSO#62850

SHELTON

12 pm | **Serenity in Shelton** WSO#30777492  
United Methodist Church, 1900 King Street  
Meet in Meditation Room of the South Hall  
Marlee (360) 339-3958

ELMA

7:00 pm | **Elma Family Group**  
Faith Lutheran Church, 1296 Monte-Elma Rd.

AL-ATEEN MEETINGS

Al-Ateen meetings are held for teens age 13-18, facilitated by trained Al-Anon members and are usually held at a local school. For more information on local Al-Ateen meetings, please contact the Al-Ateen coordinator at Dis-  
trict10@southpugetsoundal-anon.org

\* PLUS ONE MORE, SEE OTHER MEETINGS

FRIDAY

OLYMPIA

12 pm | **Courage to Changers** WSO#14259  
**Online Only: Zoom** 83068375664  
passcode 898629  
Suzanne (360) 705-1166

7 pm | **South Sound Steppers** WSO# 30518101  
**Online Only: Zoom** 84196402850 , passcode 926598

Online Call in #: (360) 209-5623  
Shari O (909) 953-0373

7 pm | **Experience Strength and Hope**  
WSO# 30518101

Gloria Dei Lutheran Church  
1515 Harrison Ave NW (2nd floor high school room)  
Joe (360) 522-5441

SUNDAY

TENINO

6 pm | **Hope House** WSO#30528760  
Hope House Presbyterian Church  
125 Central Ave E  
Annette (253) 347-6418

YELM

6 pm | **New Attitudes** WSO#52679  
**Hybrid: GoToMeeting** 720 416 197  
Yelm United Methodist Church, 408 2nd St SE  
Debbie (360) 280-8329 debsstillwell66@gmail.com

OCEAN SHORES

7 pm | **Waves of Recovery**  
Ocean Shores Library Conference Room  
573 Point Brown Ave  
Larry B (206) 953-5385 lburnstad@comcast.net

OTHER MEETINGS

TUESDAY

OLYMPIA

7 pm | **AA Big Book Study from the Al-Anon Perspective**  
**Online Only: Zoom** 84412705316 , passcode 269266  
Online Call in # (360) 209-5623  
Shari O (909) 953-0373

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.

