

The Twelve Steps

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 whenever 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

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.

(the Twelve Traditions cont.)

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 non-professional, 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.

Al-Anon Family Groups (AFG) Families and Friends of Alcoholics Meeting List for Marion and Polk Counties District 4

*God grant me the serenity
to accept the things I cannot change
the courage to change the things I can
and the wisdom to know the difference*

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.

The only requirement for Membership is that there be a relative or friend with a drinking problem. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Teenage groups, known as Alateen, are a vital part of the Al-Anon Family Groups program. Attendance in Alateen is restricted to teenagers seeking help with problems that arise when a parent or other close relative or friend has a drinking problem.

When District 4 lists a group at their request, there is an informal agreement that the group will abide by Al-Anon Traditions and keep its door open to all Al-Anon members.

Listing in this 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 and hope available in Al-Anon.

For further information, please feel free to contact:

Al-Anon District 4 AFG
P.O. Box 12492
Salem, OR 97309
(503) 370-7363
Please leave a message.

An updated version of this meeting list is available online at: www.salemareaalanon.org
and at
www.oregonal-anon.org

Al-Anon Contacts

503-370-7363 [Please leave a message].

District 4 Rep. [DR] - Barbara [503-364-3843]

Literature and Books - Martha: [503-581-8761]

Meeting Schedule Changes - Helen [503-623-4092]

District 15 (Yamhill Co.) Info: [503-472-8324]

District 16(Linn-Benton Co.) Info: [541-967-6262]

Al-Anon US Directory [888-425-2666] M-F 8am-6pm ET

District 4 Website: www.salemareaalanon.org

Oregon Area Website: www.oregonal-anon.org

World Service Office (WSO)

Website: www.al-anon.alateen.org

Email: WSO@al-anon.org

Al-Anon Meeting Codes

Open	Everyone welcome
Closed	Open only to individuals seeking help with a problem of alcoholism in a relative or friend
H	Handicapped access
n/s	No Smoking
B	Al-Anon books available
F	Fragrance-limited meeting
**	Will not sign court or treatment slips
AFG	Al-Anon Family Group

Al-Anon and A.A. Speaker Meetings

“Keep it Simple – Speakers” (KIS-S)

4th Saturday of Every Month

7:00 pm – 9:00 pm

Adult meeting – No Childcare
Morningside Methodist Church
3674 12th Street SE, Salem

Alateen Meetings

Salem Alateen

Monday: 7:00 – 8:00 pm

Ages 13 - 21, H, n/s,
Salem First Baptist Church,
395 Marion St NE [Room 420]

Aumsville

Santiam AFG

Tuesday 7:30 – 9:00 pm; Open, n/s

Wesleyan Church, 111 Main St.

(across from Thriftway)

Dallas

On-Going Tuesday AFG

Tuesday 7:00 – 8:00 pm; Closed, n/s, B, **

First Christian Church, 1079 SE Jefferson St.

Dallas AFG

Wednesday 7:00 – 8:00 pm

Trinity Lutheran Church, 450 SE Washington St.

Salem

Brown Bag Lunch AFG

Monday 12:00 noon – 1:15 pm; Open, H, n/s, B, F

First Christian Church, 685 Marion St. NE, Enter at
NW corner of the building, Second Floor

Recovery AFG

Monday 7:00 – 8:00 pm; Open, H, n/s, B, F,

Salem First Baptist Church, 395 Marion St. NE
Room 421

Tuesday Noon Serenity AFG

Tuesday 12:00 noon - 1:00 pm; Open, H, n/s, B, F

First Christian Church, 685 Marion St. NE, Enter at
NW corner of the building, Second Floor

Women's Tuesday Night AFG

Tuesday 7:00 – 8:00 pm; Women Only, Open, n/s, B, H

First United Methodist Church, 600 State St.
Check the whiteboard for meeting room number

Al-Anon Men's Meeting

Tuesday 7:00 – 8:00 pm; Closed, n/s, B

First United Methodist Church, 600 State St. Rm
222

Sunrise Serenity

Wednesday 6:30 – 7:30 am; Open, H, n/s

Salem Hospital, Building D (Birthing Center), First
Floor, Support Group Room

Salem(continued)

Wednesday Night AFG

Wednesday 7:30 – 9:00 pm; Open, H, n/s

Salem Mennonite Church, 1045 Candlewood Dr.

Hope for Al-Anon Adult Children Today AFG

Thursday 7:00 – 8:00 pm; Open, H, n/s, B

First United Methodist Church [Rm 214]
600 State St.

Friday Serenity AFG

Friday 10:00 – 11:30 am; Closed, n/s, H

Morningside Methodist Church, 3674 12th St. SE
Use back door

Discovering Choices AFG

Friday 7:00 – 8:00 pm; Open, H, n/s

Salem Hospital Campus 939 Oak ST SE
Bldg D—1ST Floor
Gerlinger Supt Grp Rm @ CHEC

Courage to Change

Saturday 10:00 – 11:15 am; Open, n/s, F, H

First Christian Church, 685 Marion St NE, Enter at
NW corner of the building, Second Floor

Silverton

Silverton Al-Anon

Monday 7:00 – 8:00 pm

Silverton Hospital, 342 Fairview Rd.
Family Birthing Center, Room F

Spanish Speaking Meeting

Salem

Esperando Un Milagro GFA

Tuesday & Wednesday 5:30 – 6:30 pm

Friday & Saturday 9:30 – 11:30 am

Open, H, n/s,
3925 State Street

District 4 AFG Monthly Meeting

First Saturday 8:00 – 9:30 am

665 Winter St. SE

(Conference Room A ---Com Center)
Salem, Or.

Last Revised April , 2010